

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

So, if I'm hearing you correctly, you're saying, "I feel really alone in my relationship and I want more than anything-"

Erin ([00:00:00](#)):

Mm-hmm (affirmative).

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

"To be connected and to feel close to Chris, that's really important to me. And when I have those moments where I'm not feeling that way, the way it shows up, the way... What he sees on the outside is he sees me saying, 'You're doing this wrong,' or, 'You need to try this way,' or-"

Erin ([00:00:07](#)):

Mm-hmm (affirmative).

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

So, he sees... it comes out like almost critical.

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

Yeah, like, I'm... he said I'm always mean.

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

So, it comes out critical-

Erin ([00:00:28](#)):

Yeah.

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

And maybe there's a mean tone or something there-

Erin ([00:00:32](#)):

Yeah.

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

Do- do you... are you familiar with that in your voice? Do you know that tone?

Erin ([00:00:36](#)):

I don't, I don't recognize it because on the inside I'm feeling so much, I feel like I don't pay attention to the outside.

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

Yeah.

Erin ([00:00:41](#)):

Not only that but our sex life-

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

So, slow down for me for one second. You said something really important, "On the inside I'm feeling so much."

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

That I just don't realize what I'm doing on the outside, I guess.

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

Yeah. So, there's something in the inside that's really powerful for you. There's a lot of stuff that's churning?

Erin ([00:00:57](#)):

Mm-hmm (affirmative).

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

Is that right? What is that inside stuff that's churning you? Is that the things that you're starting to talk about, the loneliness? Or the...

Erin ([00:01:04](#)):

Mm-hmm (affirmative). It just... it hurts.

Debi Scimeca-Diaz ([00:01:07](#)):

And it feels really big.

Erin ([00:01:07](#)):

Mm-hmm (affirmative).

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

It hurts and it feels really big.

Erin ([00:01:10](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:01:12](#)):

And what, what gets in the way of you letting him know about the hurt on the inside?

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

I feel like I have and I feel like I do, but I, I don't like to... sometimes, it's hard to be vulnerable because I feel like I'll just get hurt.

Debi Scimeca-Diaz ([00:01:27](#)):

That makes a lot of sense to me partly because of the cycle that you guys are in, right-

Erin ([00:01:27](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:01:33](#)):

Because the way, the way you're experiencing things is that he's sort of checked out-

Erin ([00:01:37](#)):

Yeah.

Debi Scimeca-Diaz ([00:01:38](#)):

Don't worry, I really wanna hear your side, so I'm coming. But you're experiencing someone who's really checked out and would rather be doing other things than doing things with you?

Erin ([00:01:38](#)):

Exactly.

Debi Scimeca-Diaz ([00:01:45](#)):

So, if you were to put your heart out there and be vulnerable, "What if he stays checked out? What if he doesn't-

Erin ([00:01:52](#)):

It'll be worse.

Debi Scimeca-Diaz ([00:01:52](#)):

"It'll be worse for me," right. "So, then I get more critical and I try to tell him what to do in hopes that somehow, that's gonna soothe my pain."

Erin ([00:02:02](#)):

Yeah.

Debi Scimeca-Diaz ([00:02:03](#)):

Yeah. Look at that.

Erin ([00:02:07](#)):

Yup. It's hard. And when I get like that... And just recently, Mark has been doing a great job with us in these couple of weeks that we were able to go there and things started going downhill again. And, uh, just recently, I couldn't do it anymore, I was like, "I'm done. I don't want our son growing up in an unhappy home, I'd rather him have happy parents in two homes, you know what I mean? [inaudible 00:02:39] I don't want him... because it got to the point where we were raising our voice in front of Connor and that's just not okay.

Debi Scimeca-Diaz ([00:02:47](#)):

Right. And, and if I'm understanding, you're saying, "I'm trying all these ways to try this is get us to fix things," or, "I try to tell him what to do and what to do differently in hopes that that's gonna fix things-

Erin ([00:02:47](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:02:57](#)):

"And then I get to a point where none of that is working."

Erin ([00:02:59](#)):

Mm-hmm (affirmative).

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

"And I'm carrying around all this pain and loneliness where I feel like I don't matter enough to the guy that I love."

Erin ([00:03:07](#)):

Definitely.

Debi Scimeca-Diaz ([00:03:07](#)):

"And then you feel like the only way to stop carrying around all that pain is to somehow say... just to leave."

Erin ([00:03:14](#)):

Just... it gets so hard, I can't do it anymore.

Debi Scimeca-Diaz ([00:03:18](#)):

Yeah. That's so sad to hear you say that because I know that you want this, right?

Erin ([00:03:18](#)):

Mm-hmm (affirmative).

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

And that, that when you say that, "I should just leave," it's really, "I am in so much pain here, and I don't know what else to do and I don't know how to reach you, I don't know how to talk to you. And so, I feel like the only way to stop the pain is if I were to be alone."

Erin ([00:03:43](#)):

Sometimes, I feel like it'll be easier. Sometimes I feel like my... a single parent because I do everything.

Debi Scimeca-Diaz ([00:03:49](#)):

Yeah.

Erin ([00:03:50](#)):

For the most part.

Debi Scimeca-Diaz ([00:03:51](#)):

Yeah. So, I'm wondering if right now... I'm jumping right in here because we're here, so we might as well make use of our time. I'm wondering right now if you could turn to him and if you could tell him that on the inside you feel alone and you're carrying all this pain and you want to be close to him and on the outside, you get critical in the hopes that he'll respond.

Erin ([00:04:25](#)):

Wait, I...

Debi Scimeca-Diaz ([00:04:25](#)):

It's okay.

Erin ([00:04:26](#)):

On the inside, I feel a lot of pain. And I'm sorry that on the outside, it comes out as critical but I just don't wanna feel alone anymore.

Debi Scimeca-Diaz ([00:04:37](#)):

You wanna be close to him?

Erin ([00:04:42](#)):

I wanna be close to you but... I don't know, [inaudible 00:04:43].

Debi Scimeca-Diaz ([00:04:43](#)):

Right now?

Erin ([00:04:44](#)):

[inaudible 00:04:44].

Debi Scimeca-Diaz ([00:04:44](#)):

Well, I think it's, it's, it's... sometimes, that's our alarm bells that go off and go, "This is really scary," and that is a way of, like, moving away from the vulnerable part.

Erin ([00:04:44](#)):

Mm-hmm (affirmative).

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

Yeah. Did you feel, when you looked at him, that that was a little hard for you to let him see you right now? You did feel that that was hard.

Erin ([00:05:03](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:05:04](#)):

And did you feel yourself wanting to, like, pull out and not let him see how hurt you are?

Erin ([00:05:08](#)):

Mm-hmm (affirmative). I mean, yeah.

Debi Scimeca-Diaz ([00:05:10](#)):

Yeah.

Erin ([00:05:14](#)):

[inaudible 00:05:14] I guess, I don't know.

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

Yeah. Yeah. You just desperately want to stop the pain here.

Erin ([00:05:13](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:05:22](#)):

And you desperately want to be close to this guy because you love him.

Erin ([00:05:25](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:05:27](#)):

And not being with him and having him there is, like, tearing you up inside?

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:05:31](#)):

Am I getting that right? That makes sense to me.

Erin ([00:05:35](#)):

It's a lot of that, yeah. There's a lot of other stuff too but that's the main part.

Debi Scimeca-Diaz ([00:05:43](#)):

I'm sure there's so much going on for you guys in your relationship, yeah. And we tend to be kind of more general but if there's something you feel like you need to add in, please feel free to add that in as we go.

Erin ([00:05:52](#)):

Okay.

Debi Scimeca-Diaz ([00:05:57](#)):

So, thank you for doing that, I appreciate that. I know it's not the easiest thing to do. Hi, Chris.

Chris ([00:06:04](#)):

Hey.

Debi Scimeca-Diaz ([00:06:05](#)):

How you doing?

Chris ([00:06:06](#)):

[inaudible 00:06:06].

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

Yeah. This... being in this, um, dynamic, or this cycle has been really hard for you also.

Chris ([00:06:18](#)):

Yes.

Debi Scimeca-Diaz ([00:06:19](#)):

Yeah. Can you tell me a little bit about that? What's- what's it like for you?

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

I mean, I feel like I just... I can't make her happy.

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

Mm-hmm (affirmative).

Chris ([00:06:30](#)):

I feel like if I do even what she tells me to do, I'm doing something wrong. I just can't measure up.

Debi Scimeca-Diaz ([00:06:36](#)):

Yes.

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

I feel like I'm like a failure, failure to her.

Debi Scimeca-Diaz ([00:06:40](#)):

Yeah. And you don't want to be a failure to her.

Chris ([00:06:44](#)):

No.

Debi Scimeca-Diaz ([00:06:45](#)):

Because you love her.

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

Right. I mean, not to [inaudible 00:06:48] I wanna do whatever it takes because my parents divorced when I was five years old, it fucked me up for a long time.

Debi Scimeca-Diaz ([00:06:56](#)):

Yes. Yes, that's right. That's right.

Chris ([00:07:01](#)):

And [inaudible 00:07:01] my dad through my teenage years and stuff. Like, I don't wanna have Connor go through that.

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

Right. There's a, there's a lot riding on this, right, and you don't want... you don't wanna suffer, you don't want your son to suffer and you don't want Erin to suffer. And it feels like there's a lot of suffering happening here.

Chris ([00:07:21](#)):

Yeah.

Debi Scimeca-Diaz ([00:07:22](#)):

And you're feeling like, "I don't know what to do. I don't know what to do, I feel like if you tell me to do certain things, I do them but somehow that doesn't work or maybe I don't do one of the things or something." Something happens where you start to feel like you're not doing it good enough.

Chris ([00:07:38](#)):

Yeah.

Debi Scimeca-Diaz ([00:07:38](#)):

Is that right? Is that right?

Chris ([00:07:42](#)):

That's exactly right.

Debi Scimeca-Diaz ([00:07:43](#)):

Yeah. And my sense is that when Erin asks you to do some of things that she might ask you to do or some of the things that she may be critical about, that, that in a way, you do them hoping that it's gonna help but in a way, it doesn't bring you guys closer.

Chris ([00:07:58](#)):

Correct.

Debi Scimeca-Diaz ([00:07:59](#)):

Right, it still keeps you apart. And then, she might come back and it won't be enough, is that what it feels like? Yeah.

Chris ([00:08:14](#)):

I don't know. She, uh... one thing that she comments on is how... said that I've given up a lot, like, I've given up a lot on hobbies since we've had a young family-

Debi Scimeca-Diaz ([00:08:28](#)):

Mm-hmm (affirmative).

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

Which is harder, the responsibility. I mean, you know, I don't, I don't hunt anymore, I don't fish anymore. The only thing that I have left is snow snowmobiling and I try to do it as much as I can whenever we do have snow. Unfortunately, you know, even if I make plans and discuss it prior to it happening-

Debi Scimeca-Diaz ([00:08:29](#)):

Mm-hmm (affirmative).

Chris ([00:08:49](#)):

With her, she'll be okay with it but when it's actually time for me to go, you know, she almost feels like she's being abandoned.

Debi Scimeca-Diaz ([00:08:58](#)):



Yes, and for you, that might feel kind of confusing. Like-

Chris ([00:09:01](#)):

Exactly.

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

"I don't get it, I feel like I'm-"

Chris ([00:09:02](#)):

Like, you were fine with it two days ago but now-

Debi Scimeca-Diaz ([00:09:03](#)):

I know.

Chris ([00:09:04](#)):

It's time to go.

Debi Scimeca-Diaz ([00:09:04](#)):

I know. It's so confusing.

Chris ([00:09:04](#)):

Why are you making me feel horrible because I'm gonna go do something I had planned?

Debi Scimeca-Diaz ([00:09:10](#)):

Yes, and you don't understand what happens for her from two days ago where she's okay to now all of a sudden you're on your way out the door, and something shifts in her and you're like, "What happened?"

Chris ([00:09:20](#)):

Yeah.

Debi Scimeca-Diaz ([00:09:21](#)):

And on the inside, you feel guilty and you get tearful or you show her this, like... help me, does she see this side of you that you're sharing right now? Does she see this side? No? It's hard for you to show her this side outside of the therapy.

Chris ([00:09:37](#)):

Yeah.

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

Mm-hmm (affirmative). Right, 'cause Mark shared with me that you guys can both talk about the pain, right, and share that in the therapy room but outside, it kind of stays all tucked away.

Chris ([00:09:49](#)):

Right.

Debi Scimeca-Diaz ([00:09:49](#)):

Is that right?

Erin ([00:09:49](#)):

Definitely.

Debi Scimeca-Diaz ([00:09:51](#)):

You guys both get angry or he gets angry, I don't know what you just said. I didn't hear-

Erin ([00:09:56](#)):

We both show our anger more than anything, I feel like.

Debi Scimeca-Diaz ([00:09:58](#)):

Yes. Yeah.

Erin ([00:10:02](#)):

I mean, for a while we did good. Like, when we'd see Mark consistently-

Debi Scimeca-Diaz ([00:10:05](#)):

Yeah.

Erin ([00:10:06](#)):

[inaudible 00:10:06] but I feel like it just went downhill the last couple of weeks.

Debi Scimeca-Diaz ([00:10:08](#)):

Mm-hmm (affirmative).

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

It sucks.

Debi Scimeca-Diaz ([00:10:11](#)):

And anger... I just wanna pause and kind of slow down a little bit because anger... you had shared with Mark that anger was the only emotion that was expressed growing up, right? It there was the one that... that familiar one.

Chris ([00:10:25](#)):

Yeah.

Debi Scimeca-Diaz ([00:10:25](#)):

Is that fair?

Chris ([00:10:26](#)):

Yeah.

Debi Scimeca-Diaz ([00:10:26](#)):

And I heard from your side that the crying wasn't allowed.

Erin ([00:10:31](#)):

No.

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

Growing up.

Erin ([00:10:32](#)):

No, I mean, crying or... I feel like I showed more... I did show emotion [inaudible 00:10:38] I was like a tomboy. I mean, I had a good childhood.

Debi Scimeca-Diaz ([00:10:44](#)):

Okay, okay. So, anger somehow feels safer for you guys here than being vulnerable. There's something, 'cause you said anger keeps showing up, you don't share the other side.

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

I feel like he doesn't care.

Debi Scimeca-Diaz ([00:10:58](#)):

You feel like he doesn't care? So, Erin, help me now because I hear Chris talking about how much he wants to please you and how he feels like he screws up. And he's tearful and he's crying and I did notice when he started talking about this and he starting crying, I glanced over at you and there was look on your face and I wasn't sure what that was. I don't know if it was anger or if it was you shutting dow- Something happened for you. What happens to you when you hear him talking like this right now in this moment?

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

I don't understand because he wants to please me so bad but there's certain things that he does that says otherwise. He's very selfish, I feel like... About a week ago, I was extremely sick and I asked him, 'cause he was snow snowmobiling three nights in a row, for the second night I said, "Will you come home until 20:30 until Connor goes to bed so I can relax and get a nap?"

Debi Scimeca-Diaz ([00:11:56](#)):

Mm-hmm (affirmative).

Erin ([00:11:57](#)):

And he made it a huge deal. He texts his friends and said I was being a bitch and that I had a man cold.

Debi Scimeca-Diaz ([00:12:02](#)):

You had a what?

Erin ([00:12:04](#)):

A man cold.

Debi Scimeca-Diaz ([00:12:05](#)):

What is that?

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

I can't... Just 'cause I had cough, [inaudible 00:12:08], supposedly. And that I had a cough, it was the end of the world and blah, blah, blah-

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

Mm-hmm (affirmative).

Erin ([00:12:13](#)):

And I just felt like that hurt because a man should wanna take care of his family. I'm not asking him to give up his plans, and he said I didn't care about his plans and what he had planned and what I had was more important. I said, "All I'm asking is for you to help out with our son so I can rest."

Debi Scimeca-Diaz ([00:12:30](#)):

So, that makes sense to me then because you're saying, "Right now, when I hear you talking about this and I, I see your tears, it's almost like I get confused and I can't really trust this-"

Erin ([00:12:42](#)):

Yeah.

Debi Scimeca-Diaz ([00:12:42](#)):

"Because my experience outside of here-"

Erin ([00:12:44](#)):

Is different.

Debi Scimeca-Diaz ([00:12:46](#)):

"'Cause I don't see enough of this, I actually see more of you moving away or-"

Erin ([00:12:46](#)):

Anything else-

Debi Scimeca-Diaz ([00:12:53](#)):

"Or not wanting to help-"

Erin ([00:12:53](#)):

Being more important, yeah. And not wanting to help, not showing that he cares. I hadn't seen him for two hours and you're out whole night, he was gone 'til four in the morning that night. Like, it was too much to ask and him saying I'm being a bitch to his friends, I think that's extremely hurtful and embarrassing and disrespectful because I asked for you to help me out.

Debi Scimeca-Diaz ([00:13:10](#)):

Mm-hmm (affirmative). Yeah, you're very... you're hurting. I get that and you're in a ton of pain, right, and you feel like you don't matter to him and you're angry at him.

Erin ([00:13:21](#)):

Mm-hmm (affirmative). Because he got the same cold two days ago and he slept for 20 hours straight. I woke him up once because I had made dinner.

Debi Scimeca-Diaz ([00:13:29](#)):

Yeah.

Erin ([00:13:29](#)):

And that made me so angry. You're gonna sleep 20 hours straight...

Debi Scimeca-Diaz ([00:13:34](#)):

So, it's so hard for you to trust that Chris would really feel, um, that you matter more and that he wants to make you happy and that he feels very sad. Chris, is that... is it sad that you can't seem to make her happy? What is that?

Chris ([00:13:51](#)):

Well, I kind of wanna go back on that.

Debi Scimeca-Diaz ([00:13:51](#)):

Mm-hmm (affirmative).

Chris ([00:13:53](#)):

Because she did ask me if I would come home while I was at work, I was having a horrible day at work and she's just blowing my shit up constantly.

Debi Scimeca-Diaz ([00:14:01](#)):

The critics of- critical side of Erin?

Chris ([00:14:03](#)):

Yes, even after I told her I would come home. The only thing I let her know is that, "Hey, I had plans. This is what I plan on doing-"

Debi Scimeca-Diaz ([00:14:03](#)):

Mm-hmm (affirmative).

Chris ([00:14:10](#)):

"Which you were fine with. I understand you're sick, I will come home. I will change my plans to try to make things better."

Debi Scimeca-Diaz ([00:14:15](#)):

Mm-hmm (affirmative).

Chris ([00:14:17](#)):

So, she without even saying anything, took my... took our son and left. Didn't say a word to me about where she went with our child, nothing. So, I come home expecting to help her out, I didn't get out of work until seven o'clock that night.

Debi Scimeca-Diaz ([00:14:17](#)):

Mm-hmm (affirmative).

Chris ([00:14:30](#)):

Which I'm normally done at, like, four.

Debi Scimeca-Diaz ([00:14:32](#)):

Mm-hmm (affirmative).

Chris ([00:14:32](#)):

But that's how [inaudible 00:14:33] about that job was. And then I get home, I don't know where my son's at, I don't know where she's at.

Debi Scimeca-Diaz ([00:14:37](#)):

You're thinking that they're gonna be home because she's not feeling well or you're still in that-

Chris ([00:14:37](#)):

Yeah.

Debi Scimeca-Diaz ([00:14:37](#)):

Page? Okay.

Chris ([00:14:43](#)):

Yeah, she wanted me to come to help her.

Debi Scimeca-Diaz ([00:14:43](#)):

Yes.

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

So, that's what I was gonna do even though, you know, I had plans and, like... I don't know, my friends are a bunch of jackasses, so they... we all give each other a bunch of shit. Like, that's just how we are. So, they were giving me shit and I just... it set me off because I come home and-

Debi Scimeca-Diaz ([00:15:01](#)):

So-

Chris ([00:15:01](#)):

I feel like she basically kidnapped our son and just took off with him.

Debi Scimeca-Diaz ([00:15:05](#)):

So, I just wanna pause-

Chris ([00:15:06](#)):

And then she's sitting there and she's like, "Well, I'm fine. I feel, I feel fine."

Debi Scimeca-Diaz ([00:15:10](#)):

Mm-hmm (affirmative). So, I just wanna sort of notice what's going on for you guys right now because this is really important. So, if we think about, um, rewind 20, 15 minutes ago, you were feeling very vulnerable. You were talking about the pain that you're carrying, you actually even turned to him and did your best to try to tell that even though it's super hard... You get really vulnerable, you start to talk about the pain that you're carrying here, right, that triggers something in you where you say, "Nope, it's confusing. I don't understand it, he doesn't care about me," and you tell this story of a moment recently where he doesn't feel like he cares, right? You hear that as you've done something wrong. You've screwed up this night too, right? Is that, is that fair?

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

Yup.

Debi Scimeca-Diaz ([00:15:58](#)):

And then you wanna fill in the gaps of this story, almost like to, um, um... I don't know, maybe so you're, so you're not seen as such a bad guy here. Like, I-

Chris ([00:16:10](#)):

Well, I mean, she kidnaps my son and takes off with him, doesn't say anything and tries making it sound like I'm a horrible person.

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

Right, so that's what you're hear in her story, that, "Chris, you are a horrible person."

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

That's how she makes me feel.

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

And then you have to respond to that in some way to say, "Hey, look, I'm not such a horrible person." Is that part of what you're response is about?

Chris ([00:16:28](#)):

I guess, I mean, I did what she told me to do and that's why I didn't understand either when she was-

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

Then you get confused-

Chris ([00:16:33](#)):

Blowing up my phone while I'm at work. I'm having a horrible day at work, I'm telling her, "I will come home."

Debi Scimeca-Diaz ([00:16:37](#)):

So, you get really confused-

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

[crosstalk 00:16:38] I told her I would come home, like, 12 times, she still got pissed off and left.

Debi Scimeca-Diaz ([00:16:42](#)):

Yeah.

Chris ([00:16:43](#)):

It doesn't make any sense to me.

Debi Scimeca-Diaz ([00:16:44](#)):

So, you don't understand why that happened, what was going on for her because it doesn't make sense. You're saying, "I'm coming home, I'm coming home, I'm coming home."

Chris ([00:16:51](#)):

Right, but that wasn't an acceptable answer to her, even though that's all I figured that she'd want, was for me to come home and spend some time with her and Connor.

Debi Scimeca-Diaz ([00:16:57](#)):

Mm-hmm (affirmative).

Chris ([00:16:57](#)):

That's what she was asking, that's what I told her. "All right, fine. I'll push this stuff back and I'll come home and take care of you and Connor." But then I get home and she's not even there, she can't even...

Debi Scimeca-Diaz ([00:17:08](#)):

And this is something that-

Chris ([00:17:09](#)):

Have enough respect for me to tell me that she's leaving with our son.

Debi Scimeca-Diaz ([00:17:11](#)):

Mm-hmm (affirmative). Right.

Chris ([00:17:13](#)):

And I had to actually call her father because she wouldn't even answer the phone or text me back to tell me-

Debi Scimeca-Diaz ([00:17:18](#)):

So, you tried to reach out to say, "Where are you? What happened?"

Chris ([00:17:21](#)):

Yeah.

Debi Scimeca-Diaz ([00:17:21](#)):

You reached out to her-

Chris ([00:17:22](#)):



And she wouldn't even respond. She wouldn't answer the phone, wouldn't respond to me. I had to call her dad to figure out where she was at.

Debi Scimeca-Diaz ([00:17:28](#)):

Mm-hmm (affirmative). Yeah. And you don't understand why-

Chris ([00:17:37](#)):

That's unacceptable to me. You're not taking my kid anywhere without letting me know.

Debi Scimeca-Diaz ([00:17:39](#)):

Mm-hmm (affirmative). Yeah, so that's, like, a whole separate piece, right, around your kid and you guys... you not wanting to hurt your son and you don't want him damaged in the way that you've been damaged, right-

Chris ([00:17:39](#)):

Yeah.

Debi Scimeca-Diaz ([00:17:50](#)):

That's a piece, that's a piece also. And then also, this piece of, "I don't understand what I did wrong here and why you left the house."

Chris ([00:17:50](#)):

Right.

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

"What I did wrong in our relationship, our interaction. You asked this of me, I said I'm coming but what happened? How come you left anyway?" That's a piece too, right?

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

Yeah.

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

Okay, and you still don't understand that today.

Chris ([00:18:11](#)):

No.

Debi Scimeca-Diaz ([00:18:12](#)):

And this is a topic you guys can't talk about. You can't... you're not... you can't-

Erin ([00:18:16](#)):

Yes, we have, we just... He still tries to justify in every way he can why he didn't do anything wrong and why my feelings don't make sense and how he had plans that were important, which... I don't know, we just... we, we don't agree on a lot. We have different points of view on a lot of things, it kind of... I left the house because I knew when he got home, I'd have nothing good to say and I wanted to

remove myself from the situation that would have went bad [inaudible 00:18:47]. And the only place I go is my parents'.

Debi Scimeca-Diaz ([00:18:52](#)):

So, what was going on during the day for you, in the texting and stuff? Because it does sound like you wanted him to come home and when he didn't come home, you weren't feeling well, yes?

Erin ([00:19:01](#)):

Yeah, I was just very vulnerable. I wasn't feeling good at all, I was feeling terrible in between. When I asked him that politely, I was like, "Okay, I don't think he'll have problem with this-"

Debi Scimeca-Diaz ([00:19:01](#)):

Mm-hmm (affirmative).

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

And his response to me... his attitude, you could tell that's the last thing he wanted to do but he said, "I'll do it anyways." But at that point, I had already felt like it's the last thing you wanna do? I want you here with me and I know that's not where you wanna be. And then when I found out... I actually had messaged his friend and I said, "Is it okay for you guys to wait around for Chris? so he's not riding to you alone because it's dangerous to be riding on a snowmobile-"

Debi Scimeca-Diaz ([00:19:37](#)):

Mm-hmm (affirmative).

Erin ([00:19:38](#)):

"Alone at night." And he said, "It doesn't matter to me, but I don't wanna get involved with this shit." And automatically, I knew that Chris had made me look out... made me look like the shitty person. He was... being-

Debi Scimeca-Diaz ([00:19:38](#)):

Mm-hmm (affirmative).

Erin ([00:19:52](#)):

Like... I don't know. I can't think straight right now. That I was just being ridiculous and irrational when I had asked him just to help me for two hours. And he-

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

So, you guys completely missed each other in this, this small conversation which you probably have millions of these-

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

And it's huge.

Debi Scimeca-Diaz ([00:20:07](#)):

In a way... yes.

Erin ([00:20:08](#)):

Huge problem.

Debi Scimeca-Diaz ([00:20:09](#)):

But... right, it's the same kind of pattern, right, or cycle-

Erin ([00:20:13](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:20:14](#)):

Is you ask him to do something and you automatically, you have a radar that's scanning to see, "Does he really wanna be with me? Is he gonna choose me? Do I matter to him?" Right?

Erin ([00:20:14](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:20:25](#)):

So, anything that possibly could say to you, like, "Maybe he doesn't want to," sends off alarm bells inside of you that says, "Oh, my God, he doesn't love me."

Erin ([00:20:35](#)):

Yup.

Debi Scimeca-Diaz ([00:20:37](#)):

"He doesn't wanna be with me."

Erin ([00:20:38](#)):

Exactly.

Debi Scimeca-Diaz ([00:20:39](#)):

"And I have to protect myself."

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

Yeah.

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

"So, I protect myself by either getting more critical, right, and telling you what you need to do, right? That's how I protect myself or I leave," which is this other thing that you do. "Pull myself out of the situation, or threaten to leave." Those are all ways you try to protect yourself.

Erin ([00:20:57](#)):

Mm-hmm (affirmative),

Debi Scimeca-Diaz ([00:20:58](#)):

When your radar starts dinging, maybe, maybe you're not that important to him and you feel like you don't matter.

Erin ([00:21:07](#)):

Yeah. Yeah, and it's stupid because it's not [inaudible 00:21:11].

Debi Scimeca-Diaz ([00:21:11](#)):

What's stupid?

Erin ([00:21:13](#)):

The little arguments we get into, something so little like this. Just 'cause it's so... it happens a lot and the cycle goes on so much that it's just like...

Debi Scimeca-Diaz ([00:21:22](#)):

You guys are really stuck in it, is what that means.

Erin ([00:21:24](#)):

Yeah.

Debi Scimeca-Diaz ([00:21:24](#)):

Like, when you have little things that happen between the two of you and then you're like, "Oh, my God, why are we like at war right now over something small?"

Erin ([00:21:32](#)):

Yeah, so little.

Debi Scimeca-Diaz ([00:21:34](#)):

Right. Well, I get it that the content of it or the story feels very little but the meaning that's behind it for both you is really big because the meaning is, "He doesn't care about me and I don't matter to him." That's huge.

Erin ([00:21:50](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:21:51](#)):

No matter what triggers that in you, that's huge.

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

Right.

Debi Scimeca-Diaz ([00:21:53](#)):

And you don't wanna feel that way anymore.

Erin ([00:21:58](#)):

No.

Debi Scimeca-Diaz ([00:22:01](#)):

You wanna feel like he loves you.

Erin ([00:22:04](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:22:06](#)):

And that you matter to him.

Erin ([00:22:07](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:22:17](#)):

Can you tell him that? That you really wanna feel loved by him and you really wanna feel like you matter to him? Can you tell him that?

Erin ([00:22:26](#)):

I really wanna be loved by you and feel like I matter.

Debi Scimeca-Diaz ([00:22:31](#)):

What did you notice came up for you when you did that? When you turned to him and you looked at him, what was that?

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

I don't know.

Debi Scimeca-Diaz ([00:22:31](#)):

Mm-hmm (affirmative).

Erin ([00:22:46](#)):

I feel like before I say it, it's just like scary and the moment I say it-

Debi Scimeca-Diaz ([00:22:50](#)):

Mm-hmm (affirmative).

Erin ([00:22:51](#)):

I can't look at him and I just feel [inaudible 00:22:54].

Debi Scimeca-Diaz ([00:22:53](#)):

Mm-hmm (affirmative). So, so that was a lot that just said right there-

Erin ([00:22:53](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:22:59](#)):

So, if you could just slow that down for a second. So, the first thing I think you said is it's really scary. Like, the first thing that comes up is being scared to be vulnerable and really let him see how, how much you want this, how much you need to feel loved by this guy. That feels really vulnerable, right? And then there was something else that happened. Like, you looked at him and you... what- it was... you know.

Erin ([00:23:24](#)):

[inaudible 00:23:24] shut down, I guess. I don't know.

Debi Scimeca-Diaz ([00:23:26](#)):

You can feel yourself shift into, like, a protective place.

Erin ([00:23:26](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:23:29](#)):

"I can't really let him see how much I need him."

Erin ([00:23:32](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:23:40](#)):

Do you, do you notice that in her too? Do you notice that when she was talking to me... 'cause I don't know if you can see what you can see on the side of her face, do you notice that she's really vulnerable, that... do you hear her saying, "I really wanna feel loved by Chris and he's so important to me,"? Do you hear that?

Chris ([00:23:54](#)):

I don't know, not really. I mean, my whole thing is I think she just assumes the worst out me constantly which I just don't understand because I do love her. I do want to care for her, I wanna do everything to make her happy but at the same time, I feel like I can't do anything right. I feel like-

Debi Scimeca-Diaz ([00:23:54](#)):

Mm-hmm (affirmative).

Chris ([00:24:09](#)):

The only way I can please her is if I go to work and come home. And sometimes, I'm not even allowed to go to work.

Debi Scimeca-Diaz ([00:24:15](#)):

So, you, right here in this moment, don't hear her saying how important you are to her?

Chris ([00:24:19](#)):

I can hear-

Debi Scimeca-Diaz ([00:24:21](#)):

And that she wants-

Chris ([00:24:23](#)):

I can hear her say that I'm important but... I don't know, it just feels like it's bouncing off a brick wall because she's so critical of me all the time. Like, I can't ever-

Debi Scimeca-Diaz ([00:24:23](#)):

Yes.

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

And do anything right, I'm a constant failure-

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

Yes.

Chris ([00:24:31](#)):

In her eyes, is how I feel.

Debi Scimeca-Diaz ([00:24:32](#)):

That's right. That's right, that is what... that's you're side of it, right. She's saying, "I feel unloved, I feel like I don't matter. That's what I'm living in everyday." And you're saying, "I'm living in everyday, all the time with my little radar picking up that I'll never be good enough, I'll always fail, I'll always let you down, I'll never be able to make you happy," that's what you're saying, "I'm living in that all the time"?

Chris ([00:24:54](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:24:56](#)):

Yeah. "And when I get those messages from you over and over and over and over again..." where does that leave you, Chris, when you get those messages from her over and over again that you're screwing up, that you're not getting this right, that you're failing her?

Chris ([00:25:12](#)):

It makes me feel horrible.

Debi Scimeca-Diaz ([00:25:15](#)):

You feel horrible about-

Chris ([00:25:17](#)):

She cuts me down all the time. You told... she tells me I'm a horrible father, I'm nothing but a little boy, she's...

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

So, that really cuts to your core?

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

Yeah, she does everything she can to hurt me.

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

"She does everything she can to hurt me and she cuts me to the core. So, when she says, 'I wanna feel loved by you,' it doesn't make any sense to me."

Chris ([00:25:39](#)):

Yeah.

Debi Scimeca-Diaz ([00:25:39](#)):

"Because I'm living everyday in this relationship feeling like a failure."

Chris ([00:25:44](#)):

Right.

Debi Scimeca-Diaz ([00:25:44](#)):

"I'm feeling like I'm making her miserable."

Chris ([00:25:47](#)):

Correct.

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

"Feeling like she thinks so low of me," right, and I forget the phrase you just used but you were like a little boy or something... you said something-

Chris ([00:25:56](#)):

Yeah, that's exactly what she just said. [inaudible 00:26:01]. I'm just... I'm just sick of always feeling like a failure, constantly. Like, I can't ever do anything right. Even if I do exactly what she tells me to do exactly how she tells me to do it, I still fuck it up and do something wrong.

Debi Scimeca-Diaz ([00:26:17](#)):

Yes, that's right. You're absolutely right and that is happening because she's asking for the wrong stuff right now. Because the things that you're doing don't leave her in a place where you feel loved and you feel special and you feel like you matter. You are doing some the things that she asked you to do but it's not helping you guys emotionally. It's not helping you feel closer to each other.

Chris ([00:26:40](#)):

Right.

Debi Scimeca-Diaz ([00:26:40](#)):

So, you're right. You're getting that message over and over again that you screwed up and you're not doing good enough. And you're saying, "Right now, I... this is where I am stuck. I feel like I live in this place all the time." Is that what you're saying?

Chris ([00:26:40](#)):

Yeah.

Debi Scimeca-Diaz ([00:26:57](#)):

"And living in that, living in this place all the time, it hurts me. It cuts me to my core to feel like such a screw up here." Is that-



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

Right. Just like going back to that night where she wanted me come home, like when I finally did get a hold of her, I sat there and talked on the phone for two hours. They were trying to calm her down and, like, trying to get her to come back home and stuff. It, like... I didn't even wanna go out and go snow snowmobiling, I didn't even wanna go out and hang with my friends because I was just like that fucked up over the whole situation. I felt like such a big piece of shit.

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

Yeah, 'cause you heard that you screwed up again and you did it wrong and you're not ever getting this right and you're making her miserable and she's taking your son away because you're such a bad guy, right?

Chris ([00:27:39](#)):

Right.

Debi Scimeca-Diaz ([00:27:40](#)):

And you're so emotionally distraught inside. Is that, is that fair?

Chris ([00:27:47](#)):

Yes.

Debi Scimeca-Diaz ([00:27:48](#)):

And what do you show her on the outside? Chris, what do you show Erin on the outside when you are so emotionally distraught and cut up on the inside?

Chris ([00:27:58](#)):

I don't know, frustration, I guess.

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

Yeah, yeah. You might show her something different, just like she shows you something different when she's hurting. You show her frustration, "Cause I can't show her this. I can't show her how much pain I'm in."

Chris ([00:28:18](#)):

Even if I do, it doesn't do any good.

Debi Scimeca-Diaz ([00:28:21](#)):

Right, "'Cause that doesn't seem to change things for us." Mm-hmm (affirmative). You do show her this side?

Chris ([00:28:31](#)):

No, I didn't. I mean, I was on the phone with her, I couldn't show her face to face because she had left, but I sat there and I was crying to her. I don't want our family to fail, I don't... I want it to be a happy

household for Connor to grow up in, I don't want him to have to go through the same shit I went through.

Debi Scimeca-Diaz ([00:28:47](#)):

Okay. So, can I... I just wanna check. Do, do you hear that from him at times? I mean, that was on the phone, so maybe see or, and or hear that he is emotionally cut up and in despair because of what's going on between the two of you. Do you see this side? You don't. So, you're not... So, that... You're not picking up that signal when you guys are in it. Is that-

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:29:09](#)):

Okay, I just wanna make sure I'm getting that. Do you hear frustration from him? Because he said... I said when you're all cut up on the inside and you're in distraught, what do you show? And he said, "I think frustration."

Erin ([00:29:18](#)):

Frustration and anger and... the... I don't even know how to describe it, like... he just... He's so stern, firm in what he believes in and why he didn't see how it, it hurt me and that my feelings are just ridiculous. Like, how I had gotten hurt with his comments he made to his friends and how he... he talked to me with this tone and how I felt like the last thing he wanted to do was come home to us. That's what I heard-

Debi Scimeca-Diaz ([00:29:51](#)):

Mm-hmm (affirmative).

Erin ([00:29:51](#)):

That's what I had seen. I didn't, I didn't see anything else, so then that completely shut me down.

Debi Scimeca-Diaz ([00:29:56](#)):

Yeah, I get that. If you don't see anything else, that that would be... all these messages would reaffirm during the, during the day.

Erin ([00:30:03](#)):

Yeah, and I would never ever take Connor away, I told him that a million times. I don't know why he a thinks that.

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

Because you do.

Debi Scimeca-Diaz ([00:30:13](#)):

[inaudible 00:30:13] first of all, you guys, right now, because of the cycle that you're in, there's no safety or trust right now here, right. You guys can both say, "I don't really feel safe, emotionally, safe

here. I don't feel like I could trust you, trust in your love for me." Is that correct? Right? So, and you have this history of where you say, "I was five when my parents got divorced and it was like [inaudible 00:30:38]."

Chris ([00:30:40](#)):

Yeah.

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

And so, there's a... there's... it makes sense to me why, if she were to leave with your son and not you where she's going whether you guys are in fight or not a fight, that that would tap into that place because you don't ever wanna lose him and you don't wanna be without him.

Chris ([00:30:54](#)):

Correct.

Debi Scimeca-Diaz ([00:30:56](#)):

Because that happened to you.

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

Yeah.

Debi Scimeca-Diaz ([00:31:01](#)):

And you said, "That screwed me up."

Chris ([00:31:01](#)):

Yup.

Debi Scimeca-Diaz ([00:31:04](#)):

Sorry. So, I'm wondering if you would be willing, Chris, to talk to Erin about how, um, caught up you're feeling and how much pain you're in? I'm wondering if you could risk that and talk to her right now and let her see this side? I know you were saying, "I've done it before," but I'm asking you if you could do that again right now and let her know about how distraught you are.

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

Erin, I feel like I can't ever do anything right. I feel like the only time that I remotely make you happy is when I go to work and come straight home and don't do anything else. I just... I don't know what to do anymore.

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

Mm-hmm (affirmative). You don't know what to do, you don't know how to fix this, you don't know how to make it better. And you would pretty much do anything-

Chris ([00:32:12](#)):

Do anything.

Debi Scimeca-Diaz ([00:32:13](#)):

If it made... if it, if it was clear and it would fix it and if you could figure out how to fix it, you would just fix it.

Chris ([00:32:18](#)):

It sounds frustrating 'cause that's what I do for a living, is I fix shit. But like-  
Debi Scimeca-Diaz ([00:32:21](#)):

Yes. Yes, Chris, that is so frustrating. You fix stuff for a living and it's good.

Chris ([00:32:30](#)):

Right.

Debi Scimeca-Diaz ([00:32:30](#)):

And you're successful and here you are in this relationship with this woman that you love with this beautiful child that you guys have together and you're like, "I can't fix it. What is... what's wrong with me that I can't fix this? Why am I falling short here all the time?" Yeah?

Chris ([00:32:48](#)):

Yeah.

Debi Scimeca-Diaz ([00:32:48](#)):

Mm-hmm (affirmative). How was that for you to say that to her right now? What do you notice inside?

Chris ([00:32:57](#)):

I just feel really vulnerable.

Debi Scimeca-Diaz ([00:33:02](#)):

Yeah. Yes. It is really vulnerable, especially in the face of the cycle you guys have been caught in for a very long time, it's vulnerable to open up our hearts and let our partners see that. So, when you're in this place of feeling really vulnerable, is there anything else? Like, are you wondering what she's thinking or-

Chris ([00:33:24](#)):

Absolutely. I'm wondering what she's thinking.

Debi Scimeca-Diaz ([00:33:28](#)):

Mm-hmm (affirmative). Yeah. I'm coming back over to you.

Erin ([00:33:37](#)):

It's a lot to take in the short amount of time we got.

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

It's a lot to take in.

Erin ([00:33:41](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:33:43](#)):

You guys have been through a lot. And I so appreciate both you sharing what's going on for you. And I know it's hard to even open up a small space that might say, "Maybe there's truth here to this." It's kind of scary, I would think, if I was in your shoes.

Erin ([00:34:02](#)):

Mm-hmm (affirmative).

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

"If I open up a space right now and if I let Chris in my heart and I really hear what he says and I really let it in..."

Erin ([00:34:13](#)):

I'd let it all in, it's just... I feel like actions speak louder than words.

Debi Scimeca-Diaz ([00:34:26](#)):

Mm-hmm (affirmative).

Erin ([00:34:27](#)):

And I do believe he has good intent, I believe he wants the best but I feel like he gets so focused on something for a while and he does so good but then he loses focus so quick and just [inaudible 00:34:39].

Debi Scimeca-Diaz ([00:34:39](#)):

So, I just wanna slow down for one second. So, you're saying, in this moment... you first said, "This is a lot to take in," that's the first thing you said. And then you said, "I do let it in my heart," you said that, I heard you say that.

Erin ([00:34:39](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:34:56](#)):

So, right now, when he says, "I feel like I'm screwing up, I don't know what to do and I feel really sad and I feel distraught about this, about what's happening with us." You're saying, "I do let that in my heart, I can feel that"?

Erin ([00:35:14](#)):

I think so. Like, I guess not because then I also said, after that, "Actions speak louder than words," I guess.

Debi Scimeca-Diaz ([00:35:24](#)):

Well, actually, I think both are true. I think that you want more than anything for him to care about you, to feel like you matter, right? And when he's this vulnerable, it actually... there's a message coming that you're really important to this guy. It's the thing that you want more than anything, right?

Erin ([00:35:24](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:35:48](#)):

So, I actually do think that that gets to your heart first and then something happens and that's... maybe it gets scary to trust it or you haven't had enough of it or, "If I do really trust him, what happens if he leaves again? Or what happens if he's emotionally checked out again? Or what happens if-"

Erin ([00:36:07](#)):

Exactly.

Debi Scimeca-Diaz ([00:36:08](#)):

Yes. So, that is the next piece of that.

Erin ([00:36:14](#)):

Yup, I feel like all the, all the negatives are stifling out the positive that we have because it happens so frequent. And that's why it really gets... it feels great to hear that, it's just... I wish I heard it more than in a counseling session or when we're talking to people.

Debi Scimeca-Diaz ([00:36:31](#)):

Yeah, yeah.

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

Like, like, why didn't he just show it?

Debi Scimeca-Diaz ([00:36:33](#)):

And, and that's our goal here, is you're right. When it's, when it's just happening right here in therapy, and you guys keep leaving therapy and you go back and you hide in your separate corners and put your walls up, when you show each other frustration or criticism or, "I'll be with my friends," or, "I'll be on my phone," or, "I'll be distracting myself with something else." It feeds right into that same cycle.

Erin ([00:36:58](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:36:59](#)):

Where you feel like you're screwing up and you can't make her happy and you feel invisible, "I don't matter and I'm gonna make myself known here and get him to respond to me," right? And it doesn't work.

Erin ([00:37:19](#)):

Yeah, and then he's made comments before, "Sorry, I don't like to just stay home and sit on the couch." I stay home almost everyday all day and I don't sit on the couch. I interact with Connor and make dinner, I'm never bored, I'm always doing something. It's your choice that when you're home, you're sitting on the couch looking on your phone.

Debi Scimeca-Diaz ([00:37:39](#)):

So, you have... you guys have such a hard time-

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:37:43](#)):

Reaching out to each other because of this cycle.

Erin ([00:37:47](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:37:48](#)):

Right? And when you're caught in the cycle and you have been for a while with Chris, you're sitting here in your corner suffering alone. And you don't reach out to him from that place of pain because it's too scary and it's too hard.

Erin ([00:38:02](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:38:03](#)):

So, you protect yourself and you get critical.

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

Right.

Debi Scimeca-Diaz ([00:38:07](#)):

And the more she gets critical, the more you feel like you're screwing up. And the more you shut down or get frustrated, right-

Chris ([00:38:07](#)):

Yes.

Debi Scimeca-Diaz ([00:38:15](#)):

As a way to kind of not feel this awful feeling inside where you feel like you're letting down the person that you love, and then you see that frustration or him being checked out, and it reinforces the fact that you believe that he doesn't really love you and you don't really matter.

Erin ([00:38:32](#)):

Exactly.

Debi Scimeca-Diaz ([00:38:32](#)):

Right, and then you get more critical.

Erin ([00:38:36](#)):

Exactly.

Debi Scimeca-Diaz ([00:38:37](#)):

And that criticism reinforces that you're screwing up.

Erin ([00:38:42](#)):

It's horrible. Looking at like that, it's [inaudible 00:38:47].

Debi Scimeca-Diaz ([00:38:46](#)):

Well, I get it. I get that it feels horrible looking it at the like that but to me, it also feels hopeful in a way because if you guys can start to see and really realize how you're impacting your partner, you can start to change it.

Erin ([00:39:03](#)):

We definitely, I think, we wouldn't... we were seeing Mark regularly-

Debi Scimeca-Diaz ([00:39:08](#)):

Mm-hmm (affirmative).

Erin ([00:39:08](#)):

And since we haven't, I definitely see that there was a little change when we were starting to-

Debi Scimeca-Diaz ([00:39:08](#)):

Yes.

Erin ([00:39:14](#)):

Dig ourselves out of that-

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

Yup.

Erin ([00:39:14](#)):

Before it happened and we were doing amazing. And then just recently...

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

That's okay. That happens to couples too guys, like, you start to get a little bit... moving in a better direction and then we sometimes can back slide a little bit and especially if there's a gap in therapy, that can happen too.

Erin ([00:39:29](#)):

Yeah, that also makes me feel like, "Okay, we tried." But we're right where we started, this means that, like, we shouldn't be together, I don't know.

Debi Scimeca-Diaz ([00:39:41](#)):

Mm-hmm (affirmative).

Erin ([00:39:42](#)):



It confirms the way I feel sometimes in my head. And I feel like that's why I always leave or say I'm leaving because I feel like sometimes it's the only thing left to do.

Debi Scimeca-Diaz ([00:39:53](#)):

Do you want to be with Chris? Do you want to feel loved?

Erin ([00:39:56](#)):

Yeah, absolutely.

Debi Scimeca-Diaz ([00:39:57](#)):

Do you want to feel special?

Erin ([00:39:58](#)):

Yup.

Debi Scimeca-Diaz ([00:39:59](#)):

You do, more than anything?

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

Mm-hmm (affirmative). Like, we can have a great life together.

Debi Scimeca-Diaz ([00:40:09](#)):

Yes, you can.

Erin ([00:40:13](#)):

Just... there's so many stupid things holding us back.

Debi Scimeca-Diaz ([00:40:15](#)):

Mm-hmm (affirmative).

Erin ([00:40:18](#)):

Yeah. So, it just sucks. And it's like we're both so strong willed and-

Debi Scimeca-Diaz ([00:40:18](#)):

Mm-hmm (affirmative).

Erin ([00:40:26](#)):

We're so set to our own opinions and just like... it's, it could be getting us, like, ahead in life but it's getting us, like, set backwards because-

Debi Scimeca-Diaz ([00:40:41](#)):

Or, or can I shift that a little bit? Or you guys can take your strong willed sides of yourself and, and fight against this cycle and not let it win. Because I get right now, it feels like it's winning and you're both victim to it 'cause you're both suffering so much. I feel so much sadness for you guys because you both want more than anything to feel good and to feel loved, and to feel appreciated.

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

Sorry, I'm sick. All my paper towels.

Debi Scimeca-Diaz ([00:41:12](#)):

You don't need to apologize at all.

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

Yeah, basically.

Debi Scimeca-Diaz ([00:41:19](#)):

So, when I said you want more than anything to feel special and feel loved here, Chris, you got more tearful when I said that to you.

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

It's all I want. I just want to, like... Chris and I, we've known each other for, like, seven years but we didn't start dating 'til, like, three years ago and shortly after we did, we found out I was pregnant. So, we didn't really have a chance to-

Debi Scimeca-Diaz ([00:41:28](#)):

Mm-hmm (affirmative). It's hard to-

Erin ([00:41:45](#)):

We had to jump in right away and I mean... we, uh, we made decisions so we had to man up and, you know, take care of it. It's not like I was gonna have an abortion or anything like that, so...

Debi Scimeca-Diaz ([00:41:58](#)):

Yeah.

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

It's just, like... I feel like it happened so quick. We didn't really have time... I don't know, have time to get to know each other on this level that we're dealing with right now. And I feel like before, we didn't have to know that and we're kind of realizing that we have no choice. And it's harder than we can imagine-

Debi Scimeca-Diaz ([00:42:20](#)):

Yeah.

Erin ([00:42:20](#)):

And I think I've always had commitment issues which is why it's so hard in relationships.

Debi Scimeca-Diaz ([00:42:26](#)):

They're hard and they're scary and we can get hurt, right?

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:42:30](#)):

And that's part of the reason why you guard yourself and you don't really show Chris how much he means to you and how much you want to feel loved by him, you need to feel loved by him-

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

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:42:43](#)):

For you to feel okay. Just everyday, you need to feel loved by him to feel okay.

Erin ([00:42:49](#)):

I know, I'm needy.

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

No, you're like everybody else. You're just like me, I'm the same way.

Erin ([00:42:51](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:42:55](#)):

You're just like Mark, he needs it too. Everybody in that other room needs it too. We need to feel loved by the person who matters most, to be okay. That goes for you too, you need to feel loved and you need to feel good enough especially in her eyes. She need... you need to feel that she sees you as a good guy more than anybody else, right now. Right?

Chris ([00:43:21](#)):

Yeah.

Debi Scimeca-Diaz ([00:43:21](#)):

Yeah.

Chris ([00:43:28](#)):

I mean, I don't know... just [inaudible 00:43:28] I think probably the best that we've done, the last six months is when I got pissed off at work and took a week off. And I was home all week-

Debi Scimeca-Diaz ([00:43:40](#)):

Mm-hmm (affirmative).

Chris ([00:43:42](#)):

I think that's...

Debi Scimeca-Diaz ([00:43:44](#)):

And you guys got to spend time together and-

Chris ([00:43:47](#)):

Everyday.

Debi Scimeca-Diaz ([00:43:47](#)):

You didn't... everyday you were together and you started to feel closer and it was a good time.

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

Yeah. Unfortunately, I have a job that's very demanding and, you know, once with we get a little summer time, it's [inaudible 00:43:56] 80, 90 hours a week.

Debi Scimeca-Diaz ([00:43:57](#)):

Oh, my gosh.

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

And then-

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

Which is why it's super important for you guys to get out of this cycle before the summer comes. (Laughs). That's my hope for you.

Chris ([00:44:08](#)):

I think another part that she also struggles with... I don't, I don't wanna be critical by saying this either, but she's a stay-at-home mom-

Debi Scimeca-Diaz ([00:44:17](#)):

Yes.

Chris ([00:44:18](#)):

So, she has all this time just to overthink things.

Debi Scimeca-Diaz ([00:44:22](#)):

Well, and kind of lonely even though you love your son more than anything.

Erin ([00:44:22](#)):

It's super lonely.

Debi Scimeca-Diaz ([00:44:26](#)):

It's so hard to do that just like your job is hard in it's own way, your job is really hard.

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

And he says it's easy, and that's one thing that hurts too. It's not... it's not easy at all. Like, I would... I'm so glad that I get to stay home with him-

Debi Scimeca-Diaz ([00:44:39](#)):

Yes.

Erin ([00:44:40](#)):

But it's just... sometimes, you feel like you're gonna lose your mind. I start, like, talking baby talk to him and okay... we need a little break.

Debi Scimeca-Diaz ([00:44:48](#)):

Yeah, that's so... that's so normal and that's so true.

Erin ([00:44:52](#)):

Yeah.

Debi Scimeca-Diaz ([00:44:52](#)):

That's what happens.

Erin ([00:44:53](#)):

It's hard but I mean, I love it and...

Debi Scimeca-Diaz ([00:44:56](#)):

And it's awesome that Chris can provide that for you.

Erin ([00:44:59](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:44:59](#)):

That you do get to stay home even though it's really hard.

Erin ([00:45:02](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:45:03](#)):

And you love it.

Erin ([00:45:03](#)):

Right, it's a, it's a love-hate relationship, sometimes-

Debi Scimeca-Diaz ([00:45:03](#)):

I know.

Erin ([00:45:05](#)):

I just wish that I could go and make my own money.

Debi Scimeca-Diaz ([00:45:08](#)):

Yeah.

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

I'm just like, "I would not want anyone else-"

Debi Scimeca-Diaz ([00:45:10](#)):

To raise him?

Erin ([00:45:11](#)):

Yeah, and to know his first steps and all that, it just makes me so... I feel thankful, but...

Debi Scimeca-Diaz ([00:45:18](#)):

Mm-hmm (affirmative).

Erin ([00:45:18](#)):

It's just... I can't explain it. It's just kind of difficult.

Debi Scimeca-Diaz ([00:45:22](#)):

Yeah.

Erin ([00:45:24](#)):

So... You feel like you're always trying to please everybody else to make this little 11 month old happy and I've never believed in letting him cry, so if wants me to pick him up, I will. I rock him to sleep every night, I nurse him. And he never cries for more than, like, five seconds.

Debi Scimeca-Diaz ([00:45:41](#)):

Mm-hmm (affirmative). Wow.

Erin ([00:45:42](#)):

So-

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

You're very available to him.

Erin ([00:45:44](#)):

Yeah, I'm always trying to please everyone else and I'm always, I feel like, always trying to please him. Cleaning the house and making sure dinner is made every night by six o'clock.

Debi Scimeca-Diaz ([00:45:50](#)):

And none of that matters if you don't feel loved and like you matter. And none of that matters if you don't feel good enough and that she appreciates you. No matter how hard you work or no matter how hard you work, if you guys don't feel loved and valued in this relationship, you could keep working your ass off and it's not gonna help.

Erin ([00:46:18](#)):

[inaudible 00:46:18].

Chris ([00:46:18](#)):

That's one thing I've talked to her a couple of times about is, you know, I think it'd be healthy for her to get out of the house every now and again or have a hobby or something that she enjoys doing, really, than being stuck in the house all the time.

Debi Scimeca-Diaz ([00:46:31](#)):

That would be great and that would be like a side note that you could do at some point in your life but again, that's not gonna help you guys. That's not gonna help you guys break the pattern. The only thing that's gonna help you guys break the pattern is to start really seeing the way you impact your partner when you get critical, when you get frustrated or when you shut down, to really start to see

that that hurts your woman to the core, it cuts her up. As much as when you're critical of him, it cuts him up to the core because he wants to be seen as good in your eyes.

Erin ([00:47:11](#)):

Most of the time, I don't even realize I'm doing... what I'm doing, is being critical.

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

Yup, that's right. Because it just like... it's almost like we fall into these default ways of being, especially... you guys might not even have been aware of it but, like, your body is sending you signals all the time that says, "Your partner is dangerous and you're gonna get hurt here," which is why you always land into critical or why you're always landing into feeling frustrated or shutting down or being on your phone because it's... the cycle has sort of curated that constant, um, hum in your relationship.

Erin ([00:47:51](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:47:55](#)):

So, we're gonna rewind again to something we were talking about where you said, "I want more than anything to feel loved and special in this relationship and I desperately need it and I need it from you, Chris."

Erin ([00:48:11](#)):

Do you want me to tell him that?

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

I wanna know if you can first let yourself feel that part of you that wants and needs to feel loved and special by him. He's the guy who needs to give it to you, he's the guy that you want more than anything.

Erin ([00:48:31](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:48:37](#)):

Can you feel that? A part of you that wants that, that feels-

Erin ([00:48:37](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:48:39](#)):

Really tender inside?

Erin ([00:48:41](#)):

Yeah.

Debi Scimeca-Diaz ([00:48:42](#)):

It's like your little underbelly that wants it more than anything, that you don't show anybody.

Erin ([00:48:45](#)):

Yeah.

Debi Scimeca-Diaz ([00:48:46](#)):

Right, you don't let people see that very often.

Erin ([00:48:48](#)):

Nope.

Debi Scimeca-Diaz ([00:48:51](#)):

Can you just look at Chris? You don't even need to put words just yet, but can you just look at him and let him see you when we talk about this? What shows up on your face, that longing to be loved by him, he's that important to you.

Erin ([00:49:16](#)):

He sees that, I think he sees it all the time.

Chris ([00:49:19](#)):

I'm not so sure about that.

Debi Scimeca-Diaz ([00:49:22](#)):

Just hang in here for me for a sec, okay? I know it's hard. I can see how hard it is, you glance at him then you turn away and you glance and you turn away. It's hard to let him really see how important he is to you and how much you need to feel loved. Do you feel that inside? Do feel that pull to try to pull yourself back together and not let him really see it?

Erin ([00:49:50](#)):

Yeah, and I don't know why.

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

You... it's because of the cycle that you guys get into, we're trying to shift it [inaudible 00:49:56] right now. It's because of all the signals you've picked up from him when you're in cycle, that it's hard but you're doing a great job. And I know I'm asking a lot and pushing you a little bit. Where, where'd you go there for a second when you looked down?

Erin ([00:50:25](#)):

I don't know. (Laughs).

Debi Scimeca-Diaz ([00:50:25](#)):

Okay. Okay, that's okay.

Erin ([00:50:29](#)):

It's just like... it's overwhelming, all these feelings.



Debi Scimeca-Diaz ([00:50:31](#)):

Yes, because there's not been a lot of room for them, right? You... your feelings feel overwhelming too when you start to get into them, right? There's not a... there's no room for you guys to share this with each other when you're caught in a cycle where you're both alone and you're both suffering. And you can't reach the person who means the most to you and it sucks more than anything. So, yeah, now you're sitting in the feelings of wanting it more than anything, right?

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

Mm-hmm (affirmative).

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

And it's big, it's overwhelming.

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

Yeah.

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

And vulnerable.

Erin ([00:51:11](#)):

Uncomfortable.

Debi Scimeca-Diaz ([00:51:17](#)):

And uncomfortable. Right.

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

I don't know how to describe that.

Debi Scimeca-Diaz ([00:51:28](#)):

It's okay, you're doing a really good job. I appreciate it, I know it's not the easiest thing to do. Do you think you could put words to this, to Chris, do you think you can let him know how much you need him and how much you love him?

Erin ([00:51:43](#)):

I don't know, that would be hard.

Debi Scimeca-Diaz ([00:51:47](#)):

It would be hard but can you... Erin, can you just take a breath, take your time? However long it takes for you to let him see that part of you inside your heart and just see if you could do it, just give it a try. And if you can't, just tell me, like... just say, "Debie, I can't do it."

Erin ([00:52:05](#)):

I mean, I don't even know how to say it. I just love you and I want you like... I don't know.

Debi Scimeca-Diaz ([00:52:11](#)):

"I just love you."

Erin ([00:52:21](#)):

I just love you. I just... I just... I don't know, I don't even know. I just, I wish I could feel that love back.

Debi Scimeca-Diaz ([00:52:40](#)):

Hang on a second, I'm going to him next. So, just bear with me. "I just love you, I just love you." Can you look at him?

Erin ([00:52:47](#)):

I love you.

Debi Scimeca-Diaz ([00:52:56](#)):

Thank you for doing that. I know it's super hard and it's really risky but you did a wonderful job there. So, Chris, can you, can you feel a little bit of that? Can you see that in her face right now?

Chris ([00:53:10](#)):

Yeah.

Debi Scimeca-Diaz ([00:53:11](#)):

Can you appreciate how hard it is for her to do that?

Chris ([00:53:13](#)):

Absolutely.

Debi Scimeca-Diaz ([00:53:14](#)):

Yeah. Can you tell me if you can let that in your heart a little bit right now?

Chris ([00:53:24](#)):

Absolutely. [inaudible 00:53:26] it's been a long time since I [inaudible 00:53:34].

Debi Scimeca-Diaz ([00:53:34](#)):

Yes, right. It's been a really long time for both you since you really felt that from each other. And you can feel it right now, you can pause all those cycles you've been in and all the bad stuff and you can feel her love for you right now?

Chris ([00:53:51](#)):

Yeah.

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

Yeah. Can you, can you let her know how much that means to you right now to feel that?

Chris ([00:54:00](#)):

It means the world to me that I can actually feel you, your love.

Debi Scimeca-Diaz ([00:54:08](#)):

Mm-hmm (affirmative).

Chris ([00:54:08](#)):

We tell each other we love each other all the time but I just never feel it.

Debi Scimeca-Diaz ([00:54:17](#)):

Because of that stupid cycle.

Erin ([00:54:19](#)):

I don't know why, like, it hurts me.

Debi Scimeca-Diaz ([00:54:24](#)):

It hurts you, what's going on?

Erin ([00:54:24](#)):

It hurts me, like-

Debi Scimeca-Diaz ([00:54:25](#)):

That he doesn't feel it?

Erin ([00:54:26](#)):

He doesn't feel the way I love him.

Debi Scimeca-Diaz ([00:54:28](#)):

That's because of the cycle, that's not because you're doing something wrong. You guys aren't doing something wrong here, you just got really, really stuck. You got really stuck in a bad place with each other. And it's that you don't feel loved by him so you... and you want to, so you get critical because that's the only thing you know how to do to get him to respond. I know, I know, Mark knows that you love him. Chris doesn't get that in the cycle just like you don't get that he loves you, right? When he's saying... he's been in tears this whole session too, talking about wanting to make you happy and feeling crushed inside that he can't make you happy because you're so important to him. You guys are in the same boat.

Erin ([00:55:23](#)):

[inaudible 00:55:23].

Debi Scimeca-Diaz ([00:55:25](#)):

You are doing something right now, Erin, that is helping to try to turn you guys, to try to shift you guys out of that cycle by doing what you just did.

Erin ([00:55:25](#)):

It's hard.

Debi Scimeca-Diaz ([00:55:40](#)):

It is hard but you did it, I just wanna say you did it. And I know you want Chris to just know that you love him and, and you guys are gonna get there if you can keep having conversations like this and

Mark is gonna help you. But I just want you to know that, that took a lot of courage and it was pretty awesome. And I hope you can take that and-

Erin ([00:56:01](#)):

Yeah, [inaudible 00:56:02] I don't know, it's just... it's hard.

Debi Scimeca-Diaz ([00:56:08](#)):

It is hard. It's hard when we've been caught in a negative cycle with our partner, to really show them that soft tender underbelly.

Erin ([00:56:18](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([00:56:19](#)):

Because every part of our body is saying, "Don't show this, don't show this, don't show this, you're gonna get hurt." And what you did right now is... through a little encouragement and support, is you showed him and that's part of the way out of the cycle.

Erin ([00:56:35](#)):

I hadn't been able to show anyone the way I just felt a second ago, that kind of emotion except for Connor and just feel that-

Debi Scimeca-Diaz ([00:56:42](#)):

Yes, because there's an innocence there. And there's a sweetness there and there's no negative cycle there.

Erin ([00:56:48](#)):

Yeah, it's [inaudible 00:56:50] but I haven't been feel like that way towards anyone in a long time.

Debi Scimeca-Diaz ([00:56:48](#)):

And this is-

Erin ([00:56:56](#)):

Like, not even my parents, my friends and-

Debi Scimeca-Diaz ([00:56:58](#)):

And you just showed that to him.

Erin ([00:56:59](#)):

Yeah.

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

That is huge.

Erin ([00:57:05](#)):

It felt good, just...

Debi Scimeca-Diaz ([00:57:06](#)):

What did you say it felt?

Erin ([00:57:06](#)):

It felt good.

Debi Scimeca-Diaz ([00:57:07](#)):

It felt good? It felt good to let him know that?

Erin ([00:57:09](#)):

Mm-hmm (affirmative).

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

That's awesome.

Erin ([00:57:11](#)):

It felt good to feel like that, like-

Debi Scimeca-Diaz ([00:57:13](#)):

To feel the love for him felt good too, is that what you're saying? That's awesome. That was a big deal for her to do that.

Chris ([00:57:24](#)):

Yeah.

Debi Scimeca-Diaz ([00:57:25](#)):

And it meant so much to you, and I so appreciate that you told her that. And I think that moved her even more to tears. So, I'm wondering, if before... I know we're kind of getting to the end of the time but I'm hoping that you could, you could let Erin know how much you love her and how important she is to you. 'Cause, I feel it and I know Mark feels it and I know because of this cycle, it's really hard for her to feel that and I know you feel it for her. So, do you think you can try to let her know how much you love her and how important she is to you? Can you give that a try?

Chris ([00:58:06](#)):

You're the love of my life, you're an amazing mother to Connor, I love you so much. Like, you're... between you and Connor, you guys are my world. I just wanna make you guys happy.

Erin ([00:58:29](#)):

It's so hard to even [inaudible 00:58:33].

Debi Scimeca-Diaz ([00:58:32](#)):

Just hang in there, I know. I know. Can you look at him? Tell me what you see in his face right now.

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

Hurt and, like, truth. Like, I don't know.

Debi Scimeca-Diaz ([00:58:53](#)):

You can see that, you can see the hurt.

Erin ([00:58:55](#)):

It's just weird to see this, like-

Debi Scimeca-Diaz ([00:58:56](#)):

Yeah, it is weird 'cause you don't show this to each other at all.

Erin ([00:59:00](#)):

Yeah.

Debi Scimeca-Diaz ([00:59:01](#)):

It is weird, I get that.

Erin ([00:59:02](#)):

I just wish I could see it more often.

Debi Scimeca-Diaz ([00:59:06](#)):

Hang in there, because that's what you guys are gonna try to do. But stay in this moment, how is it for you right now in this moment when you see him? Can you let that in your heart right now? Can you just let that hurt and that realness of how you are his life, can you let that in right now in this moment? You gotta look at him.

Erin ([00:59:06](#)):

I'm sorry.

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

It's okay, I'm just gonna direct. It's hard, I know.

Erin ([00:59:38](#)):

I know, [inaudible 00:59:39].

Debi Scimeca-Diaz ([00:59:38](#)):

What'd just say now?

Erin ([00:59:38](#)):

"I love you."

Debi Scimeca-Diaz ([00:59:38](#)):

Oh, you said, "I love you."

Chris ([00:59:38](#)):

I love you too, I thought you said, "How, how do you feel right now?" I'm sorry.

Erin ([00:59:38](#)):

(Laughs).

Debi Scimeca-Diaz ([00:59:38](#)):

(Laughs).

Erin ([00:59:44](#)):

It's hard to stay in that moment, I don't know.

Debi Scimeca-Diaz ([00:59:58](#)):

It is hard and that's normal, Erin, don't... it is so normal for you and for both you just... for this to be hard and for you to want to kind of, kind of move out of it because it's kind of foreign and it's not-

Erin ([01:00:09](#)):

And it's, like, what I want but it's, it's crazy because what I want is to feel love but it's so hard to stay in it because it's such a... [inaudible 01:00:16] it's, it's scary.

Debi Scimeca-Diaz ([01:00:17](#)):

Yeah, that's exactly right. (Laughs). You are exactly right.

Erin ([01:00:23](#)):

[inaudible 01:00:23].

Debi Scimeca-Diaz ([01:00:22](#)):

It is scary, it is scary for us to put our heart out there and really love somebody and really take their love in. Just because we're human, it's scary and it's the very thing we all need.

Erin ([01:00:22](#)):

Mm-hmm (affirmative).

Debi Scimeca-Diaz ([01:00:36](#)):

So, you're right.