

B and D – Reactive P – consequence of the cycle. Therapist caught off guard

Debi Scimeca-Diaz ([00:00](#)):

How was that for you to hear that right now?

B ([00:03](#)):

It's heartrending I am, I don't, she's still the woman I love and I don't want to see her sad. Um, I, um,

B ([00:15](#)):

Yeah, I'm not doing it for that reason. Um, but I also don't want to be sad all night and only sad all night, every night and for the rest of my life and never hug and kiss a woman again. And, and so on. I mean, I don't want that for myself. And frankly, Deanna deserves to have a man in her life that she can stand okay. That she thinks would be a good person to have around the children, that she thinks would be a good person to have on vacation. She gets to have a good person to, uh, to, you know, hang out with and so on. Um, and she, she deserves better than, uh, just, um, what we've got here and so do I.

Debi Scimeca-Diaz ([00:50](#)):

So I'm curious, what's going on for you internally right now, when you list all the reasons why you guys should be with other people and be better, and you sound a little, a little animated and that's usually a place where stuff is happening for you. So I'm wondering what's going on. When you say all this right now inside.

B ([01:23](#)):

It's never been my preferred course of conduct to get a divorce or to move out, um, or to see my kids every other weekend. If that, I mean, Deanna is very good at reminding me that Emma will, may well choose never to see me again. Okay. And I think that's manipulation, frankly. Um, but Debi, I have, um,

Debi Scimeca-Diaz ([01:42](#)):

So So let me slow you down. It's never been, you said your course of action. You never wanted to get a divorce. And before you said that you were saying basically that you and Deanna deserved better and deserve to be loved. And, and then you're saying, and I never wanted a divorce. So does that mean that like, so how are you feeling about this current status? Like, are you angry? Are you frustrated? Are you sad? Are you deeply sad for the current state of your marriage? Right now

B ([02:17](#)):

Yes. Yeah, that I'm sad. Um, I I'm sad, but the status quo was untenable. It has been untenable. It, um, and I became convinced over the last couple of weeks that, that there was no fundamental shift occurring. Okay. Just, and it must shift fundamentally. Um, and it wasn't occurring. Um, and, and I can elaborate if you want, but I really don't want to offer reasons. It's not my interest in hurting anybody anymore. Um, you know, um, I would like to say one thing though. I mean yesterday evening I asked Deana how she felt about the fact that she had come up. She couldn't sleep. I texted her because I couldn't sleep either. And I hadn't, I had rented the apartment, move some stuff, the house, but hadn't moved the bed yet. So I was sleeping there and I slept there last night too, but I texted her like, I don't know, four in the morning and said, are you awake?

B ([03:15](#)):

Yeah. Why don't you come up here? And she came up there and PAUSE we slept together and I held her and woke up and started rubbing her skin and stuff. And we made love and I think it was good for both of us. It seemed very significant to me that night. I asked Deana, how do you feel, how do you feel about what happened? Because it felt important to me and that conversation devolved once again, into Deanna telling me how over the last 19 years I've been a drunk and I have hurt her and essentially it's my fault. Um, and I get that I've confessed. Um, if that's going to be a reason for us not to look forward and to change things and improve that reason is always going to exist and I'm done getting beat up over it. Okay. I will continue to own my part. I will continue to recognize that that a lot of personal growth to do. Okay. I will continue to recognize that. But in terms of hearing, um, that I, um, um, you know, let's not have a conversation about the present and the future, because I want to beat you up over the past some more I'm over that. I'm just over that.

Debi Scimeca-Diaz ([04:30](#)):

So I'm going to slow you down because our last couples of session, I know we haven't met, met as a couple for a few weeks here, um, was really important. And it was the first time I think that, well, I've had said to you guys at the end that you both stayed vulnerable and neither one of you put up your guard and got reactive to each other. And part of what Deanna you were sharing in that session was, um, anger and sadness that you have felt because Bob didn't choose you, right. He chose drinking. And that was very painful. I know for you to share that. And Bob, I know it was extremely painful for you to sit there in that space. Um, I know you acknowledge and own take responsibility, but it's a little different when our heart is open and the person we love is letting us know about the pain and the hurt of not feeling chosen. I just think it lands differently when our heart is open. And that's what I saw happen to you guys in our last couple sessions. And I wonder, uh, based on what you just said about not wanting to quote get beat up from the past, are you seeing that session as a beat up from the past, or were you seeing that as an opening to the present and a future? Or were you seeing that as the same beating up from the past? (this is me feeling so confused -- and trying to get anchored - it would have been better for me to move into the emotion that came up on his face when he talked about making love)

B ([06:08](#)):

Yes. Um, the, the former, I think, hold on, I, you gave me choices. I saw that last session, the one you referring to as, um, as positive as, um, Deanna told me a few weeks ago or months ago, I forget time is a blur that and it took me a while to understand this, but it was wise, it really was wise. She told me that we need to stop talking about bad events in the past and address the underlying issues.

Debi Scimeca-Diaz ([06:52](#)):

Um hum

B ([06:52](#)):

And I, frankly, I, that was, that was wise.

Debi Scimeca-Diaz ([07:01](#)):

Yes.

B ([07:01](#)):

And those underlying issues were things like that.

Debi Scimeca-Diaz ([07:06](#)):

Exactly.

B ([07:06](#)):

Okay. Like, okay. Um, and my insecurities or my need to control, or my fears that led my resentments that led me to drink or Deanna's fears or whatever, um, resentments that led her to me to control and manipulate. Okay. I think that's, we need to be there.

Debi Scimeca-Diaz ([07:29](#)):

Yes. I agree with you

B ([07:29](#)):

And and we need to be in the present making some good memories and good connections in good times, not in the middle ground. And you hurt me when you hurt me worse. Well, yeah, you're a. F****er Well, you're a bitch, you know?

Debi Scimeca-Diaz ([07:44](#)):

Yup.

B ([07:44](#)):

Okay. And, um,

Debi Scimeca-Diaz ([07:46](#)):

I am with you.

B ([07:46](#)):

I don't know how to stay there. I don't know how to get to those places because every conversation that I, I mean last night too, I tried to say, um, I'm sorry, I'm going on.

Debi Scimeca-Diaz ([07:57](#)):

So I just, I just want you guys, let's just slow down for a second, take a breath. So you're both are saying and agreeing that the things that we sh we should, or you should be talking about and working on are the underlying issues around pain and security and fear, right? Because those underlying issues, which we've been connecting to, how you then show up in the relationship and that, that guarded that protected way and how, when you guys show up that way, it causes more tension, more conflict and more shooo disconnect, right? Because you're not talking about these underlying issues. So all the communication lands in that pattern where you guys feel not heard, not listened to attacked, blamed, accused, feeling like you're doing everything wrong. Like that's the that's, what's happening when you're not talking about the underlying issues. And you guys know that we've talked about that.

Debi Scimeca-Diaz ([09:01](#)):

We've talked about kind of when you, when you approach the other, and if you have your guard up, even though I know . . . such good reason, why you guys have your guard up in this relationship, and we know that when your guard is up, your spouse's guard is going to be up too, and that's the thing that always trips you guys right up into that pattern where you're both and up, at least on the inside. I don't know how much you, your spouse sees on the outside really suffering and being very alone in your marriage. Couple Nodding