

Kayla: Working with the fear block in Pursuers

Debi ([00:00](#)):

Is it okay for me to slow you down and interrupt. Can you tell me about terrifying? When I said, what is, what is happens for you when you open up your heart? And you said terrifying was the very first thing that you said, can you help me with that? I'm terrified.

Kayla ([00:18](#)):

and we cry Uh,

Debi ([00:19](#)):

You feel that right now as I bring you back to terrified.

Debi ([00:22](#)):

Yeah.

Debi ([00:23](#)):

yeah It's okay.

Kayla ([00:31](#)):

I haven't had a lot of like positive experiences with opening up to people.

Debi ([00:37](#)):

Um hum.

Kayla ([00:37](#)):

Um, and it's like almost always been thrown back in my face and is like, ah, no, thanks.

Debi ([00:46](#)):

Um hum

Kayla ([00:46](#)):

So like doing that here, especially because like I moved to Oklahoma and like changed everything. And then like in hindsight was like, that was, that was a lot, like what if then she's just like,

Kayla ([01:01](#)):

uh, no

Debi ([01:02](#)):

what if she doesn't really want you.

Kayla ([01:03](#)):

Yeah.

Debi ([01:05](#)):

I, I dropped everything. I left my world. And what if this woman who I'm in love with doesn't want me?

Kayla ([01:11](#)):

Yeah. So that was a, a big, like, what did you just do? But I worked through that part.

Debi ([01:21](#)):

Okay. And I'm still terrified to be really vulnerable with you, Danny. I'm still terrified to do that because what you said is I don't have a lot of experience of that going well, what I have is experience of that coming back and being thrown in my face. Yeah,

Kayla ([01:39](#)):

Yeah, yeah.

Debi ([01:47](#)):

You just took a deep breath there. What's going on for you right now, as we sit with this,

Kayla ([01:55](#)):

I have to like remind myself that she is not everybody else and that she has like consistently not done that and is not going to do that. Or just like suddenly be like, yep, you're right bye. And just walk out.

Debi ([01:55](#)):

Debi ([02:11](#)):

That's the fear though.

Kayla ([02:12](#)):

Yeah.

Debi ([02:13](#)):

I, what, I helped me here. It seems like I go to my head to tell myself that she's not going to leave or that she hasn't done that. Or the times that I've done some risks with her, she's been here. Right. That's what your head says. And when I say, tell me about terrified, it feels like your body goes right into feeling that terror.

Kayla ([02:34](#)):

Yeah.

Debi ([02:34](#)):

So even though your head wants you to trust her, it feels like the cells in your body tell you danger danger.

Kayla ([02:39](#)):

Yeah. Like I rationally know it's fine and it's a safe thing. But every other like emotional part is like, no, Nope. Got to go.

Debi ([02:53](#)):

Don't do this. Don't really let her see who you are. Don't really go out on that limb.

Kayla ([02:59](#)):

Yeah.

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

Because ultimately, ultimately she'll do what everybody else has done.

Kayla ([03:03](#)):

Yeah.

Debi ([03:03](#)):

which is what, what is everybody else done to you?

Kayla ([03:08](#)):

Leave

Kayla ([03:09](#)):

And in an, uh, aggressive fashion of like making sure that I know that I'm the reason that they're leaving.

Debi ([03:18](#)):

Ultimately if I let her really see who I am, she's going to leave me. Like everybody else has emotionally. Like I get how you say in your head. She's not going to do that. But your body is saying something different.

Kayla ([03:32](#)):

Yeah

Debi ([03:34](#)):

So what is it like to just sit here right now and talk about that?

Kayla ([03:41](#)):

It's scary because I still like have had fear that she's going to be like, like casually, like whistling her way out the door.

Debi ([03:51](#)):

Um Yeah.

Kayla (03:52):

And I feel that every time that like, Hm, but what if I'm wrong? And she is going to do that.

Debi (03:59):

yes, you can't even trust yourself is what you're saying to me.

Kayla (04:02):

Yeah.

Debi (04:02):

Like even the little experiences that I've had with Danny that has shown me that she's in this with me and that she loves me. I can't trust it because I have all these alarm bells that go off in my body and say NO.

Kayla (04:14):

yeah.

Debi (04:14):

because ultimately she'll leave and I'll miss it. She'll start whistling away. You said,

Kayla (04:24):

Yeah.

Kayla (04:27):

I don't really know what to do with that,

Debi (04:29):

With the fear. Is that what you're saying Kayla?

Kayla (04:31):

If she, if she leaves, then I'd like, I feel like that would just like, my whole world would like implode and I don't know what to do from there.

Debi (04:43):

Right. I'm terrified. I'm terrified that you're going to leave me. And when the idea of me opening up and showing you, who I am is so scary. Can you, can you turn to her and tell her that right now? Can you tell her about that terrified part? That you're really terrified. She's going to leave.

No one (05:04):

Shakes her head no and danny reaches out her hand to her - Kayla doesnt take her hand and danny moves it back

Debi ([05:25](#)):

You're doing a great job here. I know this is really hard.

Kayla ([05:44](#)):

Hmm. Crying

Debi ([05:46](#)):

Kayla, can we slow down for a sec? Is that okay? And just, can you just help me with what's coming for you. I asked you if you could just tell her how terrified you are that she's going to leave. What's happening inside for you right now.

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

I'm scared that she's going to say. Yep. You're right.

Debi ([06:11](#)):

Oh, okay. So that's, what's coming up. That's why you're sitting here right now going, this is Debbie. You're asking me to go out on a limb and I don't know if I can do it. Cause all the alarm bells are going off right now they're going off telling me she could go right now. And then now my world will implode. That is what you said ... okay

Debi ([06:36](#)):

I so appreciate you sharing and letting us know what is going on ... makes a lot of sense. If that's coming up that you kind of like freeze in the terror, right? Could you feel that? Could you feel yourself? Just kind of frozen in the terror?

Kayla ([06:51](#)):

Yeah.

Debi ([06:53](#)):

Yeah. Can you tell her that piece? Can we make this a little, a little bit easier for you and see if this is, see if this is easier, you let me know that just they're terrified right now in this moment,

Kayla ([07:18](#)):

I just feel very scared. that that you will leave me

Debi ([07:37](#)):

That was, that was a really big deal that you just did. You actually added the second part of the message.

Kayla ([07:52](#)):

Because my rational brain knows she's not going to.

Debi ([07:55](#)):

So do you feel that right now, Kayla, do you feel your rational brain trying to come in to convince you otherwise? Because I noticed when you turned to Danny right now, what you said is I'm scared. And I feel like that word is a little different than terrified.

Kayla ([08:10](#)):

Scared is easier to process

Debi ([08:16](#)):

yes.

Kayla ([08:16](#)):

Because I think we've worked through scared before,

Debi ([08:22](#)):

Um hum.

Debi ([08:22](#)):

but ultimately what you're saying in your body right now, the cells in your body are saying, I'm terrified that you're going to walk out on me and I am going to lose you in some way. Somehow if I really let you know who I am and if I really let you into my heart, my body is sending me dangerous signals that you'll find out who I am. And you won't ... you won't like it

Debi ([08:49](#)):

Is that what that is? You will find out who I am. If I really let you in.

Kayla ([08:57](#)):

Yeah. I think you'll see what everybody else has always seen. And I'm not good enough. And you'll leave.

Debi ([09:12](#)):

You'll see what everybody else has seen. I am not good enough. I'm not worthy for you to stay. PAUSE Can you let yourself sit with that right now? Or are you allowing yourself to feel that right now, as we sit here, NODDING That's some hard stuff. That's what other people have taught you in a way that you're not worth staying with that's what's happened in these important relationships for you and you love Danny so much. You can't bear the idea of losing her. So you work to kind of keep this place hidden. You don't want her to find out about it because she'll do what everybody else has done. That makes sense to me that that's what your body's saying right now. So I keep a piece, a piece of myself hidden from you, Danny. The piece that I don't think is good enough, is that right?

Kayla ([10:42](#)):

Yeah. I Just try and like overcompensate with everything else to be, to be good enough.

Debi ([10:57](#)):

Yeah. I work really hard to show you and everybody else that I'm good enough because ultimately I'm terrified that you'll find out that I'm not.

Kayla ([11:12](#)):

Yeah.

Debi ([11:14](#)):

Kayla, is that what you think of yourself? Is that what you've learned and you've digested that?

Kayla ([11:24](#)):

Yeah.

Debi ([11:25](#)):

I'm not good enough to be loved.

Kayla ([11:31](#)):

Yeah.

Debi ([11:35](#)):

I can feel how painful that is for you right now. This is a place where you suffer alone, that you don't really let anybody in.

Kayla ([12:34](#)):

Nodding/crying.

Debi ([12:34](#)):

This is hard and you are doing such amazing. Hanging out here with me. I know it's really hard. PAUSE
Are you in that space right now? Do you feel that that space of I'm not enough. I'm going to be left. If I really let everybody see me if I really let Danny. See me.

Kayla ([13:14](#)):

Yeah. Because I know our goal is to let her see me.

Debi ([13:17](#)):

Yeah. You do know that. And you are doing an amazing job right now. I know this was hard for you and there you are peaking out. Can you feel that little part of you? That's starting to peak out and let her see a little teeny bit. And do you feel yourself holding back too?

Kayla ([13:36](#)):

Yeah.

Debi ([13:37](#)):

Okay.

Debi ([13:53](#)):

What happens when you look over at her right now?

Kayla ([13:59](#)):

It's like good, comforting, scary. Cause like she's still here.

Debi ([14:11](#)):

That's right. She's still here.

Kayla ([14:16](#)):

But then well if she just got up and walked away. That would be like, Wow,

Debi ([14:28](#)):

I can feel you right now trying to move away from this because it's so hard. Can you feel that? Nodding - Yeah But when you looked over at her, you said, the first thing you said is it's comforting. Here I am sharing a little bit, holding back some, but sharing a little bit about how I see myself in the world and my terror that you're going to leave me when you find this out. And I look over at you and I see comfort in your eyes.

Kayla ([15:10](#)):

She's been there every other time that I've done something scary and uncomfortable, but I feel like those ones weren't as scary

Debi ([15:21](#)):

Scary as it is right now. Yeah. Yeah. It's almost like when and you help me here with this, but it's almost like you're on the edge of a cliff right now. And in your life. There's been times that you've jumped off that cliff, hoping people would catch you. They never caught it and you would splat and it would hurt and you would feel alone and you would feel broken. And then you'd get up on the top of the cliff and you would do it again in hopes that you were lovable enough to be caught.

Kayla ([15:53](#)):

Yeah.

Debi ([15:53](#)):

And then you learn to stop jumping off the damn cliff.

Kayla ([15:56](#)):

Yeah.

Debi ([15:56](#)):

because it hurts too much.

Kayla ([16:00](#)):

yeah.

Debi ([16:00](#)):

And here's Danny right here. And I bet she wants to catch you.

Debi ([16:15](#)):

I see you nodding. Can you tell her that? Can you let her know that you are here with her right now and that you are able to catch her and you can catch her. Can you tell her that?

Danny ([16:30](#)):

I'm here with you. I want to, I want to catch you with everything and be there for you.

Debi ([16:40](#)):

So she doesn't have to be alone in this

Danny ([16:43](#)):

And so you don't have to do it alone.

Debi ([17:00](#)):

Danny just said, I want to be there. I want to catch you. I'm here with you. I don't want you to have to do this alone.

Kayla ([17:18](#)):

I want to believe that so bad.

Debi ([17:26](#)):

Um hum I get it. The fears right there. You're on the edge of the cliff and you're looking at her and you're saying, I want it. I want to jump. I want to trust that you'll catch me. And I am so freaking terrified right now. And I could feel that terror right now. That's what brings more tears to you. I want this so bad. I want to jump off the cliff and be caught by you. And I'm terrified. . . . Terrified if really let you in. You're going to leave me because ultimately I believe that I am not loveable because of what I have been through in my life. Yeah.

Kayla ([18:29](#)):

I'd rather just stay down here in this place. Then like test that theory.

Debi ([18:35](#)):

Oh . . . I'd rather just stay here and, and in a way, be alone with my own pain and be alone with this place where I feel that I'm not good enough and people are going to leave me. I'd rather just stay alone in that than risk losing you and showing it to you. Oh, that breaks my heart. When you say that, but I totally get it, I get how scared you are.

Kayla ([19:07](#)):

Because I've learned how to exist down here.

Debi ([19:09](#)):

Yes. Right. Yes. I get that.

Kayla ([19:12](#)):

I have been doing this.

Debi ([19:12](#)):

And it's, and you know what you have, You've been doing it and you've been doing it because you've had to, and it's in a way it's kept you safe and it's also kept you lonely. And it's also kept you stuck in this place where you believe that you're not loveable. Right?. And in a way, Kayla, it has worked and you have needed it In the past. Right. NODDING And here's Danny. And she's saying, I love you. I want to catch you.

CLIP 2

Debi ([00:00](#)):

Danny. Can you feel something come up for you when you say that to her? Cause it looked like a little something in your eyes came up for you.

Danny ([00:08](#)):

I was like, dang it

Debi ([00:09](#)):

I know you've been trying to block this whole session, but I caught you.

Danny ([00:13](#)):

Um, I think it's just like that. I can, I can understand the feeling and yeah,

New Speaker ([00:24](#)):

So let her see that. It's okay for her to see that. So can you, can you see, did you see the little bit in her eyes, you saw the emotion showing up for her when she says I get it. I want to comfort you. You're not alone here. I'm here and I'm in it. You can see how emotionally moved she is and how she's coming out on a limb too. Right now.

Debi ([00:46](#)):

to meet you.

Debi ([01:19](#)):

Can you see that in her? Kayla? Can you feel her here with you right now?

Debi ([02:11](#)):

What happens to you when she says, I want to comfort you here?

Kayla ([02:28](#)):

I like it was all fine until you said I was an amazing person. And then you lost me again,

Debi ([02:37](#)):

Cause you don't believe that about yourself. Is that right?

Kayla ([02:45](#)):

Um, it feel like that's what I like force people to believe,

New Speaker ([03:01](#)):

Right? Cause ultimately inside you do not believe that you're amazing. Ultimately, inside you believe that you are undeserving of love and that you are unloveable. And I hear Danny saying, I get that. And that part of you does make sense to me and her experience of you. She kind of likes you, loves you

Debi ([03:36](#)):

Right?

Kayla ([03:40](#)):

She likes a version of me that I showed her.

Debi ([03:44](#)):

And so hard for you to trust that she's here right now and she's not going anywhere and is so okay that you have this place inside. That's dark. You feel unlovable. And when she says, I want to comfort you in this place, you, your alarm bells go off again. So you don't really let anybody in here. You let her in some today. Have you let her in some today?

Kayla ([04:34](#)):

Think so.

Kayla ([04:47](#)):

It's like, I realized what I was doing. It was like, get out

Debi ([04:51](#)):

Oh, you were pushing her away. Is that you're saying you're . . get out to her.

Kayla ([04:56](#)):

Nods

Kayla ([05:07](#)):

She could be like over there, but I'm going to be like over here I'm

Debi ([05:14](#)):

I am Afraid that if I let you in you're going to see me as unlovable, that's here in the room again right now. Really powerful. You just pushed her out. Can you tell her that right now? I am afraid that if I let you in, you'll find out that I am unlovable because that is what I believe about me.

Kayla ([05:57](#)):

[inaudible] I am afraid For you to find out that I am an unloveable person.

Debi (06:45):

Ahh, you did it Kayla .. your legs are shaking. This is so scary for you. Is that right? Danny Can you please let her know? You hear her and you make sense that you, it makes sense that she feels this way and that you are here with her. Can you please let her know that it makes sense? And you are here. She is not alone.

Danny (07:13):

Yeah That makes sense. I understand feelings. Um, I'm here with you. I am not going anywhere

Debi (07:26):

Right now in this moment. You're here, right.

Danny (07:29):

right.

Debi (07:30):

Right now. And you're not going anywhere.

Danny (07:42):

Right.

Debi (07:42):

Can you take that in? When she says I get it, I get that. You feel this way and I'm here with you right now. You are not alone right now. Can you take, is there any part of me that can take that in Kayla right now? Just sit in this moment with Danny.

Debi (08:01):

(Kayla nodding) Um, part of you can take that in right now. (nodding) One more thing I'm going to ask. What do you need from her to continue to take these risks? Cause that was a big thing. What you just did. If we rewind to the beginning, you said I can't do that. And you got yourself to do that? And that was big what is it that you need from her? So you can keep taking these steps with her and let her in on this. So you are not suffering alone.

Kayla (09:18):

Be patient with me . . and keep staying with me.

Debi (09:29):

Mmmm Yeah

Debi (09:35):

I need you to be patient with me and I need you to keep staying with me. That makes sense.

Debi ([09:49](#)):

Can you be patient with her?

Danny ([09:51](#)):

Yeah.

Debi ([09:51](#)):

I'm not going to make her have to say that to you again. Cause I feel like she's done so much.

Danny ([09:56](#)):

Yeah.

Debi ([09:57](#)):

You'll be patient with her.

Danny ([09:58](#)):

Yeah.

Debi ([09:58](#)):

And can you stay with her through this?

Danny ([10:00](#)):

Yeah. Of course

Debi ([10:01](#)):

And be by her side every step of the way. Now you got to tell her that, sorry, I'm not letting you off the hook.

Danny ([10:13](#)):

I can be really patient and I'm with you every step of the way. I'm not going anywhere.

Debi ([10:20](#)):

Not going anywhere For as long as it takes. I'm not going to Okay. In this moment, Kayla, can you take that in right now? (nodding) In this moment? (nodding) Okay. That's really important. This is huge.