

Chris ([00:00](#)):

Who, you know, had affairs and how that shame continued, causes them to continue in those affairs. Uh, it's very strange to me. And so I kind of,

Debi Scimeca-Diaz ([00:12](#)):

And what about you in that? I'm sorry, like I was, I'm sitting here thinking, what about you?

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

What about me?

Debi Scimeca-Diaz ([00:17](#)):

You were the person who was,

Chris ([00:20](#)):

Yeah. So

Debi Scimeca-Diaz ([00:21](#)):

What about your pain?

Chris ([00:24](#)):

Yeah, then that's something that when, I mean, the goal a goal right now is to figure out how to make sure I'm processing, um, that grief, uh, which I have no experience doing. I mean, grieving is not as something I had much experience doing either. Um, and we know for sure, I mean, at least I believe that if we had dealt with these issues 20 years ago, um, things.

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

things could be different.

Chris ([00:50](#)):

things could be different things possibly could be different. Um, I just want to not repeat that, I guess.

Debi Scimeca-Diaz ([00:56](#)):

So I'm going to just pause this for a second here, because my sense is that when I asked you, can you figure yourself on your head trying to figure things out right now? And you said yes. And my sense is that that's how you cope and protect yourself from really difficult emotions.

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

Um hum

Debi Scimeca-Diaz ([01:10](#)):

Right? So my sense is even right here, right now, as you're sitting here to allow yourself to kind of sit with your wife shame, or just allow that to kind of land in your heart. And my sense is, that's really hard for you to do that, to just like, see the tears and the pain. I mean, she was a few minutes ago. She

started to weep a little bit because she was in so much pain. And then there's this other pain thing that's here in the room. That's you? That what, that pain that you're in, that your wife of how many years?

Chris ([01:42](#)):

Almost 20, um . . . 19,

Debi Scimeca-Diaz ([01:43](#)):

19 years who found out six months ago that she had two and a half year affair,

Chris ([01:50](#)):

18 month affair,

Debi Scimeca-Diaz ([01:51](#)):

18 months, Sorry. 18 month affair.

Chris ([01:54](#)):

Yeah. Plus some unknown number of amount of time with emotional affair.

Debi Scimeca-Diaz ([01:58](#)):

Yeah. Yes. So even right now here, I there's that part of you that wants to protect and go to your head and make sense out of this. And this is some powerful, painful emotion. And as I sit here with you, the tears come up again.

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

Right, Yeah.

Debi Scimeca-Diaz ([02:13](#)):

Can you, can you notice them, can you let yourself just sit with that for a second and notice what's going on inside? when we talk about this

Chris ([02:29](#)):

Um hum Yeah

Chris ([02:29](#)):

I mean sometimes they come, it comes up in my own mind.

Debi Scimeca-Diaz ([02:34](#)):

Course. It does.

Chris ([02:35](#)):

even a couple of days ago. I was out work and I was having trouble.

Debi Scimeca-Diaz ([02:39](#)):

Of course it does. Chris, this is so hard for both of you and your wife. Wasn't supposed to do this and that's you guys . . . weren't . . . this wasn't supposed to happen to both of you. Right. And it did happen.

Chris (03:00):

Um hum.

Debi Scimeca-Diaz (03:00):

and you're carrying around a lot of pain

Chris (03:05):

Yeah.

Debi Scimeca-Diaz (03:09):

What . . . , so part of what I'm hearing you say is what gets in the way of you letting your wife know about this pain that you carry all alone . . . is sometimes I just go to my head and I try to figure things out. And that's how I've always learned how to cope with emotion. Right. And then there's this other thing I think for you, you help me here. I don't want to share my pain with her because maybe she spins out in shame and I lose her all over again.

Chris (03:41):

Um hum

Debi Scimeca-Diaz (03:41):

Yes. That, that can happen?

Chris (03:45):

Absolutely. Yeah. I mean, I don't know how beneficial it is to make her feel worse about what she's done.

Debi Scimeca-Diaz (03:54):

I get that. I get that. And I get tha you love your wife and I totally get that you don't want to hurt her anymore. Then there's already been so much hurt here. Right? You don't want to hurt her. And here you are, you just said, when you started to say the other day, I had these thoughts and you got really tearful again. And my sense is that you're carrying this all alone.

Chris (04:18):

Um hum Well, I mean, yeah. I mean, I, I mean, I have Nikki, but that's all I got. So yeah.

Debi Scimeca-Diaz (04:23):

Yes, yes. When you're in that place of pain and the feeling of the betrayal and feeling like this wasn't supposed to happen, there really isn't anybody that you let in, in there to be with you to hear you. So nobody really gets to see Chris when he's suffering and when he's hurting.

Chris (04:45):

That's right. Yeah.

Debi Scimeca-Diaz ([04:47](#)):

And I don't want to share it with Nikki because, Oh my God, I don't want her to feel worse. So I'm so stuck.

Chris ([04:53](#)):

Yeah.

Debi Scimeca-Diaz ([04:54](#)):

Yes.

Nikki ([04:58](#)):

He did reach out to me that the day he said he was struggling and I guess it was last night, I brought it back up. He didn't have a whole lot to add at that time.

Debi Scimeca-Diaz ([05:13](#)):

He did not have a whole lot to add. Did you say?

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

Um hum.

Chris ([05:16](#)):

Yeah, I just was, I don't know, like the generalized, like depression of some sort.

Debi Scimeca-Diaz ([05:26](#)):

Yes. I get that. Of course

Chris ([05:29](#)):

Hard, hard to focus at work, hard to concentrate and hard to know. Just, um, I'm used to being the kind of person that can get in and get what I've done to get done in.

Debi Scimeca-Diaz ([05:39](#)):

Yeah of course yes

Chris ([05:39](#)):

So a couple days ago. It was that I was like, I can't,

Debi Scimeca-Diaz ([05:42](#)):

You hit a wall.

Chris ([05:43](#)):

I just, yeah, I'm not, I'm not operating at my full capacity

Debi Scimeca-Diaz ([05:48](#)):

Because Chris, you have, there's like a dam of pain that you're working on holding up all the time. And it's a life's worth of emotion that you've kept contained because you've had to right? And you and God, what happens if the dam breaks. Right? And so I get it that you are working so hard to make sense out of this in your head. And that emotion pushes up against you. My guess is every day. And some days you notice it more and some days that's more powerful. And it sounds like a couple of days that it really hit you.

Chris ([06:24](#)):

Um hum.

Debi Scimeca-Diaz ([06:24](#)):

Yeah So I'm wondering if you could tell your wife right now that you are carrying around so much pain and you don't want to hurt her with it, but you don't know what to do.

Chris ([06:38](#)):

Yeah. I mean, I know that I'm definitely carrying around a lot of pain, um, it becomes obvious to me sometimes. And most times it's not obvious to me, but when it becomes obvious, so I'm um, I'm afraid to drive you deeper into, to your shame, to your painful places. And so I, I just don't know how to deal with that.

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

Mm mm. Right You don't know how to deal with it. You're carrying around so much pain. And if you turn to her and she goes into shame, you lose her even more. That's what happens. It makes so much sense to me why you don't turn to her with this and why you're trying so hard to make sense out of it and stay in your head because otherwise you suffer alone in this and that fucking sucks.

Chris ([07:32](#)):

Um hum

Debi Scimeca-Diaz ([07:32](#)):

Yeah yeah, How was that to tell her that right now to let her know about this right now in this moment?

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

Um, I mean, I think it, I mean, if it feels good to just put it into words, I guess conceptualize it, communicate it to her. Yeah. I mean it helps me to understand it better. I mean, when you say something out loud to somebody else, it tends to

Debi Scimeca-Diaz ([07:52](#)):

Clarify it or crystallize that a little bit.

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

Um hum

Debi Scimeca-Diaz ([07:55](#)):

Yeah. And, and I I'm sensing Chris that you, you want more than anything to be able to be close to your wife. And my sense is you're, there's like a longing for you guys to repair this. So you're not both suffering. You're longing to feel close to her again. So to rebuild this trust, yeah that's so important to you to have that back.

Chris ([08:20](#)):

Absolutely. Yeah.

Debi Scimeca-Diaz ([08:24](#)):

Right. And when you feel this pain, you usually don't turn to her.

Chris ([08:30](#)):

Yeah. I'm like, I usually don't. I usually don't feel it. So it's pretty,

Debi Scimeca-Diaz ([08:35](#)):

Ah . . . you're really good at keeping it at bay.

Chris ([08:37](#)):

It's pretty rare for um. Yeah. It's

Debi Scimeca-Diaz ([08:40](#)):

Yeah. You're doing great right now with it. I know. I know it's hard. This is a big stuff. Yeah. You're doing such a good job.

Chris ([08:47](#)):

Definitely. It's easy for me to, to not think about how I'm feeling.

Debi Scimeca-Diaz ([08:52](#)):

That's right. You've done it your whole life. You've perfected it.

Chris ([08:55](#)):

It's like the easiest thing for me to not, not deal with it.

Debi Scimeca-Diaz ([08:59](#)):

Yeah And, and that easy state of not dealing with emotions and staying in your head for your whole life has kind of left you kind of empty.