

# Transcript: Relationship Red Flags with guest Stacey Alvarez de la Campa | TIS Ep. 62

**NB: This is an unedited automatic transcript**

## **Lisa**

Welcome to the introvert sisters, the podcast by introverts, for introverts, hosted by Sharon and Lisa, two INFJs with a lot to say.

## **Sharon**

Hi, I'm Sharon. And I'm Lisa. And together we're the introvert sisters. Welcome to our podcast.

## **Stacey Alvarez**

And we are excited again to welcome

## **Sharon**

our fellow introvert and their sister friend Stacey Alvarez de la Campa. Welcome Stacy. Stacey is the founder of worldwide sustainability warriors, and educational consultant of one ocean hub University of Strathclyde, and the anti money laundering administrator at Lex Caribbean Attorneys at Law. But that's not why she's here.

## **Lisa**

So now that we've done this, in a way, there's more, let's

## **Sharon**

get right to it. Today, we're going to be talking about something all of us who've been through to one degree or another, bad or even abusive relationships. If you have ever wished people came with a warning label, this show is for you. We're going to share our lived experiences and cover common red flags that people can look out for. So let them serve as your trigger warning and content warning. Emotional abuse and physical abuse will be discussed in this episode. Okay, over to you, Lisa. Alright, so

## **Lisa Hurley**

to give some context for where how we even got on to this topic, right? We all got together recently. And you know, as often happens, we started talking about relationships, somehow always end up on that topic, right. And as the discussion went on, we realized that all of us had experienced abuse of varying types to varying degrees, and basically expressed that we all wish that we had no limit, then what we No, no, right. So Stacey, speaking of that, since you're our guest, we'll start by asking you to share a bit of your story.

## **Stacey Alvarez**

Well, goodness, I think my story where to start, I think, what happened with me, and this often happens to people who are in abusive relationships, you actually don't see it as abusive at all, at the beginning.

And that results from whether society as women or whether as part of the dynamic of that relationship, you're actually groomed to be a lot more accepting of people's ish than you should be. So they are red flags, in hindsight, but you don't pay enough attention to them when they're actually happening to you or you refuse to believe that, that what is actually happening to you what started off so well, is actually going down a very negative path.

**Lisa**

also beautiful. This can't be happening to me.

**Stacey Alvarez**

Yeah. Right. Yeah. Because, because, and that's the thing, you're, you're educated, you know, I'm educated, I'm aware, but you find yourself still in a situation. And I actually would like to say, you actually, don't ever find yourself somewhere you put yourself in certain situations. And I think that's one thing, definitely, there's ownership, because within the ownership comes the power to break out of whatever dynamic you're in. And that's really, really important to that you're never powerless, you're never powerless. And that's the thing, we have to differentiate between even the victim blaming, as in it's your fault to know, Well, I actually got myself here, do my actions or do what they said or didn't say, because that gives me the power to know how am I going to dismantle once the cage around me? So

**Lisa**

can you work? Thank you, can you tell us a little bit more of if you care about the situation that you're in that you realize your event you came to realize is was abusive?

**Stacey Alvarez**

Well, let's say again, abuse is on many levels, right? And definitely it's it's never just, you know, broken down to just being physical abuse, the emotional and the psychological abuse is something that was significant for me and that started with trying to isolate me from my circle of friends and from my loved ones and the the constant disapproval of said circle of friends. So you that that's one thing that was a definitive red flag that it made me it, it you question it, but at the same time, first of all, you don't want to for whatever reason, create conflict. So you try to limit your social circle and then there was also the the jealousy of the time that you were spending with your circle, whether it's your family with your friends, which clearly is not healthy. But again, you're you're in the situation and you think yourself? Well, I you know, how can i Isn't that really I'm not, you know, not spending enough time with, you know, my significant other is it that, you know, I'm not focusing enough on what he wants or needs and, again, programmed as women to think that way as opposed to well, no, you keep up with my friends. This can be a new set of friends for you. As opposed to No. Exactly. Yes, yeah. Yes. Yeah.

**Sharon**

Because they make you doubt yourself or, you know, you allow yourself to be to fall into that self doubt mode. Yeah. Because of the constant gaslighting. Right.

**Lisa**

And worst of experiences.

**Sharon**

Don't don't tell. Well, you know, it's really funny, because, you know, in my case, this was someone who I think, you know, I think a lot of times they

**Lisa**

see you coming. Yes, they know, you know, they, they see

**Sharon**

you and they and they will show you the persona that is most designed to appeal to you. So this study in you, yeah, this was somebody that was educated, and articulate and appear to like everything, until he felt that he had me in his clutches. And then he started trying to dismantle me piece by piece. Right. And that is, that is basically what happens. And then you know, you're in a situation, you know, and you, you see the situation, you start thinking well, is how I saw it the right way, is the way that he's presenting it. Yeah. You know, is it the way that your significant other is presenting the situation? Is that the truth of the matter? Or do I know the truth of the matter, and you know, you can get worn down over time you can ever do.

**Lisa**

Because you're also always on eggshells. Once, once you get into that dynamic. You're in a constant state of trying to sort of preemptively just avoid conflict. avoid conflict. Yeah. Oh, yeah. A conflict. But the irony of it is that, you know, you never actually know what's going to set them off.

**Sharon**

Okay. The voice of experience, what would what would you like to share?

**Lisa**

Because the trigger is constantly changing? Yes, trauma. Yeah, um, oh, my situation. Oh, my gosh, well, first of all, let me just see. I unfortunately have experienced it more than once. I know I'm not alone in this and I'm sharing that because I want to like D stigmatize the shame. Mm hmm. I feel a lot of people feel you know, like, Okay, you get off one bad situation. Somehow you fight? Well, I know I know, says you don't find yourself but you just you find yourself in this situation again. And you think oh my goodness, how could this happen? Twice? Yeah, right. But you know, if you have a certain personality type if you have a certain background, if you've been socialized a certain way, you are likely to find yourself in this these kinds of situations. But in mine, the one that sort of was the longest lasting situation, that person basically studied me, groomed me and my room to me in and one member of my family, another member of my family, who might may or may not be sitting in this room was having none at all right through the body. All right, right. So right through that person. And so of course, it was the attempt to separate myself from from me and shadow it of course, anybody who knows us knows I can't help but it was the attempt was made the attempt to sow discord and discontent, the attempt to separate and distance from from friends and family, right. And over the course of several years, it was sort of an ever increasing just emotional tension, emotional abuse, having to constantly cater and then sort of like too much willingness for me to not have a job No,

**Stacey Alvarez**

no, no, that was my next one.

**Lisa**

Don't watch for Lanius or no I don't force you know, we we are all people who have who are you know, happen to be educated and not not I'm just gonna say have means that that is I don't mean that in money, but I mean, where

**Stacey Alvarez**

intellectual capital

**Lisa**

intellectual capital and so therefore you know, we are people of everyone is a person of a net worth Yes, right. We are people have a net worth but there was an attempt to disconnect us from that sense of, of my net worth I think we have all right,

**Sharon**

was a new word. Good enough. You weren't you were not people. They wanted you to be in a position where you were needed. Forward yes apart

**Lisa**

and let me tell you, I remember ending up and this. This was another case where I did take, how did this happen? But I felt so ashamed. Yes.

**Sharon**

Yes. Been there been there Do I need to

**Lisa**

look at myself in the mirror? Like I know that even in saying that, then you feel because that's not loving to yourself? Yeah. And then then you feel even worse. Yeah. But I remember ending up in a foreign country. living there to a foreign country. Country. No job. Very low friends. Low circle. And no passport. Yeah. Because? Because the person in question in all the different float these ideas out anything, really, because I know I have traveled. I was traveling from a baby. And I've always had a passport. I actually used to have a job where traveling was part of my job. Like, I know how to travel. Okay. I don't need anyone how to my passport. But I was trying to be the good girl. There we go. As we are socialized. Yep. And so it was it was Oh, well. Let me just put away the passport safely for delivered. I have no idea.

**Stacey Alvarez**

Yeah, yeah. Yeah, wherever we go, they disappear all relate to those things. as extreme as they found I can relate to all of that, particularly because my first step started with the isolation, then it became I too moved to a foreign country to be with that person. Yeah. And it became, again, as you see the wearing down your boat and the refusal to allow you to have a job. And I say Allow. But however, for me, it had to be that way. Because this person would have been a citizen of that country, and it's through them, but they would apply for papers and all that kind of Yeah. And I became aware that every

time I would ask and say, Well, we actually need to do this. You got the double speak and the sick manipulative Twister, we're all where you want to use me to get to say no, it's not about using you. It's about the whole premise of this was to be able to contribute to the family and to my future. Right. You know, I definitely do need to be legally employed. Yes, somewhere. Yeah, that is befitting of my skills and my capabilities. And that became an end and that is of the unfortunate kind of power structure, because it was definitely within his power. It was definitely down to him and he just would not do it. Yeah, would not do it.

**Lisa**

So did you experience anything similar? I saw I saw a couple of times I

**Sharon**

was feeling well, what actually happened is there was a situation we related, we worked at the same place, the situation related to this person, where I and many others said, you know, if certain things happen, we would leave in support, but I was the only one that kept my word. Right. So basically, I was going on. Yeah, for a few months. But you know, I also think that shortened the time period to, to knowledge and awareness for me Yeah, right. So because Because Because I you know, in some ways, you know, what I will say about that experience is it taught me a lot that I was then able to avoid in the future. Yes. Yeah. Right. And and so that relationship lasted less than a year. Mm hmm. It was very intense. It had its moments it had its red flags, which we'll come to but but yes, I you know, I relate to all of that because that you know, it's like a very intense version of what you both experienced. Yeah, you know what I mean? Yes, yeah. Right. And have a much shorter period. And yeah, it was just

**Stacey Alvarez**

intense and

**Sharon**

speed Yeah. And you know, and the separation from your friends and family that was definitely a factor Yes. You know, so there I was. I seen people no job yeah, you know, and then this person is trying to tear you down mentally and physically but tear but tear you down mentally and emotionally

**Lisa**

Yes, yes. Yeah. And so it's

**Sharon**

it's the same place the same way

**Lisa**

but because part of the dependency thing is not the financial abuse and financial dependency is one thing but it's also an emotional dependency because they want to be your drug Yeah, they want to be a drug that you depend on again Yeah. dole out loud whatever whatever I don't know whether it is offensive attention money, whatever it

**Stacey Alvarez**

is. I love that you

**Lisa**

say that and then withhold it Yeah, yeah. And then we hold it Yeah. When you play according to their memes Yeah. Right. Yeah. Again our ever changing right. Holy

**Sharon**

ready like to keep you unsettled? You unsettled?

**Stacey Alvarez**

Yes. The key and I always call it I like and I loved your analogy there the description you made because I give the analogy of the blueberry complex where You can go everywhere, just don't go in this room, or you know, the Parsha. But if you go there, you're going to see the bodies of all those dead waves, you're going to see the the blood and the carnage of everyone else. When you start to ask the question and say, I'm gonna open this door, what's beyond this today that you have access to all kinds of things, but I'm just not this just focused on those other things that we can do together as you say that drug? Yeah. They become in your world. Yeah. And it's not just cutting off access, but actively, you know, disallowing actively finding ways to sabotage your relationship with other people. Oh, yes. It's not just like saying, Oh, well, I don't know that. You're doing

**Sharon**

it. So suddenly that you know, the next thing you know, you're alone? Yeah, yeah. No, yeah.

**Lisa**

You don't see it coming. You

**Sharon**

don't see it coming. But you know, the good thing is there can be a good thing is that later down the line, those lessons will stop you from getting into further trouble. Yeah. Because,

**Lisa**

you know, or if you are, if you do get into trouble, right, tell you, you get up here. Yeah. You do you do, you do learn you learn

**Sharon**

to exit is much shorter. Yeah.

**Stacey Alvarez**

The universe works, it'll show you anything, you have a little bit less than yet, you know. So come back out. And you'll go down that path again, because you know, your higher self to get to that higher self, you need to tend to really learn the lesson. So there's, there's a point to it. It's not it's not just that and that's it. You say the shame. Yeah. I mean, for me, and we know in the Caribbean, this idea of you know, slinking back home. Yeah, there's a way to make it. Yes. By the time, you know, that kept me in my situation long, they should have been the idea that well, no, I can't go home. Because it's gonna

look terrible. You know, another field marriage, or field situation, what are people gonna say? Yeah, and get yourself out of that thinking? Because? Yeah, yeah. You know, it will it's literally life or death for you. But yeah, my situation is I ended up having to take out a restraining order. So it was that yep, yep. It at some level have been there. Now, it's important for you to you'll learn the lesson, and don't have any shame about it and seek the help that you need, because help is there to help business.

### **Sharon**

Alright, so So let us go on to when did we know we had to leave or end the relationship. And so I have two stories for two different people because I had another near miss letter. So what the walk what opened my eyes after having been in it for several months and experience the emotional tear down and all of that. What did it for me is that the individual got annoyed at something and took an expensive camera and threw it against the wall. Right. Now, this individual was six foot four. And yeah, yeah, right. So you know, I thought to myself, Okay. I don't want to be the next things. He does. Things he decides to throw against a wall. Yeah. Yeah. Right.

### **Lisa**

But I have to say, I know you have another story. But I have to say, you know, I wish I so applaud you for understanding what the next evolution of that behavior was. Because so many of us don't, or it's normalizing thing. Oh, well, you know, they're just passionate. Yeah, whatever. You don't you don't realize anyway. But what was your second?

### **Sharon**

Oh, so the second story was somebody that I met. And I think I had two days with, you know, and you know, we were sitting there and he was, he was, you know, he, we were just chatting as people do. And he told the story about how he got frustrated with his computer and throw it to the end of the driveway. And so, I continue the conversation, I got in my car, I went home. And then I called him and I said, Here's how that story landed with me. Right? Right. Yeah. I don't know. When you're going to decide to throw something else. I said, I cannot be in that situation. Right. And so that was that right. And left.

### **Lisa**

I wish I wish I had your wisdom. I mean, when I look back, I remember a situation again with the same individual, that when I was in the foreign country, actually, very shortly after I arrived in this other islands, and I mean, I don't even know what to say. So it's gonna sound ridiculous, but I'll tell the story anyway. So I was of course, you know, at home in the apartment alone, no keys, or keys. No car. I was just there. Yeah, I didn't realize I was a prisoner. Yeah. I did. I didn't realize it was a prisoner. Yeah. I landed there. And the next day he went to work. Yeah, I did. Fine, fine. Okay. So I am there. Watching cable, whatever. All of a sudden Hear a woman's voice? Yeah, I'm not no, I'm going to tell the story. I have to tell the story because I want, if it can help one person out there, right, and it's not even going to sell real, but I heard this woman's voice. I don't remember exactly what she was yelling, but it was something to do with the person, you know, that you know that I was my fiancée. Yeah, right. Yo, Taylor, right. That book was actually my tailor. And said, you know, she basically said, you know, I have a gun. Yeah, I have a gun. And I'm going to shoot you know, why? Why are you here? Basically messing things up. So I was literally inside there. I was cowering under the bed, and I can only laugh

It's so bad. I have to laugh. Right? And like kinda like reach for the phone to call the person in question, say up. And a person mind you. Was that was his admin assistant. So let's just leave that there. Let's just leave that there for what it is. Yeah. Right. And even with that, even without nobody joking, I was jailed. I had no passport. So that is, yeah, it's even with that. I didn't leave. Yeah. Yeah. You know, because I know at some point, I came back to Barbados, I don't know why I didn't come back and spend, why did I come back and stay, I must have come back and stayed. But I didn't let come back and say okay, bye and move out with my mother and move on. You know, I stayed with this person. Right? It happens. But yeah, that's the kind of situation Yeah, right. And then, fast forward. Years later, when I finally decided, okay, I'm really leaving. I really am leaving. And then he realized that I was serious, about 20 behaviors start to escalate. That's when I mean, you mentioned at some point a restraining order. And so, you know, I ended up one day, you know, he tried to punch me in the face. With me. He did I managed to, like, pull away. So it was as bad of a blow and then yeah, you know, he punched me in the face. And then, you know, I had to call the police. You know, so I ended up so they came to try and like rescue me that the whole okay, we're going to search the apartment to make sure he's not still there and all of that. And they said, Okay, do you want to file a report? And so then, you know, Lisa Hurley? Yeah. Formerly of Queens College. Yeah. And the back of a police car? Yeah. In the precinct. Yeah. I'm only supposed to be in a precinct knowing about precincts on TV. I know. I was in a precinct. Yeah. Girl, right, filing a report. That's what

### **Sharon**

I like the lead to. So when did you know you had to leave? Okay,

### **Lisa**

so how I how I got to that point, right. pre pre pre present, is actually going to be sort of as a small thing. There was something just a little, something really annoying that used to do to me all the time. Right. And I would cause him to say, please don't do that. Yeah, I don't like to do that. Yeah. It was only we're talking about 11 years in one day, I asked again, like, why are you still doing like, I keep asking you not to do this. Why are you still doing this? And it finally clicked on it. Oh, my gosh. I was like, Oh my gosh, like, it's been 11 years. This is not never gonna add. In fact, every time you ask, that is impetus. Mm hmm. For him, Oh, let me get under the skin now. So there was that? That was one another one. Okay, we had this punctuality dynamic. Let's just leave it at that. Right. Very well said. And so, I mean, I don't consider myself necessarily the world's most punctual person. But you know, I tried to work within a window, right? This person when it came to other people's stuff, we pourtant bit of context there. Mm hmm. Right. And so we're always in this thing, like, Okay, can we leave now that we're going to be a no bla bla bla, we've all we're going to know about books. Fight, fight, fight. So anyway, so one particular weekend we were supposed to be going to his family. And I spoke to myself and Lisa, you know, it's a sad day in or in the country is about to be a baby, the weather's good. Do you want photo? Do you want peace? Yeah, just I thought, I thought I chose peace. And I said, No, you're just you're going to bed and get ready, whenever he decides to leave that as well. So I'm waiting around. Eventually, we do leave. We're driving. You know, it's an hour's long drive. We're driving along and eventually realized that there's been no conversation. It's a complete freeze out. Wow. Right. And so I asked, I asked a question and it came to be revealed to me that he was upset because I was not ready on time. And I was not punctual, and I did not I was not You got enough to leave, etc, etc, etc.

And I was like so I'm thinking, Okay, I'm not gonna be the one to quote unquote, harangue and harass him.

**Stacey Alvarez**

I'm just gonna do the thing. You can

**Lisa**

hear this last one because, again, 11 however many years in Yeah, we have this constant dynamic. I knew one time. Yeah. Don't be long this dynamic rules change. Yeah. That's why I'm sharing this story. Okay. Very important to share. And that's when I realized, ladies, you can never win this

**Sharon**

hugely. Yeah. Okay. Yeah. When did you we all right. When did you realize well,

**Stacey Alvarez**

similar kinds of stories on two opposite ends of the spectrum and away. One was that very quiet inner realization that you realized because I always think leaving, it's never just one stage. Usually, it usually starts with a realization of some kind of act on that realization. So don't never, never don't don't beat yourself up for not leaving sooner. It takes stages. And the key is you don't want to leave before you're ready to leave. Because so many women go back. Don't ever want to be in that situation. So the inner realization for me was when I realized I could no longer predict exactly what would send him flying into a rage. Yeah, because he used to be able to do that. It starts when you can kind of you know walk on the eggshells tip to alarm know when to speak know when to not speak No, enter to seem concerned. No, no, maybe Oh, you're just harassing me Leave me alone. And it became the point when I just I couldn't predict it anymore. And I realized this is so beyond my control because of the irony. You think you have things under control? Yeah, you think that every matter Yeah, just if you can just it's always always me, oh, what's happening it on me. And I start to realize this is going to wreak havoc with my sense of self that was because the second step from that was I needed to start going to counseling. And this is something I want to really advocate to people get counseling for you for me. And I had to realize that there was that realization that I could no longer predict what I was doing right or wrong then it became a need to figure this out there was some core of elective insight inside me that says you have to start separate rebuild your sense of self meaning nothing to do with this person. Yes, just start to build who you are what you're about. And when I started going to counseling, I'll never forget a gym that may come to the game and I want to put it out there you know people have that saying you don't know someone until you live with them. You don't know someone until you leave them and want to get and I remember the counter saying this is what she she was saying to me say see from what you're saying. You have to take the steps and put things in place for when you do eventually leave because she basically spelled it out for me my life would be in danger. Yes. Yeah, and it was up until kind of hearing that I didn't think some I still thought I had control. So now okay, obviously now this another thing they sense the narcissist that they are will sense when you're pulling back. So then it will become you know, the hovering will start. So that was step three in my stage of leaving the hovering starting No, we'll do this we're going romantic trips, we'll do this and that. And it was all said romantic when they last romantic trip. I romantic in quotation marks, that there was such a level of abusiveness in terms of the physical and in terms of the verbal and the most of the I thought, This is it, I'm going today. Oh, and I

thought to myself, No, that was kind of the final step. But I learned again, bide your time. Don't ever let them see that. See that? You know, you're you're still repentant. And you're like, Oh, God, I'm so sorry. And we go back and I started to investigate. How can I go about filing a restraining order? And what do I need to do? Now? The filing the restraining order and of itself? There was a moment when I thought, well, I'm actually going to be homeless. And it's not just me, you know, I have my son. Yeah, my previous marriage. So I thought, What am I gonna do? And I still said to myself, Stacy, take that leap of faith jump and build your wings on the way down because I remember thinking I don't know what I'm gonna do it I mean, a foreign country will be homeless. You know, we'll end up in a in a domestic violence victims shelter, like everything you see. And as you say, you know, good girls from Queens College. This is not meant to be scraped, it was when I finally strainer and the police came and said when the police actually turned up and said, Okay, Sir, you have to leave. I felt as if the light opened up the world became the most incredible place because I never expected that will happen. And they have to come in their you know, their, their their riot gear and they had to come in their bulletproof vests because that showed me this is what they're used to seeing and I was sold lucky to get out of the situation because they were ready for it to become violent towards them. Wow, listen. So that was, you know, my story goes on. So that happened. And it was that removal of his presence from my life. I remember waking up the next day, I felt such a sense of relief. And it wasn't even though Oh, my God says you're alone in a foreign country 1000s of miles away from home. He's gone. Yeah. And that was how I could then start to rebuild and see what what am I gonna do

**Sharon**

my most liberating moment because I actually can't remember how I eventually just sort of taught myself went back home. And then and then and then after that, I moved to England.

**Lisa**

Yes. Away, away, away,

**Sharon**

away. But it was weird, because, you know, it's like, you know, he wanted buy a dress, which I gave him and then he didn't, you know, but then he was still trying to exert some control, yes, from that distance up and then harangue me for not writing anything. Oh, just because you didn't get the letter didn't mean I didn't write. There we go. Right. And then my mode of liberation came when he told me that he was moving. And asked if I wanted his address, and I said, No, thank you.

**Lisa**

It was cold.

**Stacey Alvarez**

Oh, he'll get called out. Yeah. When you react in a way that a reasonable person will react to that trigger. Oh, you're so cold. Yeah. You're so you're so you're so true. You you kind of guy. You're the guy. You're the answer. And that is something definitely. Yeah. And I want

**Lisa**

to say I'm glad that you mentioned that. Because here's a little tip for anyone out there when narcissists and abusers make accusations. They're actually what is that word? rejections? Yeah, right. Yeah. Projection.

**Sharon**

That's what that is what they are, right? Know what you are.

**Lisa**

Right? Or at all their admissions of guilt. Yeah,

**Stacey Alvarez**

yeah. Yeah. And that's one of the red flags when you see that constant projection. You can't just have a decent reasonable intellectually enriching conversation or political discussion, because it becomes such a threat to their fragile, yes, degenerate, degenerate. So when that happens when you find that you can't disagree with someone in a way that's healthy. That's huge. Red flag. Absolutely. Absolutely. And again, you know, socialization is when we were taught to be nice. Yeah. So all the bowl is showing us like chicken Yeah, I

**Lisa Hurley**

mean, for me, I remember things like, because that's somebody and remember who somebody mentioned that being I remember, you know, post post present, you know, the trip I took to Barbados, after that. I mean, it was all just very it was it was unbelievably. All right. And but I remember having to fly back because he followed me here. And I had to fly back. I left her in a disguise. Oh, my goodness, it sounds like some really bad movie, right? Left in the disguise. And former colleague of mine, actually, let me stay with her for somebody that wants to milk literally a few months. Right. So, thank you so much. Yeah, bless you for helping me and go back, you know, stay by here for a few days. You know, you know, get back into the into the condo, gather my go bag. Yeah. Typical bag and hide it under my desk. At work. You're

**Stacey Alvarez**

asleep. That's a that's a red flag.

**Lisa**

Right. Exactly. In between there. You know, there were you know, of course, I'm sure in different ways, you've gone through something similar, but you know, the, you're trying to separate them the other person doesn't want

**Sharon**

to, they want to hold on tighter and they want to, yeah, go ahead. And they want to they know they want to hold on tighter. As as he was saying, you know, they also made manufacturing things for you to do together or when they didn't care about you before an exam. You know, it's, uh, you know, that those sudden shifts in behavior are another red flag. Yes. Right. Yeah. As you pull away, they want to, but if you get any closer, they want to push you away. They want you in their little corner where they can control you. Speaking of

**Lisa**

little corners where they can control you. So, um, so I know a lot of married and formally married people have gone through like you get divorced. But before that happens, you actually still cohabit with people. Okay? So I was in that situation. He said that he was the master and he was going out of the master bedroom. I was like, I'm in the guest bedroom. I come home with Be. And I realized that he has installed cameras to multitudinous out there because I was like walking through the kitchen. At some point then somebody caught my eye and I looked up. Yeah. And there I was on screen and he had put cameras all over while the house so that he can watch me. Yeah, at all

**Stacey Alvarez**

times. Like unnecessary surveillance yes that we're led to believe.

**Lisa**

Well, let me tell how that started. Because you're at Yes. Because you'll remember this. I'm saying this to say it all. It starts somewhere. Yeah. And you have to catch it early. It's not always possible. But how the hyper surveillance started for me was with one time I was taking a trip. I went to London Chara and I, you know, went back to Hamilton are in my hotel room. And there were like, five different messages from this person. Yeah. Right. It's like, why

**Sharon**

I shower. Yeah. I said, What does he think you're doing? You're visiting your sister?

**Stacey Alvarez**

Yeah. Yeah, she's

**Lisa Hurley**

not having them good. No. But I you know, I did not realize I was like, something felt off to me, but I couldn't quite put your finger on it. Don't put my finger on it. So it started there. Write it as escalated to, you know, I'm going to drop you to work now in Barbados terms in Barbados terms. First of all, starting with I have my own car. Yeah. Let's start there. Yeah, yeah. Old job own car. And I lived on the I worked on the West Coast. This person worked on the south coast. Yeah. So as far as saying I want to leave the South Coast drop you with whom to car? Yeah. It to the West Coast. Yeah, by come back to work just to control that. I

**Stacey Alvarez**

did. But I you know, you don't see it

**Lisa**

like, today. So the cameras are the last part. Yeah, yeah.

**Stacey Alvarez**

Yeah. I agree with that. I had a similar experience when because I'm moving to the foreign country. Why don't you just put a tracker on your phone and on your son's phone? Because you know, you

never know and I kept thinking, I think I'm good. I used to say, you know, Little did I realize just how just how infuriating that was for him. Okay, so that's another thing. That's the thing. I'm not supposed to say no, no, I'm traveled unworldly. I can figure out how to use a subway. I can figure out the big bus. I mean, planes, trains and automobiles been there. And I Oh, yeah. So you can act as if all of a sudden I'm some newbie on the street who can't figure out how to get from A to Z. But But again, you know, I at the time, I thought and I kept saying no, and I read even the fact that you've said no to something which for you seems really silly. Yeah, meal. Yeah. It is actually a huge thing in their mind, too. But controlling even if you know the control is just the one to have at home. It's illusionary. Yeah, but that illusion will become a reality if you start down that path. So that yeah,

**Lisa**

alert as well as I you think that you're having a conversation with them. But you are first of all, every cover of every conversation is actually a war negotiation. Yeah, it's Oh, you don't realize they're getting

**Sharon**

evidence? Yeah.

**Stacey Alvarez**

It's data collection. It's collect and it's like inevitable. Mind Games, mind games and data collection can't ever just be your war chest. Yeah, there's a workout. Yeah, it's horrific. That's something to that's one of the red flags when you realize that you're, no matter which way a conversation goes. It seems to just devolve into just absolute hell. And it can start so innocuously Yeah, it's

**Sharon**

like everything. They get, you know, the things that they like about you at the

**Sharon**

beginning. So the beginning between you and litigation sometimes. Unfortunately, sometimes it's really unfortunate ation that

**Lisa**

we I had I there was there was one person who shall remain nameless, you know, while I was at university, I mean, that person dragged me down a flight of stairs, right? That person, you know, I have been by my neck, put me up, you know, they in what they call that? It's not the SER with you. Right. You know, they're an upstanding citizen, or whatever. Right? What I thought interesting without situation, but one thing I wanted to throw out there is how friends family community, your circle, depending can support the abuser. Yes, yeah. Because what I found after that situation, right, is that everybody was so eager to money. Most people, most people, most people not, not all mostly we're very eager to minimize what had happened, of course, right. Most people were eager to see it. Um, like you shouldn't, you know, we should get back together with this person, ya know, they're nice. They had a bad moment, et cetera, et cetera, like nobody cared about my seat.

**Stacey Alvarez**

Yeah, that no

**Lisa**

body cared about my safety. I mean, I remember that that's a groom

**Sharon**

your people to

**Lisa**

this person, very, very hail fellow well met very, very popular, etc, etc, etc. You

**Sharon**

know that video, you know, people are shocked because of course they don't see that they don't know what's going on behind closed doors. So

**Lisa**

my question always is, how do you not believe? How do you know? I'm you? I'm your friend. Yeah, that's where I have an objection if I am your friend, right? I tell you XYZ happen. You're supposed to believe me. My friend. Yeah. For me. That's how friendship works. Yeah, right. Definitely. So and so I think that you definitely have to somehow find a way to build, build that ability to see who people really see who your true circle is.

**Stacey Alvarez**

Yeah. And that's where the counseling comes in. Right. Right. Right. Yeah. You're telling this person objective things and they're, you know, the person, the counselor, the therapist can see it in a way that you don't as yet. Yes. And they and they will believe you. Yeah, you have to find a speaker. And that's why so many women don't because a they don't want to be believed Yes. Be the abuser shows them an entirely different side of themselves to everyone else. So

**Sharon**

yeah, let's not forget how society raises and socialize this woman. Yes. So you're actually starting at a disadvantage? Yeah, in that, you know, negotiation with a narcissist.

**Stacey Alvarez**

Yeah, it's just impossible. And you know, the other thing I'll say, listen to your dreams, one of the red flags might be a somewhat mystical as it sounds, but I'm one of those people, I have vivid dreams, I listen to my dreams, you will start your subconscious will start sending you signals. I remember having dreams that I was on a roller coaster, in the middle of no suspended from the sky. The roller coaster is open. Now I am freaking out. And my then husband is just sitting down the roller coaster. It's fine. Everything's fine. Oh my God, I'll never forget the feeling of porns into an abyss industry. And he was just sitting there like, everything's fine. And everything

**Lisa**

was right. That was exactly.

**Stacey Alvarez**

That's exactly what was happening. Alright, you get that?

**Sharon**

So let us talk now. Let us as we as we near the end, yes. You know, what, are there things that we wish we had been aware of advice that you would give? And so on? I'm going to start and have it very early. And I have three things. If it's one one is if it seems too good to be true, it probably is. Those people see you come in they they mold themselves like a chameleon in order to present the face that they want you to see. That is most appealing to you. Yes, yes. Yes. Second thing. Check in with yourself if something doesn't feel right. Yeah, it is probably your early warning system. Right. And the third thing and I know this is easier said than done. Don't be so afraid to leave that you forget to be more afraid of what will happen where you if you speak, right? Yeah. What about you says

**Lisa**

alright, so I might I wish that I had known about relationships. Yeah. Okay. So how are we you know, we're in the center and know, their social media everywhere. There's information everywhere, you know, about, you know, narcissist and blah, blah, blah. None of that information was available to me at the time. Right. I had Sharon. Yay. Sharon saying that's too many phone calls. Yeah, I got showered. So yeah, you need to check out all I have Sharon saying i But this obviously over a period of years, yes. You know, it is okay for you to leave, etc, etc. But in terms of like general information about relationships, I didn't know about I didn't know about the dark side, I didn't know that it was so prevalent. And so that's what I wish I had done because, you know, I like research and studying. So I would probably start asking some questions earlier, right. Similar to what Sharon mentioned, trust your gut, because they're always sayings. Yeah, and that gets back to something that you said I think at the very top of the episode that you do have some you do have some ownership in terms of whether whether it is just that you know, listen to yourself, your self is always talking to you, you know, listen to yourself, interpret your dreams correctly, to fund that et cetera et cetera right this one is easier said than done. Leave it the first sight Yeah, easier said than done. I knew what I mean I never shared my story I did not follow this advice but I wish I had and release the need to be nice

**Sharon**

huh yes, yes, yes, yes, yes. Yes. Says

**Lisa**

that says oh, forget that social ideation domain lesson if your partner cost you out from here today kingdom come that is fine. Yeah. If you have your life and your I'm here and all of that's the key keep it trucking. Trucking. So Stacey,

**Sharon**

what are your Yeah, what lessons you're leaving us

**Stacey Alvarez**

with my top lesson definitely is recognize that a lot of the societal conditioning and the view of what quote unquote love is, is entirely wrong, entirely baseless and entirely nonsensical. That idea that

somehow someone needs to complete us or that idea that your complimentary pair Actually no, you are a shining star Magnus and that other people person is as well. And should the two of you meet fantastic, right? If you don't, you'll be fine, you'll be fine you can forge your path so build yourself that idea that we're taught as women that to focus on yourself care you're being selfish, or somehow you're not giving who you need to give to you need to fill up your own cup you need to fill up lots of self because it will then give you the foundation to notice as you can see my second definite point is when someone really is just seeking to drain you of who you are because it fills them up a lot of normal dynamics are actually like that

**Stacey Alvarez**

recognize that that's not healthy at all. Yes

**Stacey Alvarez**

we're taught to believe that so that's interesting really and truly notice that this idea that you must you know someone was follow you must basically stop you must give you all these pointless gestures and that and my third thing is actions speak louder than words all kinds of stuff and you realize there's a double standard, which is okay they do it but if you do Oh my goodness.

**Sharon**

Yes, thank you for being with us. Stacey. This has been another great episode. We're happy to have you back on the show. And thank you for listening and we will catch you on the next episode. Buh bye.

**Lisa**

You've been listening to the introvert sisters loved what you heard. You can catch all our episodes on Apple podcasts, Spotify, SoundCloud, and all other major platforms. subscribe, rate, and write a review. Find us online at the introvert sisters.com And follow us on Instagram and Facebook at the introvert sisters. See you next time. Peace