

## **S and J/Shame: Steps towards healing (Transcript)**

### **Booster #10**

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

If I could just slow it down, I could be better if I could just slow it down, that i could be better. That brings tears to your eyes right now. If I could just slow it down, I would be better. PAUSE Whats coming up for you right now.

John ([00:47](#)):

I am just sad now . . Yeah I just blame myself

Debi ([01:11](#)):

You blame yourself.

John ([01:14](#)):

Yeah. I mean, with my background as a teacher, I never yelled at anybody.

Debi ([01:21](#)):

I am going to slow you down. Let's stay here. I get that. I just want to slow you down This is so important. You just said, I blame myself. If I could just slow it down and not be so angry.

John ([01:30](#)):

Yeah.

Debi ([01:30](#)):

I blame myself for our problems.

John ([01:35](#)):

Yeah.

Debi ([01:35](#)):

And if I could just change, We wouldn't be like this. And I blame myself.

John ([01:46](#)):

Yup.

Debi ([01:48](#)):

Can you share that with your wife right now? Can you let her know that you're so sad because you blame yourself for the problems you guys have in this relationship.

John ([02:05](#)):

Sorry, for being who I am.

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

Oh, John, You just, you started to say, I'm sorry for who I am. Do you know, you just started to say that. I'm sorry for who I am.

Sue ([02:47](#)):

I love you

John ([02:48](#)):

I should drill down to control myself

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

John, what is happening for you right now? You are S totally inside yourself right now. When you said, I'm sorry for who I am. You've been looking down, the tears are flowing.

John ([03:16](#)):

I just think I should have been able to control it all along, but I don't know why I didn't. I guess its just . .when my brother and I, and when we fight the next day, then we go, we had this big thing and then it was over. We do it, like it never happened. But I think that's a little bit of what I have done.

Debi ([03:42](#)):

Yeah, so right here in this moment, when I asked you to turn to your wife and let her know that you feel really sad, because you blame yourself for the problems in your relationship, you turned to her and you, and you started to apologize for who you are. And that, that just feels heartbreaking. Cause I know your wife loves you.

Sue ([04:11](#)):

I do

Debi ([04:17](#)):

I don't even know if you heard her say that to you.

Sue ([04:21](#)):

Hey, I love you

John ([04:26](#)):

Good

Sue ([04:29](#)):

Thank you for sharing with me

Debi ([04:31](#)):

I'm going to just slow you guys down here. What happened when she says that to you right now? When she looks at you and she has tears in her eyes and she says, I love you. I love you. What's happening for you.

John ([04:45](#)):

I still feel even saddened with how much she . . . I don't know . . . how much she has to put up with me.

Debi ([04:56](#)):

Oh, Yeah Along the way, John, you have internalized that there's something wrong with you along the way in your life. When you look at this anger and stuff, you've really internalized that your core, that something is wrong with you. I mean, you just said to your wife, that she puts up with you. PAUSE That's how you feel.

John ([05:30](#)):

Yup.

Debi ([05:30](#)):

Somehow. There's something about you, John, that is help me here, like broken or wrong or bad or something. Help me with that. There's something about you.

John ([05:45](#)):

I should be able to control myself. I don't know why not.

Debi ([05:53](#)):

You want to be able to control yourself. You want to be able to not have this anger stuff, show up in your marriage and you feel responsible for it

John ([06:08](#)):

Yeah And of course, I do because I am the one who was getting mad.

Debi ([06:13](#)):

what did you just say?

John ([06:15](#)):

I am the one that's . .

Debi ([06:16](#)):

Oh getting mad. I'm the one who's getting mad.

John ([06:23](#)):

She may talk a lot, but I'm the one who gets mad.

Debi ([06:27](#)):

She may talk a lot. Yes, I get that. Well that honestly, what you guys are sharing with me in a way that when she talks a lot, that's a trigger for you. It bumps into a raw spot, a sensitivity inside of you. When you start not being able to have room for your voice or to be able to say something and it builds up inside of you and you want to be able to say something to your wife. And when you can't, you go to what you know and that's that angry place, right?

John ([06:57](#)):

Nodding.

Debi ([06:57](#)):

And then you feel bad about it.

John ([07:02](#)):

Yeah of course.

Debi ([07:02](#)):

And you suffer alone in this place that you're sharing right now is my guess is place where you feel bad, where you feel it's your fault, where you feel to blame.

John ([07:22](#)):

That's why its not fun to be here.

Debi ([07:24](#)):

No, it's not fun to be here, John. But this is where this is a place where you have suffered alone. I think for most of your life, I'm at fault. I'm bad. When I get angry, especially here with the woman that I love, PAUSE I feel bad about me. I feel to blame. Is that, am I getting this?

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

Yeah.

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

Tell me how that is for you right now to sit in this right now and to let your wife see you in this place where you feel bad about you, when you feel to blame and you feel this is your fault, how is that for you to sit in this place right now?

John ([08:31](#)):

Yeah. I'm always optimistic of try it. I mean, I think I can change. I hope I can. I'm sorry. I've been doing

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

Wow. Can you, do you notice that there's a little part of you, that's kind of jumps up to say, I can change this. I can fix this broken part of may or this damaged part of me. So it doesn't keep destroying our relationship. Do you hear that voice right now? Wow. PAUSE So that tells me maybe just, maybe it's really hard to sit in this place where you feel like it's your fault and you want to go and you want to fix it and make it better. It's hard to sit here. Is that right?

John ([09:41](#)):

Nodding. Yeah

Debi ([09:41](#)):

And what is it like, I'm going to come back to this. What is it like to let your wife see you like this in this place where you feel bad, where you feel sorry for who you are. That's what you said. That's what you first started to say, I am sorry for who I am. What is it like for you to show her that right now?

John ([10:11](#)):

It's hard for me to say it, but I am lucky to have her.

Debi ([10:24](#)):

You're lucky.

John ([10:25](#)):

That I have her.

Debi ([10:25](#)):

that you have your wife.

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

Yeah.

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

Tell me what that means. I'm lucky that I have my wife right now. As I sit in this place where I feel bad and at fault. I'm lucky that I had my wife.

John ([10:42](#)):

I think she'll understand me a littlebit better.

Debi ([10:48](#)):

So you feel like I'm going to come to you Sue soon? One sec. I promise. You You could feel lucky to have her because you feel like she can understand you in this place is that what you are saying?

John ([11:02](#)):

Yeah Hopefully, hopefully anyway.

Debi ([11:05](#)):

Yeah Can you, can you look at her in the eyes And tell me what you see in her face as you look at her right now, and you've shared something so painful that you carry that this is your fault and you feel bad about who you are.

John ([11:28](#)):

I just think how beautiful she is as a person.

Debi ([11:34](#)):

Aww, Aww, Um, what do you, what do you see in her eyes right now about how she feels towards you? Is there anything that you see there? It's so hard for you to maintain that eye contact? I can see you look away.

John ([11:57](#)):

It looks like she likes me.

Debi ([11:57](#)):

Oh, it looks like she likes you

Sue ([11:58](#)):

You're such (inaudible) she touches the side of his head.

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

So Sue, can you share with John about what the tears are right now? You're seem so move by his pain.

Sue ([12:14](#)):

It is like him opening up.

Debi ([12:14](#)):

him opening up

Sue ([12:14](#)):

He is Opening up as this. It's taken 20 years to do this. And I feel it when I can see, I want him to know I see you. I want you to see me and see that I care.

Debi ([12:39](#)):

Um, right now in this moment, you are so moved by your husband,

Sue ([12:42](#)):

Yeah.

Debi ([12:42](#)):

sharing vulnerably right now,

Sue ([12:44](#)):

yeah.

Debi ([12:44](#)):

you are moved emotionally and you want him to know how much you care for him right now. You just said that I want you to know how much I care.

Sue ([12:52](#)):

That's right. And that you're safe with me.

Debi ([12:57](#)):

Ohhh

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

Always There is nothing that you have to keep locked up.

Debi ([13:03](#)):

So I'm going to slow you guys down. This is super important Sue. He's not looking at you right now and what's going on for you. I, I so appreciate what you're sharing. I care about you. I want you to take in how much I care about you right now. What's going on for you when he looks down.

Sue ([13:19](#)):

He's afraid too.

Debi ([13:23](#)):

Awww . . .

Sue ([13:23](#)):

We're afraid. I don't know I feel like there is a fear there somewhere.

Debi ([13:26](#)):

Okay Okay.

Sue ([13:27](#)):

And I feel you don't have to have it

Debi ([13:30](#)):

you don't want him to be afraid of you

Sue ([13:32](#)):

I don't want you to feel bad. I don't want you to feel that. I want you to know that I'm here.

Debi ([13:42](#)):

You're here with him right now.

Sue ([13:45](#)):

Yeah.

Debi ([13:45](#)):

You're here with him right now.

Sue ([13:46](#)):

yeah

Sue ([13:47](#)):

??When he saw everything??

Debi ([13:49](#)):

Right. When he opens up and he touches something inside of him that he has hidden from the world.

Sue ([13:55](#)):

Like there is a path for. I feel like.

Debi ([13:58](#)):

Like you can be there with him.

Sue ([13:59](#)):

Feels like a path to the mind Like to me, that's what it feels like to me. You know when you look at me you know

Debi ([14:14](#)):

You can really see your husband right now, all the different parts of him and including this one that he feels so bad about himself.

Sue ([14:24](#)):

Yes I can feel, I jump in.

Debi ([14:25](#)):

with him...Jump in with him.

Sue ([14:29](#)):

under the Skin.

Debi ([14:30](#)):

Yeah. So he doesn't have to be alone.

Sue ([14:34](#)):

Um hum.

Debi ([14:34](#)):

That's beautiful. You want to be there with him. So he doesn't have to be alone in this place where he suffers

Sue ([14:40](#)):

Um hum

Debi ([14:44](#)):

What happens to you when you hear that? I want to jump in. I want to be with you. I am here. I care about you.

John ([14:54](#)):

There's nothing better than that.

Debi ([14:56](#)):

And I hear you. I believe you. There's nothing better than that. And I know there's an and there, so you've got to help me. What's the and?

John ([15:11](#)):

I'm just more about me trying to change it. She is a hundred percent.

Debi ([15:17](#)):

Awww, John, John, John, I have a feeling. I know what might be happening for you right now. Can I take a guess?



John ([15:29](#)):

Yeah sure.

Debi ([15:29](#)):

Here you are sharing with your wife. How at fault you feel on how bad you feel and a little broken maybe, or just just bad guy. And here she is saying, I love you, like care about you I am in this with you. And I have a little sense that there might be a part of you that says, how, how could you really love me in this broken place? How could you, I, or, or maybe it's, I don't really deserve because I'm this bad guy who's gotten angry all these times. How could you really love all of me.

John ([16:22](#)):

Yeah.

Debi ([16:23](#)):

That's showing up for you right now. Yeah, that makes a lot of sense.

Debi ([16:35](#)):

You have this place inside that doesn't feel like Deserving of in this place in this place where you feel bad and feel blamed, that you feel really deserving of your wife's love and compassion and acceptance and her tears and how she's moved to be with you right now. That's why it's hard to look at her.

John ([17:08](#)):

I am just lucky

Sue ([17:08](#)):

We're both lucky.

Debi ([17:19](#)):

Can you take her in right now? Can you let try to take in her love for you right now that she's saying, I love you. I care about you. I want to be with you in this place. You don't need to suffer alone in this place where you feel bad about yourself. I can be there with you. PAUSE I know it's hard.

John ([17:49](#)):

That would make my day

Debi ([17:49](#)):

Well, she like, let's look at this, John, it's happening right now. It's happening right now. You're stepping into the most painful place inside of you right? that you carry so much shame and bad about John, right? And here's your wife reaching out her hands on your leg. She's locked on. She has tears in her eyes. And she's saying, I care. I love you. I can be in this with you. You don't need to be alone right now.

John ([18:44](#)):

I am lucky.

Sue ([18:44](#)):

I am not going anywhere

Debi ([18:45](#)):

You keep saying, you're lucky. Almost like it keeps coming back to me to that place of, I don't really deserve this. I'm, um, I'm bad or I'm broken and I've been angry and explosive here. And It's like, almost like damaged goods or something. And you feel lucky That's, she's loving you in the damaged goods. Parts.

John ([19:18](#)):

Yeah. I am lucky that she's put up with me this much

Debi ([19:22](#)):

Aww . . John you haven't.

Sue ([19:25](#)):

You are worth it.

Debi ([19:25](#)):

Yeah. You feel that way, right? You feel like he's totally.

Sue ([19:29](#)):

I want him to see that.

Debi ([19:29](#)):

I know you do. And he, and he struggles with that, right? He doesn't feel worth.

Yes. He doesn't feel worth it.

Sue ([19:37](#)):

Which you should.

Debi ([19:37](#)):

I know? But let's slow down. He, I, I know you see that in him. And when he shares about himself, does it make sense to you that he struggles in this place? Does it make sense to you that he.

Sue ([19:51](#)):

Totally.

Debi ([19:51](#)):

beats himself up? Right? And he feels like this he is at fault and it's all him. And he's the problem in this relationship. AND he's the problem because he gets angry and that he suffers here. That makes sense to you. Even though I hear you saying

that I, I see you as worthy. I see you as deserving. I also know that this is a place where you're struggling.

Sue ([20:15](#)):

Yeah.

Debi ([20:16](#)):

Yeah Can you tell him that?

Sue ([20:47](#)):

I feel . . . I have felt this for so long . . . You are a good man and you have so much goodness and love inside of you.

Debi ([20:54](#)):

I'm going to slow you down. I know you're in mid thought, but he's not looking at you.

Sue ([20:57](#)):

I know.

Debi ([20:58](#)):

And I can, we just, can you, as you talk to him, can you pause if he looks down and just let him give him a chance to look back up again?

Sue ([21:05](#)):

Okay.

Debi ([21:05](#)):

Thank you.

Sue ([21:06](#)):

I have felt this a long time. I've said this to you many times. You have all that inside of you. I love that you're looking at me. I'm here with you. Not going anywhere. I wish you would . . . I wish that I wish that you could understand, or you feel how much I want you to be able to. . . I don't even know how to say this. It's like, just to understand that you're a fabulous man.

Debi ([22:20](#)):

You want him to see him the way you see him

Sue ([22:22](#)):

I want you to be able to see it. I want you to be able to hold it. I hope.

Debi ([22:28](#)):

And I get that you struggle with it.

Sue ([22:30](#)):

I want you to be able to unlock anything you need to unlock and not worry that I'm going to run away. I'm not, not that girl.

Debi ([22:43](#)):

Ummm. ..What's going on for you, John, when she at that, What's happening for you right now. What's happening inside

John ([22:55](#)):

A little relief.

Debi ([22:56](#)):

Oh, that's good. Tell me what it was that she said that a little relief,

John ([23:03](#)):

This showing. . . you know she . . .\ we haven't really talked that much like that. So some more information comes out. I think I always thought of her in that way anyway, but it's good that she's saying

Debi ([23:19](#)):

It is very good that she says it is very good that she says I'm not going anywhere because based on how you see yourself and what you've shared, I, that feels really important that you know that your wife is in here for the long haul. And she's got you. All of you.

Debi ([23:40](#)):

(They high five each other/ grab hands)

Sue ([23:40](#)):

I'm not your brother.

John ([23:50](#)):

I wouldn't do that with my brother

Debi ([23:50](#)):

that would never happen nor would this conversation ever happen with him So what did it mean to you when she said I'm not going anywhere, John, I am here. I am with you. I'm not going anywhere. I'm not that gal. I am here with you.

John ([24:09](#)):

It changes how I think. Yeah

Debi ([24:18](#)):

Um, something starts to shift a little for you?

John ([24:22](#)):

Sure.

Debi ([24:25](#)):

Tell me about that little shift. When she says I am here with you. I'm not going anywhere. You're just shared something dark and painful about herself. And I am here with you and I'm not going anywhere. What's that shift in you?

John ([24:42](#)):

Well, So she's there. I know that . . . probably together. I can help get to change a little bit. Maybe I'm not alone.

Debi ([24:57](#)):

Maybe I am not alone . . Yes, yes, yes. That's profound. Yes. You are not alone in this, this place that you have struggled for so long where you have felt bad and you have felt broken and you just shared that with your wife. And she is saying, I am here. I am not going anywhere. It doesn't. It's okay that you feel this way. It's okay. That you feel bad about you. I'm here. I care. I love you. You don't have to be alone in this. That's a big deal.

John ([25:29](#)):

(Nodding) Yeah.