

Stepping Into Shame Part 1 and Part 2 With Noel and Josh (Booster 10)

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

And there is something important about you having a hard time letting her in on what goes on in your heart. Is that, do you agree with that?

Josh ([00:09](#)):

Yeah.

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

That's hard for you. So can you tell me that when you're getting hit below the belt and when she's in the angry part of the cycle, right? We know we have real clarity that she's lonely, she's in pain. She doesn't feel cared for. She's desperately trying to get you to respond to her. She doesn't share the underbellies. She protects herself and she's angry and she's zings you, right. So we got clarity there. So help me with when she's angry and when she's zinging you, how does that land for you? What do, how does that feel for you?

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

I get like angry. Um, a lot of times it's shame. And then, you know, depending on what's being said or what the, what the arguments about or whatever, I, I probably just, I don't care. Like I just,

Debi Scimeca-Diaz ([01:13](#)):

That's the, that's how you protect yourself. I block it out, right?

Josh ([01:17](#)):

Yeah.

Debi Scimeca-Diaz ([01:17](#)):

That's so, so one, so you said that when I sometimes when she's jabbing or angry, one of the things that I can feel is shame, right? And then I can block it out and say, I don't care. So in a way, the blocking out or the, I don't care, even the shutting down is protective over a place, a place inside of you. That's kind of shitty I would think. Is that, am I right on that? That's feeling shame kind of sucks.

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

Um hum.

Debi Scimeca-Diaz ([01:47](#)):

So can you, can you tell me a little bit more about that? That shame place? Like what, what that, like, kind of feels like inside or what you tell yourself when you,

before you say I don't care and you shut down and you go away. Can you tell me more about that place inside of you?

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

I mean, I just, Not all the time, but most of the time it's like, I feel responsible for everything that's went down. That's happened Because of the, yeah. I, I put, I put a lot of pressure on myself and it's not, it's not good.

Debi Scimeca-Diaz ([02:50](#)):

You put a lot of pressure on yourself to take care of this,

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

No, just because I know my, my situation before I met Noel has impacted our situation now

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

Yes. And so you feel ashamed for that, for what you brought into the relationships and the baggage, you feel ashamed for that.

Josh ([03:11](#)):

Right.

Debi Scimeca-Diaz ([03:11](#)):

and the impact it's had on Noel, whom you love

Josh ([03:15](#)):

And her family.

Debi Scimeca-Diaz ([03:16](#)):

and her family Yeah

Josh ([03:20](#)):

So it's like, and there's times when it's going on with us. I I've, I almost feel like she would be better off without me just, I mean, it runs through my mind it's and it's, it's not that I'm, that I'm going to leave her, but it runs through my mind like

Debi Scimeca-Diaz ([03:46](#)):

That she would be better off without you, because you don't have a lot of worth here or you have you're carrying on all the shame and all the baggage that you brought here. But it's not that you want to not be with her. Is that you somehow think that you're not enough or something?

Josh ([04:01](#)):

I, I, I tell myself, like, I care about her that much, that I would let her go have a better life. I don't know.

Debi Scimeca-Diaz ([04:14](#)):

Wow. Because inside deep inside you, you do not feel like you are worthy or deserving of this woman. It's love for you because you brought in all this like baggage and stuff that impacted you guys in hurt you, impacted your relationship. Wow. Pause . . . How was that for you to talk about that right now?

Josh ([04:48](#)):

it is hard.

Debi Scimeca-Diaz ([04:48](#)):

Yeah, I would think so. I would think that that would be a dark place inside of you that you probably don't want to talk to people about.

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

No.

Debi Scimeca-Diaz ([05:01](#)):

to let anybody see that. Josh, is that a place that you suffer and alone, and that you're aware that you carry that. Do you, are you aware that you're carrying around a bucket load of shame here and feeling like you don't have much to offer?

Josh ([05:24](#)):

Yeah.

Debi Scimeca-Diaz ([05:25](#)):

Yeah You're very much aware that you're lugging that around and part of the way you protect yourself is to try to shut down. Try not to feel is that right?

Josh ([05:40](#)):

Yeah.

Debi Scimeca-Diaz ([05:40](#)):

Yeah And yet the bucket's still there

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

And I didn't, it's not fair. I feel like it's not fair to her at times, because I can just shut down so easily. it's all I've done it my whole life.

Debi Scimeca-Diaz ([05:58](#)):

You've perfected, shutting down. Right. And not feeling that pain,

Josh ([06:02](#)):

Yeah.

Debi Scimeca-Diaz ([06:02](#)):

not feeling all of "yuck" that's in with shame. Right. And you see the impact that shutting down has on Noel that she can't, she doesn't do shut down does not, is not her go-to protection.

Josh ([06:18](#)):

Right.

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

So then she gets, she feels lonely. She feels uncared for, and then she gets angry and she blasts you at times and hit you below the belt. And my guess is that hits right into that shame place of see I fucked up again, like I, she's mad at me again, right. Or I, or she deserves someone better than me. Cause I'm fucking up. Is that part of what happens for you?

Josh ([06:45](#)):

Yeah.

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

Yeah And then it's just my way of coping is just shut it down, pull on the hoodie. Not let myself feel,

Josh ([06:55](#)):

Nodding

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

Umm . . Can you right now, can you let yourself feel any of that bucket of shame that you carry? Can you let yourself feel a little bit of that right now? Or do you feel right now in this moment, do you feel that pull to like kind of shut down and pull your hoodie on and go away?

Josh ([07:20](#)):

Shut down

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

You feel that desire to shut down right now.

Josh ([07:25](#)):

Yeah.

Debi Scimeca-Diaz ([07:25](#)):

It's strong. Your protection is really strong over the pain that you carry.

Josh ([07:29](#)):

Nodding

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

Yeah . . Umm .. I wonder if you gotta help me here okay? If there's any part of you that might be afraid, if you really let Noel see this, see this part that feels like you fucked up and that you don't have anything to offer here. And she deserves

someone better than you. Is there any part of you that might be afraid that you might believe that, that she might see you in that dark yucky place?

Josh ([08:07](#)):

Yeah. Yeah.

Debi Scimeca-Diaz ([08:12](#)):

Yeah So that makes sense to me. Why you don't show it to her. Don't even want to show it to yourself. Long Pause

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

So I'm wondering if, even though the pull there there's the pull right now that says shut down, don't let yourself feel right?

Josh ([08:44](#)):

Nodding.

Debi Scimeca-Diaz ([08:44](#)):

I'm wondering if there's any part of you that can let yourself . . touch that big bucket that you're carrying around of shame, that part of you that feels like you fucked up, that you'll never be enough that you'll never. . . Noel will never be happy cause you don't ever have enough to offer.

Josh ([09:22](#)):

I mean, I don't know. We all have things that have happened to us in our lives. I think I can't I mean I can. I don't really like to talk about it, but I think, uh, going a long time without talking about certain things that have happened in my life really mess me up as far as Being able to talk about things. I don't know.

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

I hear that. And I also hear that little part of you that's saying I'm messed up. Right? I'm messed up because I protected myself in this way where I shut down and I haven't talked about things

Josh ([10:26](#)):

Yeah, I know in a way to, through what Noel wants to hear. And you know, I sometimes, um, um, I don't know what to do,

Debi Scimeca-Diaz ([10:42](#)):

Yes.

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

So I I'm, I'm very confused.

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

Yes, Right. I get that. I get that. And I just want to say, I think that right now you're doing a really awesome job talking about this. And I know this is not something that is easy for you to talk about right now. So, and I hear, there's almost like a little wheel that I see going in your head thinking that you're screwing up right now. And I just want you to know that I so appreciate what you're talking about and I can see in your face how hard it is for you to talk about this. And you're confused about, you said when I'm confused about how do I let Noel in, or I'm confused about what is the confusion, Josh?

Josh ([11:31](#)):

Well, I, I mean, I'm just confused about Why, you know, why, uh, things have went the way they went.

Debi Scimeca-Diaz ([11:47](#)):

Um, between the two of you or in your life?

Josh ([11:51](#)):

Just everything. Yeah. So more so between speaking.

PART 2

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

And I'm sitting here with you and I just feel such sadness that you've had to carry this for so long. And what a huge loss when your mom was that person for you,
PAUSE

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

Yes

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

Tell me what's coming up in your face right now. Cause it . . it feels like I see stuff in your eyes right now, as you're swallowing, you're sitting here.

Josh ([00:39](#)):

Um

Josh ([00:45](#)):

I mean It's hard to talk about.

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

Um hum.

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

And I think, especially with being sober, it's it makes it really hard to talk about,

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

Right. Because alcohol would numb you, right. So maybe you could talk about it a little bit easier, but now that emotions are so raw. And so right there is that, what do you feel then like right up here Yea and Josh, since your mom has passed. Cause I know you said she was somebody who was there for you. Nobody has ever seen you in this place where you struggle, where you suffer, where you carry this burden of the shame that you have and the fact that you feel like you've fucked up.

Josh ([01:42](#)):

I think, I think Noel's probably seen bits and pieces of it. but not the . . .

Debi Scimeca-Diaz ([01:49](#)):

She's the closest person who seen bits and pieces.

Josh ([01:54](#)):

Yeah.

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

I'm sorry, I cut you off. You said, but not the Noel has seen bits and pieces of,

Josh ([01:59](#)):

but not the full part of it

Debi Scimeca-Diaz ([02:04](#)):

Where the, where the lid comes off the container and you just let her see how much pain you're carrying and how much darkness you're carrying about yourself.

Josh ([02:18](#)):

Struggle every day.

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

You struggle every day

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

To keep it together, I guess.

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

Wow. That sounds like exhausting. That's the word that came to me like that you're working so hard every day to keep the lid on, keep the lid on it's like, or, or the dam's going to break and you're, they're working so hard every day and it keep it contained and you, and you're carrying it, right? Like it's not,

Josh ([02:50](#)):

It doesn't go away. It's not fair to her. You know, I know I realized, I know that, but at the same time I look at it like, You know, I don't, I don't want to sound. I don't

want to upset Noel. But She's never really lost anyone close to her. So I, I, you know, I don't think she can

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

Quite get well. And it's your mom at 20, which is definitely,
Josh ([03:29](#)):

And I know she's lost close friends and she's, you know, she's told me about people that she's lost and stuff like that. And I know that those people meant a lot to her, but my mom was probably, she was the one for me

Debi Scimeca-Diaz ([03:52](#)):

Who loved you and accepted all of you, even, even the parts that you feel like you fucked up know, the thing, the thing that's different is your mom knew all of you. So she had the ability to let you know that she loves and accepts all of you. And the thing about Noel is she doesn't get to see all of you because of this stupid cycle. Right? She doesn't get to see the parts that you're talking about right now. You say I work hard every day to keep the container, to keep the lid closed, right. To not let her see, not let anybody see, not even let myself is that .. am I right there.

Josh ([04:37](#)):

Um hum.

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

So you don't even know if she would be as loving, loving, and accepting of all of you, because it's so scary for you to open the lid. Is that right?

Josh ([04:52](#)):

Yes.

Debi Scimeca-Diaz ([04:52](#)):

Can you tell her that? I know we've talked about a lot, so I'm going to funnel it down if I can. Can you just let her know that, um, how scary it is for you to even think about opening that lid? Because you carry around so much darkness. Can you tell her how scary for you to even think about opening that up to her and showing her that.

Josh ([05:17](#)):

I don't know if I can do it

Debi Scimeca-Diaz ([05:30](#)):

Okay. Okay Tell me what happened. What came up for you right there?

Josh ([05:38](#)):

Well, I know how Noel, how scared she is of dying, so I don't really want to like
Talk about it.

Noel ([05:51](#)):

You can do it - it is ok

Debi Scimeca-Diaz ([05:52](#)):

You feel like you would, is it I'm sorry? Are you feeling like you would burden her
or something?

Josh ([05:58](#)):

Yeah, I was just, I I know Noel has this crazy fear she will die.

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

Yeah.

Josh ([06:05](#)):

and I know I don't, I guess, to not upset her, I wouldn't talk about it.

Debi Scimeca-Diaz ([06:15](#)):

You're trying to protect her. You're . . .you don't want us. You don't want to let her
in on the darkness that you carry and the shame and the I'm a fuck up here. And I
have failed, and I carry this around and keep this lid tightly closed all the time. And
I'm exhausted because if I share this with you, I will burden you with it.

Josh ([06:36](#)):

Nods.

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

Wow. Wow.

Noel ([06:38](#)):

Can I say something?

Debi Scimeca-Diaz ([06:39](#)):

To him? Yeah

Noel ([06:40](#)):

But like hearing you say this it's like, but you know, I would help you go through
the bucket and carry the bucket and get rid of the bucket to where you won't have
to carry it anymore.

Debi Scimeca-Diaz ([06:52](#)):

Noel you love him so much.

Noel ([06:54](#)):

I would do anything for him.

Debi Scimeca-Diaz ([06:55](#)):

You would do anything for him? You would go through that bucket with him.

Noel ([06:59](#)):

Yeah. I think I've tried before. Like, I'll ask him different stuff about his mom over the years.

Debi Scimeca-Diaz ([07:06](#)):

So can I . . . I want to slow you down. I don't want to move away too far away from this. Cause you're saying something important, which is.

Noel ([07:11](#)):

it's fine.

Debi Scimeca-Diaz ([07:12](#)):

You are saying I love you, Josh.

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

I'll take you in your bucket. It's fine. It's fine. But like even hearing him talk about it.

Debi Scimeca-Diaz ([07:19](#)):

Slow down.

Noel ([07:19](#)):

I just want to pick it up.

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

You want to, you want to help him right now? Yeah. So, so the, the best way that you can help him right now is to just let him know that whenever he's ready to share, what's inside the bucket, that you will be there for him because you love him so much. Whenever he's ready to open that lid. Even if it's just a little bit that you love him so much and you will be there for him and he just needs to let you know whenever he's ready to open that up. Can you say that to him right now? Just that little.