

00:00:03

Hmm?

00:00:05

What?

00:00:11

What are you doing?

00:00:14

Hey.

00:00:17

Oh, wait, wait, wait, wait.

00:00:18

Hey, hey.

00:00:19

Hey, honey.

00:00:23

Hey.

00:00:26

Hey.

00:00:27

I got you.

00:00:30

Hey, it's just me.

00:00:31

It's just me.

00:00:33

Hey.

00:00:36

Okay.

00:00:37

It's okay.

00:00:41

You kind of-.

00:00:44

Never mind.

00:00:45

Never mind.

00:00:46

It doesn't matter.

00:00:47

I got you.

00:01:00

I'm right here.

00:01:02

Feel my hand on yours.

00:01:04

Okay.

00:01:09

It's okay.

00:01:14

You're in our room.

00:01:17

It's the middle of the night.

00:01:22

It's raining outside.

00:01:23

Can you hear it?

00:01:26

It's just rain.

00:01:30

It's just rain and me and you.

00:01:35

And you're safe, Hon.

00:01:47

Must have been some dream, huh?

00:01:56

Come on.

00:01:56

Let me hold you.

00:02:04

Put your head here.

00:02:16

That's it.

00:02:25

Feel my breathing.

00:02:30

Maybe you can even hear my heartbeat.

00:02:40

Everything's all right.

00:02:41

Okay?

00:02:49

It's okay.

00:02:57

You're okay now.

00:03:02

You're okay.

00:03:07

I got you.

00:03:20

It's okay.

00:03:27

You don't have to tell me what happened.

00:03:32

I mean,

00:03:37

If you want to.

00:03:40

And if you feel like it would help.

00:03:43

We have all night.

00:03:45

Okay?

00:03:55

Was it the same one?

00:04:01

Yeah.

00:04:02

I felt so.

00:04:05

The way you.

00:04:06

Yeah, I could tell.

00:04:20

It's not here.

00:04:29

In here, it's just you and me, breathing slowly.

00:04:40

My hand running up and down your back.

00:04:51

That's the whole world right now.

00:05:10

This might be a strange moment in time to say this, but.

00:05:21

I love doing this.

00:05:24

Just rubbing your back.

00:05:29

It's like I'm doing something useful.

00:05:35

I make my hands know what they're supposed to be doing.

00:05:42

The rest, I'm just.

00:05:43

I'm just winging, honestly.

00:05:47

Don't tell anybody.

00:05:48

Okay?

00:06:00

No, I mean, you can feel my heartbeat.

00:06:09

I'm only calm on the outside.

00:06:17

I try to be calm for you because you need me to.

00:06:33

And the more you relax.

00:06:34

The more I start to relax.

00:07:02

I know.

00:07:06

That's the thing about nightmares, right?

00:07:10

They're so vivid.

00:07:16

And what's even worse is some of them.

00:07:22

Like there's always an element to them that's tied to reality.

00:07:27

Some events that happened before, that's what makes them feel so real.

00:07:47

But, you know, however much it pulled you back somewhere you didn't want to go, it's.

00:07:56

It's not what's happening right now, okay?

00:08:05

Right now, it's your head on my chest.

00:08:12

My arms around you, stroking your back.

00:08:20

Rain outside.

00:08:36

You did.

00:08:36

Yeah.

00:08:38

It's okay, though.

00:08:44

Yeah?

00:08:44

Yeah.

00:08:45

You elbowed me.

00:08:48

It's okay.

00:08:51

It's okay.

00:08:51

You didn't mean to.

00:08:54

It's okay.

00:09:00

I'm sure I've done that to you, too, you know, Just waved My arms around and accidentally, you know, hit you in the face or something.

00:09:15

Or put my ice cold feet on you.

00:09:21

Yeah, that is a thing.

00:09:23

But you're always warm.

00:09:27

It's just the best in the world.

00:09:46

You know, it's kind of funny.

00:09:48

When we.

00:09:49

When we first started dating, I was so careful, trying not to wake you up.

00:09:59

It takes me a while to fall asleep and I usually toss and turn quite a bit before.

00:10:08

But I try to just lay so absolutely still as possible.

00:10:19

I try not to move, not to disturb you.

00:10:26

And I was so scared that every time one, like, got a cold that I would be snoring.

00:10:34

Because I know I snore when I have a cold.

00:10:37

And it's like, it's not pretty.

00:10:45

You're just being nice.

00:10:47

I don't believe you.

00:10:49

I don't believe you.

00:10:55

Yeah, I know.

00:10:58



You did.

00:10:59

Yeah.

00:11:01

I kept telling you not to, and then I go ahead and I do the same thing.

00:11:07

I know.

00:11:08

Hypocritical, right?

00:11:23

I'm glad we're in the more comfortable stage right now.

00:11:30

Which, speaking of.

00:11:32

Are you warm enough?

00:11:38

Yeah.

00:11:43

M. Yeah.

00:11:46

This might be the warmest place in the world at three am. Mhm, calling it.

00:11:57

The coziest.

00:11:58

Yes.

00:11:58

Yes, I agree.

00:12:09

Try to rest your eyes a little bit.

00:12:11

Okay.

00:12:17

No, we'll stay just like this.

00:12:19

It's okay.

00:12:26

Making sure you feel safe.

00:12:39

All you need to do is be comfy.

00:12:47

And feel the weight of the blanket, the warmth underneath it.

00:12:57

My arms.

00:13:05

And the rise and fall of my chest.

00:13:10

You can feel it, right?

00:13:14

Every breath.

00:13:20

Just follow that.

00:13:38

The rain is still going...

00:13:47

It has been for a while now, since before you went to sleep.

00:14:03

It's like the world outside is just quietly doing its thing.

00:14:13

But none of it can get to us.

00:14:15

Not in here.

00:14:24

We're just in our own world.

00:14:29

Our own little bubble.

00:14:46

This bed.

00:14:49

Just us.

00:16:19

M. Your breathing is coming down.

00:16:33

That's good.

00:16:51

It doesn't have to feel completely okay right now.

00:16:57

It's okay if it's not.

00:17:48

You've been through things.

00:17:51

Very, very real things.

00:17:57

A lot of time, I feel like you just carry them and keep going because you don't want anyone else to worry.

00:18:14

This might not be, you know, middle of the night type of conversations, but.

00:18:24

You woke up from something that lives in the deep part of you.

00:18:30

I know it's there and it's not nothing.

00:18:38

And those things that show up in dreams are usually things that don't.

00:18:41

Get said out loud during the day.

00:18:51

You don't have to be okay about anything that I'm having happen.

00:18:59

You never have to pretend me, okay?

00:19:07

You can be exactly where you are.

00:19:22

But you don't have to carry all of that alone.

00:19:24

You know?

00:19:33

You don't.

00:19:39

In fact, I'll watch them until the morning.

00:19:48

Pretend you putting them in the box, locking it.

00:19:58

And they're gonna stay.

00:20:13

Yeah.

00:20:14

Lock it up.

00:23:40

You still with me?

00:24:01

Sweet dreams, baby.