

Nikki ([00:01](#)):

Yes.

Debi Scimeca-Diaz ([00:01](#)):

And pre even before Chris, there was a part of you that felt feel that felt this shame about who Nikki was as a person.

Nikki ([00:14](#)):

Yes.

Debi Scimeca-Diaz ([00:15](#)):

Somehow you're somehow damaged or broken.

Nikki ([00:21](#)):

Yeah. So the more, yeah, it's hard to believe anyone would, would need, would need that. Um, so I think that's like my, when he shows that he does need me, like who, what I do and who I am, what I feel then, then there's relief there.

Debi Scimeca-Diaz ([00:49](#)):

Yes. Cause you just said, who would really want somebody who's as bad as me or who would really need somebody as bad as me. So when I hear my husband needs me, I there's maybe this little, maybe, maybe there's something about you he needs.

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

Yes.

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

Maybe I'm not all bad or something. That's a little bit of relief. or something.

Nikki ([01:13](#)):

Yes

Debi Scimeca-Diaz ([01:16](#)):

Wow. . . Can you, Can you let him know when he shares with you from this real vulnerable place and he shows up with that pain in his face and his tears. Can you let him know how that touches you in your heart right now without kind of popping off to your head and trying to make sense out of this, can you let him know how much it means to you when he risks like this?

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

Yeah. I mean, it, it means a lot. I know it's I know you're going through a time of sacrifice with trying with the things you're trying to learn and, and figure out about, um, about yourself and about your emotions.

Debi Scimeca-Diaz ([02:11](#)):

Can I interrupt you?

Nikki ([02:14](#)):

Yes.

Debi Scimeca-Diaz ([02:14](#)):

Is it okay for me to interrupt you? So what I noticed is there seems like there's two Nikki's, there's one who's all emotionally put together and can talk And sort of stays a little bit in her head. And then the other one is like, the emotion gets so big and so overwhelmed that it's almost like you can put words together. Am I picking that up a little bit?

Nikki ([02:41](#)):

Um hum.

Debi Scimeca-Diaz ([02:41](#)):

So, okay. So I'm sorry for interrupting you but I just So when I ask you to let Chris know how it touches you in your heart, the Nikki that I see that shows up is the kind of protected Nikki, who doesn't want the dam to break.

Nikki ([02:56](#)):

(litle laugh).

Debi Scimeca-Diaz ([02:56](#)):

Cause if, if, if your husband says I need you to help me through with this pain and you're saying, Oh my God, that might mean that I'm not all bad. That's a big deal emotionally.

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

Yeah.

Debi Scimeca-Diaz ([03:10](#)):

It's a big deal because you've lived your life feeling that you are bad. You've digested that . . .other people have given you that message. Right?

Nikki ([03:25](#)):

Yeah. (tearful, sniffing)

Debi Scimeca-Diaz ([03:41](#)):

Can you let yourself feel a little bit of this right now in this moment?

Nikki ([03:46](#)):

Yeah. (tearful, sniffing)

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

Long Pause: What's happening for your Nicki right now and what's going on inside. You're Doing great. Just stay here, stay in this place. This place is important. What's coming up. Try not to move.

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

Um, for, you know, for whatever reasons, all the many reasons I didn't, I didn't look for, I didn't look for that in, in my husband. I, I let someone else show me that, um, what he believed about me and I don't, I don't, I don't know. I looked for it anywhere else.

Debi Scimeca-Diaz ([05:24](#)):

You don't want to look for that anywhere else. Is that what you are saying?

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

No I don't anymore, but I did.

Debi Scimeca-Diaz ([05:29](#)):

Yes. I get that. You did look for somebody to give you signals that you were good and you were needed because you desperately felt so damaged inside and you needed any signal and you didn't turn to Chris to say, I need to know that you need me because I feel so bad about me.

Nikki ([05:47](#)):

Right.

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

And you're saying, I realized I did that. And I got that elsewhere. And now I don't want to do that anymore. I want to be, I want to get that from you. I need that from you, right?

Nikki ([05:56](#)):

Yes.

Debi Scimeca-Diaz ([05:59](#)):

And right now, as I say, can you sit in this? What I feel you help me, but it feels like the shame is like, right. It comes up for you as you start to cry. Is that, do you feel the shame right now?

Nikki ([06:12](#)):

Um, I do. I do.

Debi Scimeca-Diaz ([06:20](#)):

Ok, There's another word that describes what's happening for you right now. What is that? Something else? Shame didn't fit as well. I could see by the way you reacted. What is it?

Nikki ([06:28](#)):

I think, I think, uh, here, here lately in the, in the past several weeks that I'm feeling the loss of where, where I did find where I did choose to meet those those needs. So I don't, I don't want to feel that I don't want to miss it. I don't want to long for that.

Debi Scimeca-Diaz ([07:08](#)):

You don't wanna long for somebody to give you a signal that you're worth it

Nikki ([07:13](#)):

I do.

Debi Scimeca-Diaz ([07:13](#)):

That you are worthy.

Nikki ([07:13](#)):

When I'm, when I think about it. I think about, I think about the other person that did that for me. And I don't want to. And I haven't talked to you about it.

Debi Scimeca-Diaz ([07:39](#)):

This is the first Chris is hearing about this right now is what you were saying.

Chris ([07:43](#)):

Yeah. I didn't know that she was feeling that way right, lately.

Debi Scimeca-Diaz ([07:48](#)):

Um, Is it all new to you that she felt that she was getting messages, that she was worth it and worthy

Chris ([07:54](#)):

No that I understood.

Debi Scimeca-Diaz ([07:54](#)):

okay. That is not new. The fact that she's missing that and feels a void.

Chris ([08:02](#)):

Right

Debi Scimeca-Diaz ([08:02](#)):

that feels new right now.

Chris ([08:04](#)):

Yeah.

Debi Scimeca-Diaz ([08:06](#)):

Wow.

Chris ([08:09](#)):

Yeah. I didn't know. That's what she's been dealing with last few weeks.

Debi Scimeca-Diaz ([08:13](#)):

How is that for you to hear that in your heart? Not your head.

Chris ([08:18](#)):

Um, I mean, it hurts. It hurts to hear that. Um, I mean, I hurt on her behalf. I've totally understand that, the loss, that feels painful. Um, but obviously, I mean, it, it hurts to.

Debi Scimeca-Diaz ([08:33](#)):

Of course it does.

Chris ([08:33](#)):

To know, you know, that she was, it's a reminder that she was getting that from somebody else. Um, And, um, and she's still longing for it from, from him, that validation of that, that you know, that she, you know, she wants, she says she wants from me and I want to give her, I didn't know, she needed.

Debi Scimeca-Diaz ([09:03](#)):

that's right. I was just about ready to say that.

Chris ([09:05](#)):

because she went to, she was getting it filled by somebody else. So she never,

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

She never told you about it. She never decided Chris, I desperately need for you to tell me that I'm good because I feel so broken inside. She never gave you a chance.

Chris ([09:18](#)):

That was probably one of the first thing that I told her. Whenever we had discovery is like, I, I didn't feel like I was given a chance to, to solve this, to do my part.

Debi Scimeca-Diaz ([09:28](#)):

To be emotionally present for you?

Chris ([09:31](#)):

Right, Because I mean, cause he was in our relation in our, you know, for 20 years, entire part of our marriage he has been around.

Debi Scimeca-Diaz ([09:38](#)):

I know.

Chris ([09:38](#)):

So, so there's a lot of frustration and I guess a little bit of anger, you know, from, from that, it's like, Oh, so for our whole marriage, somebody else has been filling this void that.

Debi Scimeca-Diaz ([09:51](#)):

you didn't even know.

Chris ([09:52](#)):

I didnt even know existed

Debi Scimeca-Diaz ([09:53](#)):

I hear that, Chris, I hear that you didn't never give me a chance. I didn't know that you had this void. You gotta give me a chance . . .

Chris ([10:06](#)):

Right.

Debi Scimeca-Diaz ([10:06](#)):

she's . . your wife has to give you a chance.

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

So yeah. So her telling me now that she's been struggling with that for the last few weeks. I mean it makes perfect sense to me. I just didn't know.

Debi Scimeca-Diaz ([10:16](#)):

It makes sense up here and it hurts in here.

Chris ([10:18](#)):

Right.

Debi Scimeca-Diaz ([10:18](#)):

Right. You can logically run through that and say, Oh, that makes sense that she was getting something over there and there's a loss of it and man, it fricking breaks my heart

Chris ([10:28](#)):

Right. Yeah. It's true

Debi Scimeca-Diaz ([10:31](#)):

Because I want a chance. Yeah. Right. Can you tell her that? Can you tell her that she needs to give you a chance to be that person? Because if she doesn't give you a chance to be that person, you know, you're not gonna be able to do it if she doesn't give me that chance.

Chris ([10:47](#)):

Yeah. Yeah. I mean, definitely. I want to be, um, fill that void and I mean tell you how much, you know, how important you are and how much, um, how good of a person you are. Um, I have fear that I haven't had the 20 years of practice to help with that. Um, but I um a quick learner, I need, I need to know when you need help so I can get better at it.

Debi Scimeca-Diaz ([11:35](#)):

Hmm . . . Can you take that in what he's saying right now that he wants to be able to be that person for you and he, he needs to kind of know what you need so he can show up for you.

Nikki ([11:47](#)):

Yeah. I'm definitely working on working on reaching toward you because I know you're the, I mean, your the best person to do that. And the only person I should look to on earth. So that's what I want.

Debi Scimeca-Diaz ([12:23](#)):

That is what you want.

Nikki ([12:24](#)):

Yes.