

Debi Scimeca-Diaz ([00:01:09](#)):

So I'm gonna just jump in right here right now and ask you guys, what's what are the tears that's coming up? I'm gonna start with you Matt, what's, what's the tears coming up?

Matt ([00:01:17](#)):

I don't know. Listening to you talk about how we hurt the people we love the most and that's hard because-

Sarah ([00:01:25](#)):

(laughs).

Matt ([00:01:26](#)):

... I really love her. She's really great. And as we've been through this time with Cindy, even though, like, I know in the moment, things I've done that have been, you know, hurtful or whatever, watching like how it's impacted her, and, and, we, even as we repair things, it's hard to say. Like, she says, "Oh, like, this is so much better than, you know, when we've argued in the past, because I feel like you're here."

Debi Scimeca-Diaz ([00:01:54](#)):

Yeah.

Matt ([00:01:54](#)):

And it reminds me of the ways that I haven't been in the best way I can be. Because all I do, I really just want to be the best person for her. And so, it just, it, I didn't expect it all, obviously, but I brought up all the times, not all the times, but it brings up the, the fact that I've hurt her and I really wish I hadn't.

Debi Scimeca-Diaz ([00:02:17](#)):

Mm-hmm (affirmative). That's how much you love your wife. When, as soon as I say, we hurt the people that we love, it just hit you right in the heart. Like, "Oh my God. I know I've hurt my wife, and I love her so much."

Matt ([00:02:30](#)):

Right. Yeah.

Sarah ([00:02:31](#)):

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Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:02:31](#)):

Yeah. Right. And you saying, "I, we work on repair and that has been really good. And just the idea that I know how much I've hurt her, touches me deeply." I feel bad about that.

Matt ([00:02:44](#)):

Right. It's, it's, it's definitely an end, you know? Like, yes, it's great that we can fix things in a better and different way, oh, and I have also hurt her in the past and that's hard.

Debi Scimeca-Diaz ([00:02:58](#)):

Yeah. Yeah. So when you touch that place here, like, what, what is that, what, like, what is that about you? Do you feel like you've, like, when you say I've heard her in the past, does that touch into, like I screwed up or somehow I'm a bad guy here? Where does that touch you?

Matt ([00:03:15](#)):

Sure. Like, I mean, I definitely, like, I've learned through our time that I have a big fail button, right?

Debi Scimeca-Diaz ([00:03:23](#)):

A big what? Say that again.

Matt ([00:03:24](#)):

Fail button. Like I failed somehow. Like I failed in being a good husband, I failed in being a good partner. I failed in other things.

Debi Scimeca-Diaz ([00:03:32](#)):

Yeah.

Matt ([00:03:32](#)):

And that's my big trigger, my big pain point. And that's the button that probably gets pu-pushed the most is, I failed.

Debi Scimeca-Diaz ([00:03:40](#)):

Yes. Yeah.

Matt ([00:03:41](#)):

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So that's hard for me and it's, it's usually what pushes me into, you know, like what we have called our spin cycle, right?

Sarah ([00:03:51](#)):

(laughs).

Matt ([00:03:51](#)):

Because I don't want to fail and I want to be the best person for her. And so, then when I fail, I beat myself up and then I become avoidant. And then I do all the things that, you know, don't help the spin cycle.

Debi Scimeca-Diaz ([00:04:04](#)):

Right. That's right. That's right. When you, when that place inside gets poked or pinched, right? Where it feels like I've failed and I let my wife down, and I love her so much, that can activate the spin cycle because you might shut down or you try to explain yourself or get a little defensive. To, to try, are you trying to, is, are you trying to get her to see you as a good guy? Is that part of what happens for you?

Like-

Matt ([00:04:30](#)):

Uh, I mean, that's a good question. I, I don't really care so much how I'm perceived, I just, like, she needs and wants like support and safety and I want to be that. Not for, not so she can go out and say, "Hey, look, my husband's awesome. My husband's great."

Debi Scimeca-Diaz ([00:04:51](#)):

Oh.

Matt ([00:04:51](#)):

I don't need the external validation. I really want, I really just want to give her peace and give her like a sense of calm. And when I don't do that, I mean, I don't know how much, you know, of her past, but, like she, like she likes when like things are calm and so I want to be good for her. I don't care about anyone else, I want to be good for her.

Debi Scimeca-Diaz ([00:05:13](#)):

Right. That's, that's, that is actually what I meant. I hear what you're saying. And it's like, in her eyes, right?

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Matt ([00:05:19](#)):

Right.

Debi Scimeca-Diaz ([00:05:19](#)):

In her eyes, like, and for her to have experience and for her to see you as somebody who creates safety and calmness. And, rather than somebody who has hurt her or somebody that fails when that fail button gets poked. Is that right?

Matt ([00:05:34](#)):

Right. That's right. Yeah.

Debi Scimeca-Diaz ([00:05:36](#)):

Yeah. So when that fail button gets poked, um, like, does that impact how you like kinda see yourself? Does, does that touch into how you ... Like, yeah. I guess, I wonder about that, how that impacts-

Matt ([00:05:56](#)):

I mean, to a, I mean, to a, to a degree, like it's not, it definitely impacts how I view myself, but not like overly negative. Like I don't get into a deep, like, I'm such a horrible person. I do like think like, "Oh my God, what, I really suck, like, what a jerk, what a asshole I am." But, like it doesn't, like I'm not like despondent about who I am, it's just more like I really like s-

Debi Scimeca-Diaz ([00:06:25](#)):

Screwed up.

Matt ([00:06:26](#)):

... managed to screwed this up. Right.

Debi Scimeca-Diaz ([00:06:28](#)):

So that's what it touches. And you, you have a little place inside that says, "Oh my God, I screwed this up."

Matt ([00:06:33](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:06:34](#)):

But it doesn't take you to the pits of despair, is what I hear you saying.

Matt ([00:06:38](#)):

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Yeah.

Debi Scimeca-Diaz ([00:06:38](#)):

But it does really hurt.

Matt ([00:06:40](#)):

Yeah.

Debi Scimeca-Diaz ([00:06:41](#)):

"When I feel like I've failed you, it really hurts. And I feel, I feel bad, that I did that."

Matt ([00:06:47](#)):

Correct.

Debi Scimeca-Diaz ([00:06:50](#)):

Can you share that with your wife right now? Can you turn to her and just share that with her?

Matt ([00:06:54](#)):

Yeah. I know that in times in the past and even still, even with our repair moments, I don't always do the things that I should do to be more like present and secure and give you safety. And I screw up sometimes-

Sarah ([00:07:10](#)):

(laughs).

Matt ([00:07:11](#)):

... and I'm really sorry. And it really hurts me 'cause I want to be that person for you and I want to give you a place to be safe. And when I don't do that, I'm really, really sorry and I feel really, really terrible about it.

Debi Scimeca-Diaz ([00:07:28](#)):

Wow. Wow, Matt, that was really beautiful and tender to turn to your wife and share that. Tell me, tell me how that feels to turn to her and share that? That was a lot that you just said to her, right?

Matt ([00:07:40](#)):

Yeah. It, it actually feels fine to say because she's so open and she's such a good listener, and she is so receptive. And it's so easy to talk to her that it's, it feels good

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to say, 'cause I want her to know how I feel. But it's not anything that we haven't talked about before, and it's just really easy to talk to her, 'cause she's so open.

Debi Scimeca-Diaz ([00:08:06](#)):

So that's what you see from her right now, is you see an openness?

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

An openness or receptiveness or listening.

Debi Scimeca-Diaz ([00:08:13](#)):

And it makes it easier for you to be vulnerable and open up to her is, what you're saying?

Matt ([00:08:18](#)):

Yeah.

Debi Scimeca-Diaz ([00:08:18](#)):

"When I see that in you, it's easier for me to share what's going on for me?"

Matt ([00:08:22](#)):

Absolutely.

Debi Scimeca-Diaz ([00:08:24](#)):

Okay. Awesome. Thank you for doing that. So Sarah, you, (laughs), you were tearful too in the beginning.

Sarah ([00:08:34](#)):

Yeah.

Debi Scimeca-Diaz ([00:08:34](#)):

And your husband just shared something important with you.

Sarah ([00:08:36](#)):

Yeah.

Debi Scimeca-Diaz ([00:08:37](#)):

So I'm going to, like I have two paths to go right now-

Sarah ([00:08:40](#)):

(laughing). Yeah.

Debi Scimeca-Diaz ([00:08:42](#)):

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... but I, I think I'm gonna stick with what's happening for you right now when your husband turns to you and shares that and says, like, "I know I screwed up and I have that fail button and I've hurt you."

Sarah ([00:08:55](#)):

Um, I mean a couple different things, but, part of it is like the reflection of like our growth. Um, like in our relationship, and the fact that we're able to do that, like look at each other for a long period of time. And um, I see how brave he was.

Debi Scimeca-Diaz ([00:09:15](#)):

Hmm.

Sarah ([00:09:16](#)):

Um, like yesterday I just heard a really great definition of brave and it reminded me of it. That like, brave is like showing up in a way that like only you can know and only you can authentically speak to. And I feel like that's what you just did. Like this is super hard probably for him even more so than me, (laughs), um, and I know how hard this is for him. And so, I think what he just said to me was super accountable and super brave and makes me feel loved-

Debi Scimeca-Diaz ([00:09:45](#)):

Hmm.

Sarah ([00:09:45](#)):

... in knowing that he wants to be there to show up for me.

Debi Scimeca-Diaz ([00:09:48](#)):

Right. What a beautiful word you're using saying, "My husband is brave because I know he's going out on a limb. I know he is being vulnerable," and it does, it does speak to the work that you guys have done, right?

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:10:01](#)):

And, and you even said, "I know it's a little harder for him, right? To be this vulnerable."

Sarah ([00:10:05](#)):

Mm-hmm (affirmative).

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Debi Scimeca-Diaz ([00:10:07](#)):

Yeah. And you were, your voice was a little kind of cracky there and you were choked up.

Sarah ([00:10:11](#)):

(laughs).

Debi Scimeca-Diaz ([00:10:12](#)):

Tell me about, tell me about that for you.

Sarah ([00:10:15](#)):

Um, (laughs), it's hard to think about the hurt and the repair, like, to get past the hurt. Um, but like that's all I want, but sometimes you can't help but, or I can't help but circle back to the hurt, I guess.

Debi Scimeca-Diaz ([00:10:31](#)):

Mm-hmm (affirmative).

Sarah ([00:10:33](#)):

And so, when Matt shows up like this, it's certainly easier to get through it, but I guess it's just like that, the feeling of hurt not going away, I think you told that to Cindy last week. That's like a hard thing for me that it keeps coming back sometimes.

Debi Scimeca-Diaz ([00:10:46](#)):

Mm-hmm (affirmative). Um, so, so Sarah, let me just slow you for one second. So right now in this moment, and you see your husband kind of be vulnerable and share-

Sarah ([00:10:56](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:10:57](#)):

... his, his pain and his hurt with you, I think part of you is saying, "It means so much to me and it touches me deeply and this is the repair." And, there's also this space inside, this hurt space that comes up like right alongside. And I'm s- kinda feeling both right now, is that-

Sarah ([00:11:12](#)):

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Mm-hmm (affirmative). That's right. Yep.

Debi Scimeca-Diaz ([00:11:15](#)):

Uh, that's so hard, right? 'Cause you want the hurt to be gone too.

Sarah ([00:11:19](#)):

Yeah. And I wanna fix his hurt, (laugh).

Debi Scimeca-Diaz ([00:11:20](#)):

Aww.

Sarah ([00:11:20](#)):

So I often have a tendency to pay attention to someone else's hurt rather than my own.

Matt ([00:11:29](#)):

It's true.

Debi Scimeca-Diaz ([00:11:30](#)):

Okay. So I, I appreciate you letting me know that. So guess what we're gonna do right now?

Sarah ([00:11:34](#)):

(laughing).

Debi Scimeca-Diaz ([00:11:34](#)):

We're gonna try and [crosstalk 00:11:36] ... for her.

Sarah ([00:11:34](#)):

Okay.

Debi Scimeca-Diaz ([00:11:37](#)):

Can we do that? Is that okay?

Sarah ([00:11:37](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:11:40](#)):

Can you tell me about, like tell me, lean into that hurt a little bit and tell me what that is inside. What, what messages are you getting or what you notice about the hurt?

Sarah ([00:11:49](#)):

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Um, like that I'm not ... Um, I guess I have a little bit of the, "I screwed up too," but like I'm not worth it.

Debi Scimeca-Diaz ([00:11:59](#)):

Yeah.

Sarah ([00:12:00](#)):

Um, and that I'm too much because I can't get over it.

Debi Scimeca-Diaz ([00:12:06](#)):

Oh.

Sarah ([00:12:07](#)):

Um, or that I wasn't good enough to begin with or like I'm damage goods kind of.

Debi Scimeca-Diaz ([00:12:14](#)):

That is so painful. That's what goes on at the deepest core place inside of you, "Maybe I'm damaged goods. Maybe I'm not worth it."

Sarah ([00:12:27](#)):

Yeah. Right. Yeah. And then, I mean, I think, I've had a lot of like I'm just stuck. Like I, um, like I, I don't know. It's a little bit of the failure of like the fairy tale and so, it's real life, but I didn't want it to be me. And so, I'm just kind of still sad that I was, that I got hurt, I guess, in that way.

Debi Scimeca-Diaz ([00:13:00](#)):

Yeah. Yeah.

Sarah ([00:13:01](#)):

But I didn't show up in such a way that like I was the person, so I just don't feel quite good enough.

Debi Scimeca-Diaz ([00:13:07](#)):

Right. I, I hear that. "I didn't show up in this relationship as a good enough person for you, Matt, to not hurt me in that way." Is that what you're saying?

Sarah ([00:13:18](#)):

Mm-hmm (affirmative). Yeah.

Debi Scimeca-Diaz ([00:13:24](#)):

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Yeah. And I, and I imagine the message of, perhaps you're not being worth it or, or maybe you being damaged goods, I, I imagine that that is, that very deep message is something that you may have also gotten as a little girl when you were not.

Sarah ([00:13:39](#)):

Yeah.

Debi Scimeca-Diaz ([00:13:40](#)):

Yeah. [inaudible 00:13:41] say, yeah. "When I wasn't cared for and loved the way I should have been."

Sarah ([00:13:45](#)):

Yeah. For sure.

Debi Scimeca-Diaz ([00:13:48](#)):

Yeah. For sure. "I internalized that maybe, uh, maybe there's something wrong with me."

Sarah ([00:13:52](#)):

Mm-hmm (affirmative). Yeah. So it was like a reaffirmation of it. And I think, like now, um, I see Matt as this like super safe place, but there's still times-

Debi Scimeca-Diaz ([00:14:06](#)):

Hmm.

Sarah ([00:14:07](#)):

... that what happened to us is a representation of kind of what I've always felt my whole life.

Debi Scimeca-Diaz ([00:14:12](#)):

I hear that.

Sarah ([00:14:13](#)):

And so it's scary to turn to the place that sometimes can remind you of that.

Debi Scimeca-Diaz ([00:14:19](#)):

I totally understand that. And that makes so much sense to me, right? You see your husband and there's so much good and so much repair and he's vulnerable and you wanna step into that. And then also there, was a source of a pretty big hurt 'cause it touched the same thing that you had in your childhood.

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Sarah ([00:14:38](#)):

Mm-hmm (affirmative). Yeah.

Debi Scimeca-Diaz ([00:14:39](#)):

So it makes it super hard for you to step in fully to your husband?

Sarah ([00:14:44](#)):

Mm-hmm (affirmative). Sometimes. Yeah.

Debi Scimeca-Diaz ([00:14:45](#)):

Hmm. Well, that- when the hurt, that's when the hurts there, right?

Sarah ([00:14:51](#)):

Yeah.

Debi Scimeca-Diaz ([00:14:51](#)):

That's when it's super hard? Like when you're not feeling the hurt or maybe that's sort of tucked away somewhere, then you're okay.

Sarah ([00:14:58](#)):

Yeah. 100%. Yes.

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

It's when that hurt place gets stuck.

Sarah ([00:15:03](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:15:04](#)):

So tell me, what is it like for you right now, in this moment, to be talking about this place inside where you feel like you're damaged? Where you feel like you're not worth it, what is it like for you to [inaudible 00:15:18] right now?

Sarah ([00:15:19](#)):

It makes me wanna go run away. (laugh).

Debi Scimeca-Diaz ([00:15:23](#)):

Wow. And look what you're doing, you're not running away.

Sarah ([00:15:25](#)):

I know. Yeah.

Debi Scimeca-Diaz ([00:15:27](#)):

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Yeah.

Sarah ([00:15:27](#)):

I don't wanna think about it. Um, I definitely run wanna away from it, (laughs), but, I-

Debi Scimeca-Diaz ([00:15:33](#)):

Hmm.

Sarah ([00:15:33](#)):

... I'm just like trying to focus on the fact that Matt's, (laughs), holding my hand and I'm still here. So-

Debi Scimeca-Diaz ([00:15:37](#)):

You are.

Sarah ([00:15:38](#)):

... it's kind of a focus for me, um, I don't know what Cindy's shared, but like it's, it is easy for me to run away, like to disassociate from the situation and shove it down and shove it away. So it's like furthering the experience of staying present with it is good and Matt helps with that.

Debi Scimeca-Diaz ([00:15:54](#)):

That's right. That's right. And that running away, you know, that makes a lot of sense to me 'cause it hasn't really been safe for you to sit in this place and have somebody be so loving and kind. And you're saying right now, "As I touch this damaged, I'm not worth it place, and I feel my husband holding my hand-

Sarah ([00:16:14](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:16:15](#)):

... it helps me, it helps stay here a little bit longer where I don't have to run."

Sarah ([00:16:20](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:16:21](#)):

"Even though I might feel that little tendency inside to want to hide."

Sarah ([00:16:24](#)):

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Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:16:26](#)):

I really get that. Can you, um, share that little piece with your husband? I know we're covering a lot-

Sarah ([00:16:34](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:16:34](#)):

... and it's going kinda fast, but I wanna try to break it down into these little pieces.

Sarah ([00:16:38](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:16:39](#)):

Can you share that, that there's a part of you that wants to run when you touch into this place where you feel like you're damaged?

Sarah ([00:16:48](#)):

Mm-hmm (affirmative). Mm-hmm (affirmative). So it's maybe not so typical of me, (laughs), 'cause I'm typically the one that's pinging the questions or trying to solve the problem. But I think for a long time, I've had a habit of just shoving down my feelings and not letting you know I'm sitting in them. And, um, not being present with them with you, because, it hurts so bad. So it means a lot to me that you're, even like today, is letting me sit here and feel my feelings and you're just being here for me. And I know it hurts you too, and you're holding your hurt and you're holding mine and it means a lot.

Debi Scimeca-Diaz ([00:17:24](#)):

Uh-huh (affirmative). Wow. So that was lovely Sarah. I appreciate that. So one of the things that I noticed right there is, there's one piece of the message that you left out.

Sarah ([00:17:43](#)):

(laughing). Yeah.

Debi Scimeca-Diaz ([00:17:46](#)):

You know what piece that was? When you laughed, I wonder if you already know what it is?

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Sarah ([00:17:51](#)):

No.

Debi Scimeca-Diaz ([00:17:52](#)):

Okay. That's okay.

Sarah ([00:17:54](#)):

I'd probably replay it, but, (laughs)-

Debi Scimeca-Diaz ([00:17:56](#)):

No, no, no.

Sarah ([00:17:56](#)):

... my head is moving so fast. (laughs).

Debi Scimeca-Diaz ([00:17:58](#)):

Okay. So let's, so that's probably your protection kicking in gear, right? This is very vulnerable for you, and it's really hard to touch these places inside and you are used to running from them 'cause it's too painful.

Sarah ([00:18:10](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:18:11](#)):

So when your head starts to go fast, that's, that's, that's what's sort of happening right now.

Sarah ([00:18:15](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:18:15](#)):

And that's, I appreciate you letting me know that too. That's really important.

Sarah ([00:18:17](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:18:19](#)):

So the small piece of the message that you left out is, "I feel like I'm damaged goods."

Sarah ([00:18:26](#)):

Oh yeah.

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Debi Scimeca-Diaz ([00:18:26](#)):

Oh yeah. That one. (laughs).

Sarah ([00:18:27](#)):

Yeah. You get so internalized that it doesn't surprise me that I would've left that out.

Debi Scimeca-Diaz ([00:18:33](#)):

Yeah. Could you, the way you just responded to me, you were like, "Oh yeah." Like, like that was-

Matt ([00:18:36](#)):

Hmm.

Sarah ([00:18:36](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:18:39](#)):

... s- tell me about that, that was an interesting response right there that you had. What was-

Sarah ([00:18:42](#)):

(laughs). I do know that I, like, it is so internalized that I, there's something wrong with me and I'm not lovable.

Debi Scimeca-Diaz ([00:18:50](#)):

Oh.

Sarah ([00:18:51](#)):

And I, so it doesn't surprise me that's the part I would've left out because, it's a part of me that ... It's not even like I think about it, it just is.

Debi Scimeca-Diaz ([00:18:59](#)):

Just is, it just is, so, so why bother sharing that 'cause this is ju- this is me. Is that what you're saying?

Sarah ([00:19:05](#)):

Yeah. I mean, yes. That's probably what's going on.

Debi Scimeca-Diaz ([00:19:10](#)):

Wow. Wow. "'Cause it's so internalized where I feel like I am damaged goods."

Sarah ([00:19:17](#)):

Mm-hmm (affirmative). Yeah. And as I've gone through like therapy, and I think Matt, it was this, right? Like, um, like memories come back, that I hadn't remembered. And when a memory comes back, it almost reinforces it. Like-

Debi Scimeca-Diaz ([00:19:35](#)):

So is that happening right now? I'm sorry to interrupt, but is, are you having a memory of something right now or no?

Sarah ([00:19:40](#)):

Uh, yeah.

Debi Scimeca-Diaz ([00:19:42](#)):

Okay. Okay. Can you-

Sarah ([00:19:44](#)):

But it's not something so horrible, but it's just a remi- it's something I knew, but it's like, that's what comes back, right? Like ...

Debi Scimeca-Diaz ([00:19:52](#)):

So when we, I'm just gonna slow you down if I can. When we sort of pause and we touch into this place where you feel like you're damaged, and you, you use the word unlovable-

Sarah ([00:20:02](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:20:03](#)):

... saying that, "So, often these memories of moments that reinforce that come up into my being." Yeah?

Sarah ([00:20:11](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:20:11](#)):

And that happening right now and there's a memory, and maybe it's not a big one, but there's a memory that's coming up for you right now?

Sarah ([00:20:16](#)):

Mm-hmm (affirmative). Yeah.

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Debi Scimeca-Diaz ([00:20:19](#)):

Can you ... Yeah. Can you share that? What came into mind right there? What that was?

Sarah ([00:20:24](#)):

It probably sounds stupid, but, when I was a kid, (laughs)-

Debi Scimeca-Diaz ([00:20:28](#)):

No.

Sarah ([00:20:28](#)):

... when I was a kid, I think, you know this story that my dad took ... When my parents divorced, my, my dad took all of the photos that my mom had put together and he, he, I guess to hurt my mom, but he threw away like all of the photo album she had ever made and all the baby photos and have like, he just threw them all away. And I was maybe in fifth grade or something. But I remember coming home and my mom telling me what happened, and of course she was upset, and typical, like I had to take care of her. But what I got out of it was like, even my own dad doesn't think that my baby pictures are worth it. Like-

Debi Scimeca-Diaz ([00:21:07](#)):

Yeah. Yes.

Sarah ([00:21:10](#)):

And it sounds, that maybe sounds stupid, but that is what came up. Like-

Debi Scimeca-Diaz ([00:21:14](#)):

Wow. Hey Sarah, that doesn't sound stupid at all. When you said that your dad threw all those pictures, I felt that in my heart.

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

(laughs).

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

I was like, it was like your, it was like your dad basically said you're not existent anymore. I mean, that is so crushing to a little girl.

Sarah ([00:21:30](#)):

(laugh). There's no wonder that I like photography now, right? (laugh).

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Matt ([00:21:33](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:21:37](#)):

Yeah. Yes. Wow.

Sarah ([00:21:42](#)):

It just, I think, I think like-

Debi Scimeca-Diaz ([00:21:42](#)):

Can I slow you down? I just wanna, I just wanna slow you down, I'm sorry. 'Cause I, I don't wanna miss what you're saying, but I also need to slow you down too.

Because, this memory, when you, you said a couple times, this is stupid.

Sarah ([00:21:54](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:21:55](#)):

So there's even a voice in your own head that seems critical, if critical or judgey, of these really powerful experiences that left you feeling, not worth it and not lovable. Yeah. Yeah. "There's been so many experiences in my life that has left me feeling unlovable."

Sarah ([00:22:24](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:22:27](#)):

"And I feel like I'm damaged goods."

Sarah ([00:22:32](#)):

Yeah.

Debi Scimeca-Diaz ([00:22:34](#)):

Can you just share that small piece with your husband right now?

Sarah ([00:22:39](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:22:40](#)):

Just that small piece.

Sarah ([00:22:41](#)):

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I feel like I'm not worthy and I'm not lovable and like I'm damaged or ruined in some ways that I'm not good enough.

Debi Scimeca-Diaz ([00:22:56](#)):

Mm-hmm (affirmative). Yeah. So Sarah, how does that feel? You can look at your husband if you want and I'll just talk.

Sarah ([00:23:05](#)):

(laughs).

Debi Scimeca-Diaz ([00:23:06](#)):

How does that, how does that feel to just share that with him? "I feel like I'm damaged goods and I'm not lovable." How does that feel right now? Just-

Sarah ([00:23:14](#)):

Just sad.

Debi Scimeca-Diaz ([00:23:16](#)):

Yeah.

Sarah ([00:23:16](#)):

Like I feel little.

Debi Scimeca-Diaz ([00:23:19](#)):

You feel little right now? Yeah. Right. Right. Well, you've never been comforted and supported as a little girl when growing up, for you. So I get that.

Sarah ([00:23:31](#)):

Yeah.

Debi Scimeca-Diaz ([00:23:33](#)):

And what do you see from your husband as you share?

Sarah ([00:23:36](#)):

Aww, he's sweet. He wants to be there and he wishes that I didn't feel that way. I know that. (laughs).

Matt ([00:23:42](#)):

(laughs).

Debi Scimeca-Diaz ([00:23:42](#)):

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Yeah. Mm-hmm (affirmative). Of course, he loves you, right? He loves you so much. You're his person in this world and he's seeing you hurting and he sees ... I mean, you could feel your pain, Sarah, it's palpable. I feel your pain and I'm thousands and thousands of miles away.

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

(laughing).

Debi Scimeca-Diaz ([00:24:03](#)):

Yeah.

Sarah ([00:24:05](#)):

I think maybe you understand when I say it's hard with our kids sometimes maybe you understand better.

Matt ([00:24:10](#)):

Yeah.

Debi Scimeca-Diaz ([00:24:11](#)):

So I'm gonna back you up again, 'cause I don't wanna move away from this part of bringing something new. 'Cause here you are and you're sharing with your husband, "I feel like I'm not worth it. I feel like I'm damaged goods." You saying, "In this space, when I share this, I feel little."

Sarah ([00:24:29](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:24:31](#)):

A little. "And I, and I see in my husband that he wants to make it better. Is that what that is?"

Sarah ([00:24:37](#)):

Mm-hmm (affirmative). Like he want to take it away.

Debi Scimeca-Diaz ([00:24:39](#)):

He wants to take it away. He wa- and he can't. He can't take that away. So I just wanna check in with your husband real quick, okay?

Sarah ([00:24:50](#)):

Uh-huh (affirmative).

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Debi Scimeca-Diaz ([00:24:52](#)):

So Matt, tell me what is happening for you when your wife turns to you and she says, "I feel like I am damaged goods and I am unlovable?"

Matt ([00:25:00](#)):

Yeah. It, I mean, that is right, that it is a lot of like I wish I could take this away, but I do know I can't. But I want to comfort it as much as possible because like this, it's so hard to hear it. I know most of the stories from her childhood and-

Debi Scimeca-Diaz ([00:25:17](#)):

Mm-hmm (affirmative).

Matt ([00:25:18](#)):

... even ways that I've been a part of what it is, but it's so hard to see it 'cause this is like the most lovable woman in the entire world.

Sarah ([00:25:27](#)):

(laughs).

Matt ([00:25:27](#)):

And the parent that she is and the wife that she is and the friend that she is to people, like, it's such a dichotomy from what she's experienced in her life. And it really is a testament to her strength. And so, whatever I can do to help soothe this for her is what I wanna do. Because, I mean, you're 100% right, I can't take it away, I can't fix it as much as I wish I could. 'Cause all I want to do is to ease her pain. But I want, I just want her to know that she is loved here and I wish she felt better about that stuff that can't be fixed and I want to just help support her through it.

Matt ([00:26:09](#)):

Because, you are-

Debi Scimeca-Diaz ([00:26:09](#)):

So let, let me ... Sorry.

Matt ([00:26:09](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:26:12](#)):

If you saw me . . . Would you Love me? . . . Healing Moments in EFT

I just wanna slow you down. You, it's interesting, for, for the g- for the guy who tends to avoid, you are sharing a lot and it's really sweet. I love it. But I'm also gonna interrupt and I apologize guys for doing that.

Matt ([00:26:25](#)):

You're fine.

Debi Scimeca-Diaz ([00:26:26](#)):

But there's something so important that's happening here. You see your wife as lovable and wonderful and you see all the good that she brings to the world and to your children. And here she is sharing with you, "I don't feel lovable, I feel like I am damaged." And you know the stories.

Matt ([00:26:46](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:26:46](#)):

You said that, you said, "I know the stories." So I wonder for you, if it makes sense to you, that she has this place inside, even though you see all the loveliness, that she still is carrying around where she feels unlovable and she feels like she is damaged.

Matt ([00:27:03](#)):

Yeah.

Debi Scimeca-Diaz ([00:27:03](#)):

Does that make sense?

Matt ([00:27:04](#)):

It makes a ton of sense and we talk about it so much. And when, and I know we are not gonna go there, like when the kids like poke on it, I understand so much of why that impacts her. Because it, it is, like it's, it really, if everyone knew Sarah, they would all see what an amazing person she is. And if you knew, and very few people do knew all the things that contribute to why she feels unlovable and so small, you would understand the strength of why she's so wonderful to so many people. 'Cause it's a true, like overcoming of all that crap to be the person and then the mom and the wife and the friend that you are.

Debi Scimeca-Diaz ([00:27:49](#)):

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Yes

Matt ([00:27:50](#)):

It's-

Debi Scimeca-Diaz ([00:27:50](#)):

So let's slow down again.

Matt ([00:27:52](#)):

Yep.

Debi Scimeca-Diaz ([00:27:52](#)):

Slow down again. Sarah, you just looked down.

Sarah ([00:27:57](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:27:58](#)):

I wanna know what that was, when your husband was talking, you looked down for about three seconds. Something's going on for you? Can we just notice that? And can you share that with me?

Sarah ([00:28:09](#)):

Yeah. I, I don't feel worth hearing that.

Debi Scimeca-Diaz ([00:28:13](#)):

Yes. That's what it is. It touched that place inside again. Right there.

Sarah ([00:28:17](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:28:18](#)):

You put your head down kind of like almost like hide, hide or some thing like-

Sarah ([00:28:25](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:28:26](#)):

Wow. Wow. That's so important. What you're saying right now is, "I, I can't hear all these wonderful things about me. It's it's missing where I am right now."

Sarah ([00:28:41](#)):

Mm-hmm (affirmative).

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Debi Scimeca-Diaz ([00:28:42](#)):

I am in a place where I feel unlovable and I feel damaged."

Sarah ([00:28:47](#)):

Like almost like, I, I get rationally the strength or the resilience-

Debi Scimeca-Diaz ([00:28:55](#)):

Yep.

Sarah ([00:28:56](#)):

... I get that.

Debi Scimeca-Diaz ([00:28:57](#)):

Yep. Yep.

Sarah ([00:28:57](#)):

I understand it and I even believe it, like-

Debi Scimeca-Diaz ([00:28:59](#)):

Yes. Yeah. That's right. Of course you do. Yeah.

Sarah ([00:29:02](#)):

Yeah. Um-

Debi Scimeca-Diaz ([00:29:03](#)):

It's the emotional place that's not, the, the emotional is why you put your head down, right?

Sarah ([00:29:08](#)):

Yeah. My heart doesn't match my brain. Right.

Debi Scimeca-Diaz ([00:29:11](#)):

Your heart doesn't match your brain. Right. So when your husband tries to tell you how lovable and wonderful you are, your head can kinda say yep with you, but, right now you're in your heart space, right?

Sarah ([00:29:24](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:29:25](#)):

And you're saying, "I can't, I can that right now. I can't take that in."

Sarah ([00:29:29](#)):

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(laugh). Yeah. Yeah. Like I would remember him saying it and would replay it,
(laughs), but I still not taking it in. It's like, there's like a fence around it or
something. Yeah.

Debi Scimeca-Diaz ([00:29:41](#)):

Mm-hmm (affirmative). There's a fence around it, right? Beca- because you have
so much experiences that have internalized, this part that I'm damaged and
unlovable, right?

Sarah ([00:29:53](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:29:54](#)):

Like when all that experience is inside of our body, it's, it's, it's amiss when
someone tells us that we're lovable, right? Even though your husband is saying, "I
see-

Sarah ([00:30:05](#)):

Yeah. He's wonderful. (laughing).

Debi Scimeca-Diaz ([00:30:07](#)):

He is. And he's really, what he is saying is, "I see you differently, than you see
yourself."

Sarah ([00:30:10](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:30:11](#)):

Which that kind of makes sense.

Sarah ([00:30:12](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:30:15](#)):

Yeah. Yeah. So when you put your head down-

Sarah ([00:30:20](#)):

Uh-huh (affirmative).

Debi Scimeca-Diaz ([00:30:21](#)):

... can you, you can't take this in-

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Sarah ([00:30:22](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:30:24](#)):

... tell me what you notice happens in that, those few seconds between, with your connection with your husband? What do you notice when you put your head down and you can't it in?

Sarah ([00:30:35](#)):

Um, well, he, he's, especially this time, like stayed with me-

Debi Scimeca-Diaz ([00:30:41](#)):

Mm-hmm (affirmative).

Sarah ([00:30:42](#)):

... but I lost my, I say, contact with him. So I guess I kind of feel like I lost my safe connection.

Debi Scimeca-Diaz ([00:30:49](#)):

Mm-hmm (affirmative). That makes sense to me, right? You kind of, you-you mentioned a fence and it's almost like you kind of went behind the fence, when you looked down.

Sarah ([00:30:59](#)):

Mm-hmm (affirmative). Yeah. When I was a kid, I used to hide in the closet, so.

Debi Scimeca-Diaz ([00:31:00](#)):

I know.

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

(laughs).

Debi Scimeca-Diaz ([00:31:03](#)):

Oh, so you're hiding again.

Sarah ([00:31:05](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:31:06](#)):

And when you hide, you lose connection with your husband.

Sarah ([00:31:09](#)):

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Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:31:11](#)):

And when you hide, you're all alone, solely in this place of feeling lovable and feeling like you're damaged, right?

Sarah ([00:31:22](#)):

Yeah. Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:31:23](#)):

And it's the little girl who sat in the closet, right?

Sarah ([00:31:25](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:31:25](#)):

Feeling unlovable and damaged and hiding, to try to stay safe.

Sarah ([00:31:30](#)):

Mm-hmm (affirmative). That makes sense.

Debi Scimeca-Diaz ([00:31:32](#)):

Yeah. So, "When you, Matt, say to me that I'm lovable, I can't hear that."

Sarah ([00:31:44](#)):

Mm-hmm (affirmative). That's true.

Debi Scimeca-Diaz ([00:31:49](#)):

Can you tell him that right now?

Sarah ([00:31:50](#)):

When you tell me I'm lovable, I can't really hear it 'cause I don't feel it in my heart.

Matt ([00:31:55](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:31:59](#)):

Hmm. Yeah. Yeah. How is that to share that with him right now? How is that?

Sarah ([00:32:08](#)):

Um, really hard because I want him to see me as someone who believes I'm lovable.

Debi Scimeca-Diaz ([00:32:16](#)):

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Right.

Sarah ([00:32:16](#)):

I wanna be that for my kids and in the world.

Debi Scimeca-Diaz ([00:32:21](#)):

Right. Well, you, I think you've been fighting so hard in this world, as a w- kind of trying to prove your lovable-ness, right? In that head space of proving your lovable-ness, but then nobody's caring for the unlovable part. Nobody's coming alongside you and saying, "It's okay that you have this part."

Sarah ([00:32:40](#)):

It's true.

Debi Scimeca-Diaz ([00:32:41](#)):

That you feel damaged.

Sarah ([00:32:44](#)):

Yeah. Because I've always been like applauded for the, for overcoming it.

Debi Scimeca-Diaz ([00:32:49](#)):

Oh.

Sarah ([00:32:54](#)):

And like the perceived success, right?

Matt ([00:32:56](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:32:59](#)):

Yes. Sarah, this is so painful and so important, what you're saying right now. "I've always been applauded for overcoming it, which has left me all alone in the darkness of this place inside. Because I get applauded for overcoming it and then I'm stuck with it, and it just stays inside of me, stuck."

Sarah ([00:33:19](#)):

Yeah. That's right.

Debi Scimeca-Diaz ([00:33:21](#)):

Yes. Mm-hmm (affirmative). Hmm. So Matt, I know how much you love your wife-

Matt ([00:33:39](#)):

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Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:33:41](#)):

... how important she is to you. And I also know how hard it is for you to see her in this kind of pain.

Matt ([00:33:45](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:33:47](#)):

And how much you wanna make it better. And I, I think what I'm noticing right now is, I wonder if you could tell her that, it's okay, that she has this unlovable stuff inside and that she feels like she's dam- ... That if you can just tell her it's okay that she has that.

Matt ([00:34:08](#)):

There's a lot that has gone into why you feel, how I f- about yourself. And it all makes sense from everything. And, I think, like, you know how I feel about you, but I want you to know that it's okay to feel that way, that I will hold you through the pain. And it's totally okay to be, to sit and feel it and deal with it and talk about it and share it and-

Debi Scimeca-Diaz ([00:34:40](#)):

Slow down. "I will hold you through the pain," I just wanna come back. That was such an important phrase that you just said. "I will hold you through the pain. You don't need to be alone in this." That's what I feel like you're saying, Matt, is that right?

Matt ([00:34:59](#)):

Yeah. I, yeah. She won't be alone. Like I'll be there-

Debi Scimeca-Diaz ([00:35:01](#)):

I can be there for you.

Matt ([00:35:02](#)):

... I'll hold her through it.

Debi Scimeca-Diaz ([00:35:03](#)):

Yes. Yeah. "I can be there to hold you through this pain. I am here right now to hold you through this pain." Is, are you here with her right now? Can you-

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Matt ([00:35:15](#)):

Yeah. I'm here with you now, um, even outside of this, in an hour, in tonight. Like whenever you feel this pain, I'll be here for you.

Debi Scimeca-Diaz ([00:35:30](#)):

Right. So she does not have to be alone in it. Yeah.

Matt ([00:35:34](#)):

Its probably scary, I know.

Sarah ([00:35:37](#)):

(laughs).

Debi Scimeca-Diaz ([00:35:40](#)):

Mm-hmm (affirmative). So Sarah, you did not break eye contact with your husband this time.

Sarah ([00:35:45](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:35:46](#)):

Tell me what happened when he said, "I, I'm here with you now. I want, I can hold you through this pain. You don't have to be alone in it. It's okay that you feel this?"

What happens to you?

Sarah ([00:35:58](#)):

Um, I definitely get calmer and breathe easier and it makes me think, um, like when I get to lay at you in the morning ... Like, like, we figured out maybe a year ago or nine months ago or something, that if I lay on Matt's chest, I breathe slower and I calm down. And so, him saying that, it's kind of that same feeling.

Debi Scimeca-Diaz ([00:36:23](#)):

Yes. Yes. When he says, "I'm ho-holding you through that, I will hold you through that," does [crosstalk 00:36:31].

Sarah ([00:36:31](#)):

It makes me feel like that. Yeah.

Debi Scimeca-Diaz ([00:36:34](#)):

If you saw me . . . Would you Love me? . . . Healing Moments in EFT

Yes. It calms you, it starts to calm you down. Even right now, as he shares that with you, you're saying, "Even without the laying on your chest," which is something that couples can do, right? When we, it can calm us down when we embrace.

Sarah ([00:36:47](#)):

Yeah.

Debi Scimeca-Diaz ([00:36:47](#)):

You're saying, "Without the embrace, my body's starting to calm down right now."

Sarah ([00:36:51](#)):

In the same way. Yeah.

Debi Scimeca-Diaz ([00:36:52](#)):

Yes. That is so powerful.

Sarah ([00:37:02](#)):

'Cause I think I've always thought even from Matt, that I have to perform. (laughs).

Debi Scimeca-Diaz ([00:37:09](#)):

Ah. Right. Right. Because you've been so used to performing and you said, "I've been given all the positive feedback for what I've overcome, so I need to perform for my husband so he does not see me as damaged goods."

Sarah ([00:37:28](#)):

Yeah.

Matt ([00:37:30](#)):

Mm-hmm (affirmative).

Sarah ([00:37:31](#)):

Like the version of me that you fell in love with was that, not this.

Debi Scimeca-Diaz ([00:37:34](#)):

Aww. So that's why you keep this place tucked away inside and don't expose it very much. And you suffer alone in it.

Sarah ([00:37:49](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:37:50](#)):

If you saw me . . . Would you Love me? . . . Healing Moments in EFT

And it, and it shackles you actually, right? You keep your he- (laughs), you, you la- as soon as I said the word shackles, you laughed, so you're like, "That's it."

Sarah ([00:37:57](#)):

Yeah. Yep.

Debi Scimeca-Diaz ([00:37:58](#)):

You feel that?

Sarah ([00:37:59](#)):

Yeah.

Debi Scimeca-Diaz ([00:37:59](#)):

It's w-

Sarah ([00:38:03](#)):

Yeah. That's why there's certain things I know I do in my life that I don't have to perform. Like when I'm a photographer or whatever, like, and think of things. But, why I love those things so much is 'cause I don't have those shackles on when I'm doing those things.

Debi Scimeca-Diaz ([00:38:18](#)):

Mm-hmm (affirmative). I get that. So, "I've worked really hard in this marriage ... I'm just gonna back us up for a second. "I've worked really hard to prove my lovableness to you, to you Matt. And it's really calming and nice right now to have you be here with me in the place where I feel broken and unlovable."

Sarah ([00:38:37](#)):

[crosstalk 00:38:37]. (laughs).

Debi Scimeca-Diaz ([00:38:38](#)):

"'Cause then maybe I don't have to work so hard." What did you just say?

Sarah ([00:38:41](#)):

I said exactly what she just said. (laughing).

Debi Scimeca-Diaz ([00:38:45](#)):

So you're like, "I don't have to say that, let's, let's go with what Debbie said." (laughing).

Matt ([00:38:48](#)):

If you saw me . . . Would you Love me? . . . Healing Moments in EFT

Yeah. Yeah. "Just listen to her-

Sarah ([00:38:48](#)):

That was so good. Can you ... (laughing).

Debi Scimeca-Diaz ([00:38:52](#)):

Let's take the rewind button.

Matt ([00:38:53](#)):

Yeah. Right.

Debi Scimeca-Diaz ([00:38:55](#)):

"I've worked so hard ... Let me see if I could do it again.

Sarah ([00:38:57](#)):

(laughs).

Debi Scimeca-Diaz ([00:38:57](#)):

"I've worked so hard, to prove myself to be lovable and to show you only that side of me. And right now in this moment, when I show you my damaged place, where I feel unlovable and you are here with me, and you hold through it, it calms me down. And it means that I don't have to work so hard to prove myself and to show you, I'm lovable. Maybe I don't have to work so hard." How does that feel when I say that to you, Sarah, right now? "Maybe I don't have to work so hard to prove my loveliness. Maybe I could just be me. All of me."

Sarah ([00:39:53](#)):

It feels better like relaxed. (laughs).

Debi Scimeca-Diaz ([00:40:02](#)):

Ah. Mm-hmm (affirmative). Yeah. [crosstalk 00:40:02].

Sarah ([00:40:02](#)):

It feels really good to not feel alone in this sadness, so thank you.

Matt ([00:40:07](#)):

[inaudible 00:40:07].

Debi Scimeca-Diaz ([00:40:07](#)):

If you saw me . . . Would you Love me? . . . Healing Moments in EFT

Yes. It feels really, really good for you to not be alone in this right now. Mm-hmm (affirmative). Matt, I missed what you said there, what did you just say to your wife?

Matt ([00:40:20](#)):

She said, "Thanks for being here, so I'm not alone in this." And I said, "You don't have to thank me, you deserve to not be alone."

Debi Scimeca-Diaz ([00:40:28](#)):

You wanna keep showing up for her in this place because she has spent her entire life being alone in this place.

Matt ([00:40:34](#)):

Right.

Debi Scimeca-Diaz ([00:40:34](#)):

And she does not, she doesn't even like to acknowledge it herself and touch it, right?

Matt ([00:40:39](#)):

Yeah.

Debi Scimeca-Diaz ([00:40:40](#)):

And when she does, she's always been alone. And you're saying, "You don't have to do that anymore. You don't have to do that anymore." Hmm.

Sarah ([00:40:55](#)):

I, see, I have an objection coming up.

Debi Scimeca-Diaz ([00:40:58](#)):

Okay. Tell me what's coming up and what came in, right there?

Sarah ([00:41:01](#)):

Just like I know Matt really likes when I'm happy and optimistic and positive, you know?

Debi Scimeca-Diaz ([00:41:10](#)):

Uh-huh (affirmative).

Sarah ([00:41:10](#)):

Like-

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Debi Scimeca-Diaz ([00:41:10](#)):

Yeah.

Sarah ([00:41:11](#)):

... I know that that's part of like what you would say like you fell in love with me because of.

Matt ([00:41:16](#)):

Sure. [crosstalk 00:41:17].

Debi Scimeca-Diaz ([00:41:20](#)):

So your fear came up.

Sarah ([00:41:21](#)):

And that part of me isn't out so much then.

Debi Scimeca-Diaz ([00:41:21](#)):

Your fear came up, right here right now, your fear, that, "Oh my God, I am sharing my damaged, unlovable parts, and now I'm not being this positive person who Matt loves."

Sarah ([00:41:37](#)):

Hmm.

Debi Scimeca-Diaz ([00:41:37](#)):

Oh, oh. "I'm afraid right now that you might not really love this part of me." That you-

Sarah ([00:41:44](#)):

Yeah. 'Cause, uh ... Yeah. That's exactly right.

Debi Scimeca-Diaz ([00:41:49](#)):

Uh, it is exactly right. "I'm afraid that you won't love this part of me that you want. The, the person who tries really hard and is really good and, and shows the world, her, her strength."

Sarah ([00:41:58](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:42:00](#)):

"I'm afraid, afraid you won't love this part of me."

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Sarah ([00:42:02](#)):

And that you'll go somewhere else to find it. (laughs).

Debi Scimeca-Diaz ([00:42:08](#)):

Oh. Right. There it is. There it is. That's it. "You're gonna go somewhere else to find it. You won't love this part of me. This is why I've worked so hard to prove my lovableness 'cause I'm afraid you won't love this part of me. And then you'll leave me and find it somewhere else."

Sarah ([00:42:26](#)):

Does that make sense to you?

Matt ([00:42:29](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:42:39](#)):

I want you to share that directly with your husband. "I am afraid that you will not love this part of me, and you will look elsewhere."

Sarah ([00:42:50](#)):

I'm really, really scared that, if this part of me is what you see, that you'll go somewhere else to find that happiness or the spontaneity or the striving for the achievement.

Debi Scimeca-Diaz ([00:43:08](#)):

Hmm.

Sarah ([00:43:10](#)):

'Cause the last time I let myself sit in just who I was and enjoy the, the experience, I feel like you went away.

Debi Scimeca-Diaz ([00:43:23](#)):

Hmm. Hmm. "I'm terrified that you won't love this place in me and you will leave. And the last time I allowed myself to relax, you left, you found something somewhere else?"

Sarah ([00:43:44](#)):

That's right.

Debi Scimeca-Diaz ([00:43:45](#)):

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Yes.

Sarah ([00:43:48](#)):

Does that make sense?

Matt ([00:43:50](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:43:52](#)):

Sarah, are you, just real quick, referring to the emotional affair that had happened where that brought you ... Okay. I just wanted to check.

Sarah ([00:43:59](#)):

'Cause-

Debi Scimeca-Diaz ([00:44:00](#)):

Yeah. Okay.

Sarah ([00:44:02](#)):

... because like, if somebody asked me when the last time I felt happy, like I was saying, I felt really happy, and I, they said, "When was the last time you felt that happy?" And I said, "It was like, when I had our little babies." Like, they were 3, 4, 5, 6 months old.

Debi Scimeca-Diaz ([00:44:18](#)):

Mm-hmm (affirmative). Yes.

Sarah ([00:44:23](#)):

And then right after that, is when everything happened.

Debi Scimeca-Diaz ([00:44:23](#)):

Mm-hmm (affirmative).

Sarah ([00:44:26](#)):

And so, I feel like, the last time I let myself get happy, then something bad happened.

Debi Scimeca-Diaz ([00:44:29](#)):

Ooh. Oh. So like put your guard down, you're saying, and just leaned into life. Like, "And I wasn't so guarded, I wasn't the little girl hiding in the closet being afraid of the world. And then I lost you."

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Sarah ([00:44:41](#)):

And then I had to go back to doing it on my own or I did, anyways. (laughs).

Debi Scimeca-Diaz ([00:44:47](#)):

Yeah. Right. I, right. Of course you did. That's what you know.

Sarah ([00:44:49](#)):

Uh-huh (affirmative).

Debi Scimeca-Diaz ([00:44:50](#)):

That's what you ... So I just so appreciate your openness right now. And you saying, "Hey, my fear right now is here, it's live, it's coming up. I'm afraid you won't love this part of me because of the past, because of what happened to us. Yeah. I'm afraid I'll lose you, if I don't keep performing."

Sarah ([00:45:16](#)):

Yeah.

Debi Scimeca-Diaz ([00:45:16](#)):

Yeah. Hmm.

Sarah ([00:45:16](#)):

Are you okay?

Matt ([00:45:27](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:45:28](#)):

So what just happened there that you said, you asked your husband, if he's okay? What just happened there? You moved out of yourself and you-

Sarah ([00:45:35](#)):

(laughing).

Matt ([00:45:36](#)):

Mm-hmm (affirmative).

Sarah ([00:45:38](#)):

Um, it's kind of a reassurance that I, I feel, I don't know. I guess I feel like I'm taking up too much time.

Debi Scimeca-Diaz ([00:45:49](#)):

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Ooh, this is, the stuff that we are talking about right now is exactly where we need to be, but I get it. I get that little radar's going and it's also, we're talking about some really tough stuff. So if I move over to him, then you get a breather.
(laughing).

Sarah ([00:46:06](#)):

Yes.

Debi Scimeca-Diaz ([00:46:07](#)):

Yes. I know that. (laughing). I'm with you. I gotcha.

Matt ([00:46:11](#)):

Mm-hmm (affirmative).

Sarah ([00:46:13](#)):

But I'm okay. I mean, it feels good.

Debi Scimeca-Diaz ([00:46:15](#)):

It, it feels good for you to be touching these places and sharing them with your husband. Yeah. Yeah. That, that's why we're staying here, Sarah. This is why we're staying here. As hard as it is, it also feels good.

Sarah ([00:46:31](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:46:32](#)):

Yeah. I wondered if maybe there was a little part of you that checked to see if he was okay, because you brought up the past.

Sarah ([00:46:39](#)):

Yeah.

Debi Scimeca-Diaz ([00:46:40](#)):

That too. You were making sure that he's okay that you can bring this up and you can tell him your fears related to what happened between the two of you?

Sarah ([00:46:49](#)):

Yeah. I mean, we've gotten a lot better about that, I feel like-

Debi Scimeca-Diaz ([00:46:51](#)):

Uh-huh (affirmative).

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Sarah ([00:46:52](#)):

... so I'm not as scared as I used to be. But I do worry, like, 'cause I'm not saying it to hurt him.

Debi Scimeca-Diaz ([00:46:57](#)):

Of course you're not.

Matt ([00:46:57](#)):

Yeah.

Sarah ([00:46:58](#)):

I'm saying it to share my experience.

Matt ([00:46:59](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:47:00](#)):

Right. Right. Right. Right. Right. And if your husband, like, if he hears this and he spirals into his own shame, right? Then you lose him. So I actually totally get that you're checking with him and making sure he's okay.

Sarah ([00:47:15](#)):

Uh-huh (affirmative).

Debi Scimeca-Diaz ([00:47:17](#)):

Yeah. And, and Matt, I'm just gonna check with you. You did s- you did say, you did nod to your wife that you are okay that she brings this up. Like-

Matt ([00:47:23](#)):

Yeah.

Debi Scimeca-Diaz ([00:47:25](#)):

Yeah. You're s- you're staying here with her in this place?

Matt ([00:47:28](#)):

Yep. Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:47:31](#)):

That is, I just so admire you right now 'cause sometimes it's so hard for us to stay present, for the person that we've hurt, when they bring up the hurt again. So you

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are just doing such an amazing job being there for your wife. This is the stuff she needs to talk to you about.

Matt ([00:47:48](#)):

Yeah.

Debi Scimeca-Diaz ([00:47:50](#)):

Yeah. Yeah. So Matt, "I, I can be here with you, even when you bring up your fears and you bring up the past, I can still say, stay present with you.

Matt ([00:48:02](#)):

Okay.

Debi Scimeca-Diaz ([00:48:02](#)):

Can you, can you talk to me about this? Can you just sh- let her know that directly from you, that, "I can be here with you and I can stay present?"

Matt ([00:48:10](#)):

So we, I can still stay here and I want to stay here to be with you, to talk about anything we need you to help you work through and talk about and share and be who you are and feel how you feel.

Sarah ([00:48:25](#)):

Okay.

Debi Scimeca-Diaz ([00:48:25](#)):

Hmm.

Matt ([00:48:26](#)):

And even if it's something that involves our past or some way I've hurt you, I'll still sit and listen to you. 'Cause I care most about, helping you feel it and listen to it and talk about it.

Sarah ([00:48:43](#)):

Sure.

Debi Scimeca-Diaz ([00:48:43](#)):

Right. Sarah how does that land for you right non, when he shares that? "I can be here. You can talk. I want to be here for you, and I want you to feel better about this stuff."

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Sarah ([00:48:54](#)):

I just, like, "Keep breathing." So it's just like a reassurance.

Debi Scimeca-Diaz ([00:48:58](#)):

Yes. So you're saying right now, "Hey, this is working for me."

Sarah ([00:49:02](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:49:04](#)):

Right? "This is working. So when I touch these places and I take these huge risks and I share them with you and you say, you can be here with me. You stay emotionally, present. You hold me through it. It's, I can breathe. And I'm not-

Sarah ([00:49:22](#)):

I feel like you're not, you're not gonna go away.

Debi Scimeca-Diaz ([00:49:25](#)):

You feel that he's not gonna go away? Is that what you're saying?

Sarah ([00:49:27](#)):

Mm-hmm (affirmative). Yeah.

Debi Scimeca-Diaz ([00:49:29](#)):

Yeah. And you're not alone, Sarah.

Sarah ([00:49:31](#)):

Mm-hmm (affirmative). True.

Debi Scimeca-Diaz ([00:49:36](#)):

Hmm. You are not alone in this place of fear. And in this place where you feel unlovable, you are not alone. Your husband is here with you, holding onto you.

Sarah ([00:49:49](#)):

Yeah.

Debi Scimeca-Diaz ([00:49:52](#)):

He's not going anywhere. Hmm.

Sarah ([00:49:57](#)):

Gross. (laughs).

Matt ([00:50:01](#)):

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Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:50:01](#)):

Hmm.

Debi Scimeca-Diaz ([00:50:01](#)):

(silence).

Debi Scimeca-Diaz ([00:50:55](#)):

How are you doing Sarah?

Sarah ([00:50:56](#)):

Good.

Debi Scimeca-Diaz ([00:50:59](#)):

Tell me what's coming up for you when you hold that space with your husband and you just stay locked onto him? What's coming up inside? What's happening to your body?

Sarah ([00:51:08](#)):

Um, I got a lot calmer and it was almost like everything around slowed down and it was just the two of us.

Debi Scimeca-Diaz ([00:51:16](#)):

Mm-hmm (affirmative). Mm-hmm (affirmative). That's really special.

Sarah ([00:51:19](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:51:20](#)):

Mm-hmm (affirmative).

Sarah ([00:51:23](#)):

I could say something super sappy. (laughing).

Debi Scimeca-Diaz ([00:51:27](#)):

What's your super sappy thing that you wanted to say? It's okay.

Sarah ([00:51:30](#)):

That's it's like falling in love.

Debi Scimeca-Diaz ([00:51:31](#)):

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Aww, that's so sweet. There's that little critical voice inside your head again. And that's so sweet though and tender.

Sarah ([00:51:39](#)):

Yeah. It's like falling in love.

Debi Scimeca-Diaz ([00:51:42](#)):

Yeah. "It's like falling in love, holding this space with you. Having the world slow down around me. I'm feeling calm in my body. Even as I share that I feel unlovable and I feel damaged and I'm terrified. And you won't love this part of me or that I'll lose you. Having you here with me, staying here with me right now as I share this, calms me down."

Sarah ([00:52:17](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:52:19](#)):

Yeah. Hmm.

Sarah ([00:52:40](#)):

We didn't get this before.

Matt ([00:52:46](#)):

Get what?

Debi Scimeca-Diaz ([00:52:46](#)):

What did you say, Sarah?

Sarah ([00:52:49](#)):

Um, I said we didn't get this before and he said, "Get, what?"

Debi Scimeca-Diaz ([00:52:52](#)):

(laughing). Do you wanna answer him right now?

Sarah ([00:52:58](#)):

Like, when we met, like we weren't even physically in the same space, uh, geographically, right? And I didn't get to feel like you saw me and you were physically with me.

Matt ([00:53:08](#)):

Hmm. Mm-hmm (affirmative).

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Debi Scimeca-Diaz ([00:53:10](#)):

Hmm. So that's what you're feeling right now. You're feeling your husband sees you right now and he's with you right now. That, that connection is so strong.

Sarah ([00:53:21](#)):

Yeah. Like the link between feeling seen, but physically having someone nearer for you.

Debi Scimeca-Diaz ([00:53:28](#)):

Yes. Yeah. Yeah. So Sarah, tell me what it is that you need from your husband right now, to continue to open up and share these places with him? The damaged part, when that comes up for you, or feeling unlovable or just being terrified that he won't love this place inside of you, what do you need from him right now?

Sarah ([00:53:59](#)):

I just need you to be able to sit with me and look at me-

Debi Scimeca-Diaz ([00:54:04](#)):

Mm-hmm (affirmative).

Sarah ([00:54:06](#)):

... and make time, like, for us, without the kids and without you feeling stressed. And like making you feel like you can be present. It doesn't have to be a lot, just some nights can become special.

Debi Scimeca-Diaz ([00:54:21](#)):

Mm-hmm (affirmative). Hmm. And right now, in this moment, you brought up a fear that he won't love this part of you. I wonder if, I wonder if there's a little place inside that-

Automated Voice ([00:54:35](#)):

10 o'clock.

Sarah ([00:54:36](#)):

(laughs).

Debi Scimeca-Diaz ([00:54:36](#)):

Ooh.

Sarah ([00:54:37](#)):

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Sorry. My computer tells me every hour, it's fine. (laughing).

Debi Scimeca-Diaz ([00:54:42](#)):

All right. We're gonna pretend we didn't hear that and just jump right in.

Sarah ([00:54:44](#)):

Yeah. (laughs).

Debi Scimeca-Diaz ([00:54:44](#)):

So, so, that's cute. So I wonder if there's a little part of you that needs to know that he still loves you and he can love this part that feels unlovable and damage.

Sarah ([00:54:58](#)):

Yeah, that would be good. Like, if you could tell me ... Like, when you tell me it does help, it reassures me that it's okay.

Debi Scimeca-Diaz ([00:55:04](#)):

And that he's not going anywhere.

Sarah ([00:55:10](#)):

Yeah.

Debi Scimeca-Diaz ([00:55:11](#)):

So I-

Sarah ([00:55:13](#)):

[crosstalk 00:55:13] ... go somewhere.

Matt ([00:55:14](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:55:19](#)):

So Sarah, I'm gonna, I know we're a little choppy right here, but I really want you to just look directly at your husband's eyes and tell him exactly what you need. Those two things, right? Which is, "I need to know that you love this part of me, and, and you're not gonna leave me. You're gonna stay with me." Those two things are super important.

Sarah ([00:55:38](#)):

I need to know that you love this part of me and that you accept this part of me. And that you're not gonna go anywhere even if this is what you're seeing.

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Debi Scimeca-Diaz ([00:55:47](#)):

Hmm. Yeah.

Sarah ([00:55:56](#)):

Because that's my biggest fear is that, if I do this, you will love me.

Debi Scimeca-Diaz ([00:56:02](#)):

Hmm. Wow. Matt, can you respond to your wife right now?

Matt ([00:56:11](#)):

Sure. I understand why you feel that way. I understand and it makes a lot of sense where that fear comes from. And I want to reassure you that I will be here, 'cause I love, I really love this part of you. I love the authentic you. And when you really like dig in and show who you are, you become even more lovable, because it's really you, it's not the fake you. And I really will show you and be here with you and tell you how much I love you, 'cause this is what I want.

Debi Scimeca-Diaz ([00:56:48](#)):

Wow. That's so beautiful.

Sarah ([00:56:53](#)):

Do you think you can call my bullshit? Tell me that you need to see this part of me. (laughs).

Debi Scimeca-Diaz ([00:57:01](#)):

Hmm. You, you, you were saying, "I might need a little bit of help because I've been so good at keeping this tucked away. I might need a little bit of help, 'cause, I don't wanna keep this tucked away and be alone in it anymore. Like, I can't. I gotta loosen up those shackles and I might need your help with that too."

Sarah ([00:57:16](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:57:18](#)):

Yeah. Yeah. So what happens when your husband says, "I really love this part of you. Like it's, like I get all of you and I just, I, I love it." It's different.

Sarah ([00:57:30](#)):

It's different, for sure. Um, I don't know. I wanna see more of it. (laugh).

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Debi Scimeca-Diaz ([00:57:40](#)):

Yeah.

Sarah ([00:57:40](#)):

Like I need to feel more of that. Like, 'cause it kind of feels like new. (laughs).

Debi Scimeca-Diaz ([00:57:46](#)):

It is new.

Sarah ([00:57:47](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:57:48](#)):

And you know what, Sarah, you didn't look down when he said that.

Sarah ([00:57:51](#)):

Yeah.

Debi Scimeca-Diaz ([00:57:52](#)):

Th-things are shifting. Right here, right now, in this hour that we're spending together, things are shifting.

Sarah ([00:57:56](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:57:57](#)):

'Cause, you don't love this part of you and he said, "I love this part of you," and you actually stayed and you stayed connecti- in connection with him. You didn't go behind the fence.

Sarah ([00:58:06](#)):

Yeah. Like I wanna believe him. So I'm like, okay.

Debi Scimeca-Diaz ([00:58:10](#)):

Lean in a little bit? Mm-hmm (affirmative).

Sarah ([00:58:10](#)):

Yeah.

Debi Scimeca-Diaz ([00:58:14](#)):

Yeah. Yeah. Well, it's gonna take, like you said, more time, more practice sharing like this, right?

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Sarah ([00:58:20](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:58:20](#)):

Doing more of, of these kind of conversations and hearing that message from your husband, when you're in your heart space, when both of you're in your heart space-

Sarah ([00:58:29](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:58:30](#)):

... to, to be able to, to keep shifting, right?

Sarah ([00:58:33](#)):

That makes sense. Yeah.

Debi Scimeca-Diaz ([00:58:34](#)):

Yeah. Hmm. Wow.

Debi Scimeca-Diaz ([00:58:34](#)):

(silence).

Sarah ([00:58:34](#)):

Thank you.

Matt ([00:58:34](#)):

Mm-hmm (affirmative). You're welcome. Thank you.

Sarah ([00:58:34](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:59:04](#)):

How are you guys doing now?

Sarah ([00:59:06](#)):

Good.

Matt ([00:59:07](#)):

We're doing okay. Yeah.

Debi Scimeca-Diaz ([00:59:10](#)):

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You know, when we started out, I started out saying it's clear to me how much you guys love each other. And when I said that to you, you goes, tears-

Sarah ([00:59:17](#)):

(laughs).

Debi Scimeca-Diaz ([00:59:17](#)):

... and I feel we've come full circle at the end of the hour. And I knew it before, but, wow. What you guys did in this time was just amazingly beautiful and so vulnerable.

Sarah ([00:59:33](#)):

Yeah. Thanks.

Debi Scimeca-Diaz ([00:59:39](#)):

Yeah. Yeah. So this is, this is pretty special and I feel like you're gonna go back to Cindy and you guys are gonna keep doing some work around this-

Sarah ([00:59:50](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:59:51](#)):

... so it can start to be more of the norm in your relationship.

Sarah ([00:59:57](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:59:57](#)):

Not that you have to be this vulnerable all the time. But the thing is, is like, when we hit those really painful places inside that we do not share with anybody, because we feel bad about ourselves, what we learn to do is we share them a loved one. And when we feel loved in those spaces, it's relieving those, your words. I can breathe easier, my body's calming down. Like-

Sarah ([01:00:19](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:00:19](#)):

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... that's the only thing that will help that, right? Is when we can go out on that limb and share with the person that we love. And then, and Matt, you did such a beautiful job. Um, you did such a ... Hang on a second. My screen just ...

Sarah ([01:00:35](#)):

(laughs).

Debi Scimeca-Diaz ([01:00:35](#)):

Something, just had my screen but I'm back.

Sarah ([01:00:36](#)):

Yeah.

Debi Scimeca-Diaz ([01:00:37](#)):

You did such a beautiful job, staying present with your wife and being here for her and just accepting her and loving her in this space. So she doesn't have to be alone. I mean that is the key.

Matt ([01:00:49](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:00:49](#)):

Yeah.

Sarah ([01:00:49](#)):

I know it's hard.

Matt ([01:00:51](#)):

It's okay. Yeah.

Debi Scimeca-Diaz ([01:00:53](#)):

What'd you just say?

Matt ([01:00:53](#)):

She said, "I know it's hard," and I just said, "It's okay." 'Cause I want to be here with her.

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

Yeah. You're saying again to your husband, this is hard for him.

Sarah ([01:01:08](#)):

Yeah, I know it. Yeah. I th- I think it's hard for him.

Debi Scimeca-Diaz ([01:01:11](#)):

You mean because it touches into some, the, the fail, fail button inside of him, right?

Sarah ([01:01:17](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:01:18](#)):

Right. Yeah. Well, that's the, the, that's because he loves you, right? And so, it can touch the fail button and he can still be loving you in the same, at that same time, right? It's when you lose him to the fail button, then you're all alone.

Sarah ([01:01:32](#)):

Yeah.

Debi Scimeca-Diaz ([01:01:33](#)):

And that's, that's what we're trying to, to shift that.

Sarah ([01:01:36](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:01:37](#)):

And Matt, for you too, like as you guys move forward, your, what your wife had shared with you today, we wanna make sure we can reverse that at times. When that fail button gets touched in you, that you turn to her with it, and ask her to just love you and hold you in that space. Not try to fix it, not try to make it better, right? Just so you're not alone.

Matt ([01:01:59](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:02:00](#)):

Right? That's, that's what we want you guys to be doing. And you're gonna do it. All the faith that you guys are gonna do this.

Sarah ([01:02:07](#)):

Yeah.