

Debi Scimeca-Diaz (00:03):

So, what he said earlier is I need you to help me with my hurt. And you said, that feels good to know that you need me. And I hear you saying, I need you to help me with my hurt too, so we can comfort each other. Is that what you're saying?

Nikki (00:22):

Yes.

Debi Scimeca-Diaz (00:25):

And you want to be able to do that with your husband . . you want the two of you to learn how to comfort each other,

Nikki (00:30):

Yes.

Debi Scimeca-Diaz (00:30):

be there for each other emotionally.

Nikki (00:40):

Yeah.

Debi Scimeca-Diaz (00:40):

Can you tell him that?

Nikki (00:40):

That's um, my motivation for it was working towards being that for each other, that would be incredibly fulfilling to have that with you.

Chris (01:05):

For me too

Debi Scimeca-Diaz (01:15):

Yes. For you too, because my sense is the way you guys have dealt with your emotions and both been to kind of put it away somehow, and you guys haven't had conversations and opened up and shared your pain with each other much. That's, that's my sense. You're starting to, you're starting. You're starting to, yeah, not very often. And my, and my sense is when you don't share the pain and turn to each other, the distance starts to grow. And I'm noticing that both of you were saying, we can plug into that but we don't know what to do. Is that, am I getting that?

Chris (01:57):

Um hum.

Debi Scimeca-Diaz (01:57):

And so what you're doing here today, it feels really important Because it felt to me, I don't know how it felt to you guys, but it felt to me that you were very vulnerable with each other, as you sat here today.

Chris ([02:09](#)):

Um hum

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

That's good.

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

Did you feel that?

Chris ([02:16](#)):

Um hum.

Debi Scimeca-Diaz ([02:16](#)):

Did you feel that too?

Nikki ([02:19](#)):

Yes, It's good to have someone else say it

Debi Scimeca-Diaz ([02:21](#)):

To have someone else say it? Did you say.

Nikki ([02:23](#)):

Yeah.

Debi Scimeca-Diaz ([02:23](#)):

Say that you guys are being vulnerable.

Nikki ([02:27](#)):

Yes And that it's good.

Debi Scimeca-Diaz ([02:28](#)):

It is very good. So what you just said, what both of you said is you want comfort from each other when you're hurting. And my guess is it's really hard for both of you to kind of step out on that ledge and reach out to each other and hold each other. That's my sense.

Chris ([02:51](#)):

Um hum

Debi Scimeca-Diaz ([02:54](#)):

It's kind of scary to do.

Nikki ([02:55](#)):

Yup.

Debi Scimeca-Diaz ([02:55](#)):

but you both want it.

Chris ([02:55](#)):

Um hum.