

Feel My Pain Podcast

Ep. 1 Script – “We Almost Broke Up”

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Intro

SOLA: Welcome to “Feel My Pain,” a podcast that raises awareness by sharing real stories of those impacted by Sickle Cell Disease. I’m Sola, and today we are talking with my best friend and husband, Aideh.

Host & Guest Intros

SOLA: Before we start, I’ll introduce myself. My name is Sola, I am a full-time graphic designer and part-time multi-faceted creative (lol). Lately I’ve been into plants, so our house has become somewhat of a jungle. I have Sickle Cell Disease, SS, to be exact. I look forward to sharing my stories with ya’ll.

A word to describe my journey and life with Sickle Cell is perseverance.

Feel free to introduce yourself by telling us your name, a little bit about yourself, and one word to describe your journey with Sickle Cell.

AIDEH: My name is Aideh... I... I do not have Sickle Cell Disease or Trait, but my wife, Sola has the disease... One word to describe my journey with Sickle Cell is...

SOLA: Alright, cool. So before we start our story time, every episode, I want to share a vocab word of the day. If my listeners and I like this, I’ll keep it going. If not, I’ll switch it up.

So the Sickle Cell Vocab word of the day is inherit. Can you tell us what inherit means, babe?

AIDEH: Sure! This is from sicklecelldisease.org. Inherit means, “To receive certain defined characteristics from a parent by transmission of the genes in the egg and sperm.”

SOLA: So basically, Sickle Cell Disease is inherited, meaning both parents of a child with Sickle Cell Disease must have the Sickle Cell Trait or Disease. Each parent passes down a copy of the sickle cell gene to the child. Does that make sense?

AIDEH: response...

Topic Discussion

SOLA: Okay, let's get into it. What're we talking about today, babe?

AIDEH: Today, we're going to talk about the time we almost broke up.

SOLA: Yesss, so do you want to set the scene?

AIDEH: Sure, so back in 2017 we started dating... (Shares perspective of situation)

SOLA: Recap from my perspective

AIDEH & SOLA: Discuss everything together.

Key points:

- We started dating in 2017. Aideh moved to Texas
- I came to Texas to visit Aideh
- Aideh was grieving and distant. We had a serious conversation about a family member passing away from complications related to Sickle Cell
- We had to decide whether to proceed with the relationship
- We came back together and talked
- We made a decision together
- Continued dating
- Aideh was tested for the trait, we made a final decision
- Worked through things in premarital counseling
- Now we're married

Lessons learned, feelings, thoughts now, etc.

SOLA: So yeah, that's the story. Hopefully this encourages you.

Outro

Thanks for tuning in to the first episode of the "Feel My Pain" Podcast!

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K, thanks, love you, bye!!!