



Michelle Hookham
Mental Health & Homeopathy

Gerard Malouf & Partners
Parramatta

29th May, 2024

Re: CHB:AMC:234380 the matter of Caitlin Nisha Rea

PART 2

Dear Gerard Malouf & Partners,

Please find attached the clinical notes for Caitlin Rea as requested.

I have just moved across to electronic medical records. You will find the earlier notes have been hand written. The report I provided you recently summarises her records and would be an easier way for people to understand her clinical records from my understanding.

Should you require any additional information, please let me know.

Yours sincerely,

Michelle Hookham

10-2-23.

Drops helped alot. - sleep >>

Forgot over holidays

Sleep got worse → + better again
Get the best sleep ever. Wake refreshed

Jackson started school.

I was anxious but he's settled well
Walking to school + / continue walking
Cooking nice food.

Stopped anti Ds.

May need it again

Get anxiety over little things
eg. Stained coffee table

- fear / worried it.

getting in trouble
- avoid conflict

Never had anxiety until the Dr abuse
I was happy go lucky; a free bird.
Now - think of worse

My care still progressing

Φ ansr after child:
- had PND + OCD.

didn't care about Jackson → got help.

Drugs masked anxiety

Maybe the drugs caused the anxiety

When came off ice, couldn't physically be
happy.

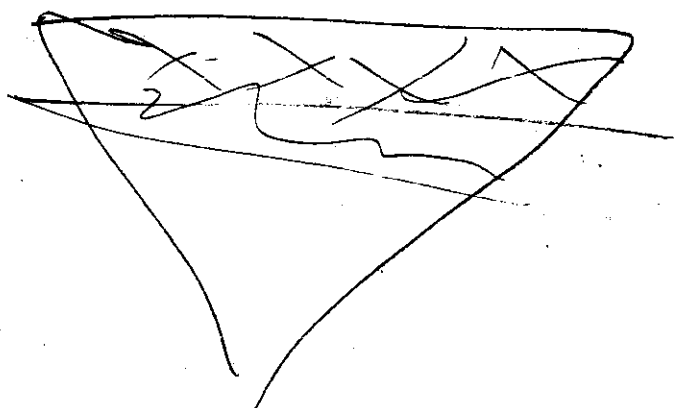
Now I can. 7 yrs clean.

Had anxiety about getting the next fix.
On ice - fearles;

I'm managing it.

I'm surprisingly good; really good.
When all I did was talk.
I needed to talk.
I'm real good.

Went on holidays. I felt great
Went to Nelson Bay in D.
Then stayed at Jackson's D. & his S.
It was great. I loved life.



I hadn't dealt in it.
Just took drugs
But fixing it now.

My parents didn't know either.
D. didn't tell S. either.
Kept
hesitant to not bottle it up; + don't
do drugs

I got rid of the people in my life to
stay clean.

Goals this year

- x save money
- x holiday
- x move forward
- x study + keep this job.
- disabilities

come in April. in friends

DIC care going forward. Caitlin agrees that doesn't need additional support at this time.

stated that she may see GP for mother plan when can't matter gets clearer.

K-10+

Patient or Client Identifier:

Surname:

Rea

Other names:

Date of Birth:

31/10/1992

Gender:

Male

☒ Female

Other

Address:

Date completed: *10/10/2023***Instructions**

The following ten questions ask about how you have been feeling in the **past four weeks**. For each question, mark the circle under the option that best describes the amount of time you felt that way.

| | | None of the time | A little of the time | Some of the time | Most of the time | All of the time |
|-----|---|----------------------------------|----------------------------------|----------------------------------|----------------------------------|-----------------------|
| 1. | In the past four weeks, about how often did you feel tired out for no good reason? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. | In the past four weeks, about how often did you feel nervous? | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 3. | In the past four weeks, about how often did you feel so nervous that nothing could calm you down? | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. | In the past four weeks, about how often did you feel hopeless? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. | In the past four weeks, about how often did you feel restless or fidgety? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. | In the past four weeks, about how often did you feel so restless you could not sit still? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. | In the past four weeks, about how often did you feel depressed? | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. | In the past four weeks, about how often did you feel that everything was an effort? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. | In the past four weeks, about how often did you feel so sad that nothing could cheer you up? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. | In the past four weeks, about how often did you feel worthless? | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please turn over – there are a few more questions on the other side

*5**6**6**17*



Michelle Hookham
Mental Health & Homeopathy

Dr Nagesuparan Baheerathan
Advanced Medical Practice
Windsor
NSW 2756

26.02.2023

Re: Caitlin Rea (DOB: 31.10.1996) Review and close of referral.

Dear Dr Baheerathan,

Thank you for referring Caitlin Rea for therapeutic support for anxiety and depression under Wentworth Healthcare's PTS program. She attended her first consultation on the 19th of August and has had regular appointments until the end of the referral period in February, 2023. An update is provided below, however in short, she has progressed really well and is currently not in need of further support at this time.

Initial Presentation

At the time of her initial consultation in August, 2022, Caitlin reported a history of sexual assault by a male GP in 2013 at age 15yrs, that was 'settled out of court'. She reported ongoing mental health challenges since this time. Partly from her own traumatic experience and partly from the injustice of the legal system; that she was accused of lying and felt bullied during cross examination; and that she was not provided appropriate counselling and support throughout the proceedings. She stated "it broke me." And continues to experience feelings of shame and dirtiness.

Since then, Caitlin reported that she had lost her life's ambitions and goals to be a disability worker, has struggled with low mood, experiences constant ruminations of adverse life events and has chronic insomnia. She had been coping reasonably well until a few months ago when she read an article about another victim by the same perpetrator. This had re-triggered traumatic memories and guilt that her reporting did not manage to prevent another person's assault. She stated "I feel down". Caitlin stated that she had had difficulty finding enjoyment in things and "was like a shell – I'm there, but it wasn't me." She also reported that since these events, she had difficulty expressing any emotions and stated "I bottle it up as no one believed me." She continues to experience a 'freeze' response when triggered by visual reminders of the perpetrator (cultural attire). During the assault, this was also her response: shock, freeze and not able to say anything.

Other contributing factors include financial stressors and lack of independent living arrangements.

Despite these challenges, and to her credit, Caitlin has been able to turn her life around to care for her son. She attributed this to "sheer willpower". She stated "My son is my life." However, she would like to be able to let go of the past and move forward to a more independent life with her son.

19.08.22 K10 score: 28/50

See previous correspondence for comprehensive mental health assessment.

Update

Over the course of this plan, a range of psychotherapeutic interventions were utilised to facilitate exploration of underlying causes of distress, find resolutions where possible and strategies to manage symptoms when needed. One of the challenges had been difficulty sleeping, which was significantly impacting Caitlin's functioning. She had associated difficulty waking in the morning to attend to her mothering responsibilities. However, in November, Caitlin's recovery began to take effect. She was getting full nights sleep and was



Michelle Hookham

Mental Health & Homeopathy

waking feeling refreshed. She stated at that time "that's changed a lot in my life." She was able to rise early in the morning, attend to her chores and prepare for the day and reported that she had more motivation. She stated "I'm enjoying my life now; I want to go out and enjoy my life; I'm actually happy now." She was making plans for the future, including considering courses in disability and also of becoming more independent.

At the time of her review in February, 2023, Caitlin reported "I'm surprisingly good; really good." She had been on a summer holiday and had a very positive family experience. On reflection, she said that talking had helped a lot; that before she hadn't dealt with things and had tried to escape her distress. She reported "I have learnt not to bottle things up." Caitlin's plans for the year include: saving money; going on a cruise with friends, continuing work at the fish shop whilst studying disability, and "moving forward."

10.02.2023 K10 score: 17/50

MSE

Appearance: Caucasian female with black long hair; dressed in casual clothes; good attention to hygiene and grooming.

Behaviour: Engages well; calm manner;

Mood: "I feel happy."

Affect: Bright and reactive. Smiling and laughing with ease.

Thought form: logical; sequential.

Speech: normal rate, rhythm and tone.

Content: as stated above.

Cognition: Not formally assessed.

Perception: No evidence of alteration in perception.

Orientation: oriented to time, place and person

Insight: Good. Is able to see the progress she has made and the benefits of talking.

Judgement: Good. Making positive changes in her life.

Formulation from initial consult

27 year old employed single mother of 5 year old boy, living in granny flat, presenting with anxiety, low mood and chronic insomnia in background of sexual assault at age 15years. Currently resolved and doing well.

Impression

PTSD in recovery.

Plan

Close referral.

Should Caitlin need a referral at another time, I would be happy to see her. She considers that she may need more support at the time the legal matter, pertaining to her sexual assault, go before the court.

Regards,

Michelle Hookham

Credentialed mental health nurse; Registered homeopath
6 Christie Street PO Box 297, Windsor NSW 2756

PHONE 02 4577 4435 MOBILE 0423 162 001 EMAIL health@michellehookham.com.au

WEBSITE www.michellehookham.com.au

These are the electronic medical records summaries of sessions. The attached documents follow

Recommendations

image not found or type unknown

CR_Notes_13.03.2420240529_13352971_1716953772.pdf

Mental health consultation 28/02/2024 09:45 AM

Notes updated 28/02/2024 05:45 PM

Michelle Hookham

Subjective

Phone call this morning to cancel appointment as was in ED with her son, awaiting test results. Phone call later in day - unable to reschedule as booked out. However, has another appointment in 2 weeks. Caitlin stated that she would contact me if needs to between now and then for any cancellations.

Mental health consultation 12/02/2024 09:45 AM

Notes updated 12/02/2024 01:04 PM

Michelle Hookham

Subjective

See attached

Objective

8 weeks post-partum: doing well. Had PND after first child, however does not consider she is experiencing this after her second child. Ruminations of past abuse triggered by upcoming court matter. Consider PTSD or trauma disorder

Assessment

Anxiety coming up related to upcoming court matter for past sexual assault.

Plan

Continue to explore underlying cause of emotional distress. Consider homeopathic support if indicated. Sleep hygiene.

Recommendations

image not found or type unknown

CR_consult_12.02.24_1707703203.docx

Assessment

Stable at the moment. Stated that she is more aware that her symptoms are more related to past events than she realised.

Plan

Finalise report and email Caitlin a copy.

Mental health consultation 27/03/2024 09:45 AM

Notes updated 27/03/2024 12:22 PM

Michelle Hookham

Subjective

See notes attached for the session.

Objective

Caitlin processing sexual assault and developing fresh insights, which she is valuing greatly.

Assessment

Realising that her aversion to touch and difficulty with affection and intimacy directly stem from sexual assault at the age of 16. Today, she realised that the assault caused a deep sense of feeling dirty, which led to behaviours associated with physical contact feeling dirty.

Plan

Psychoeducation provided about trauma, with good effect. Start to notice touch with her baby as being safe and a start to re-training the brain that touch is ok and safe. Consider psychodynamic work around physical sensation of dirtiness and how it is expressed in the body, then to explore the opposite sensation and try to embed that.

Recommendations

image not found or type unknown



CR_Notes_27.03.2420240327_12173217_1711502532.pdf

Mental health consultation 13/03/2024 09:45 AM

Notes updated 29/05/2024 01:36 PM

Michelle Hookham

Subjective

See notes attached.

Michelle Hookham

Subjective

Caitlin reported being low in mood and irritable and snappy. Had PND with Jackson and Boston is now 4 months old. Explored lifestyle and social networks - see notes attached. Through conversation, more aware of factors affecting mood, including going to bed too late; minimal social contact; no time out. Recognised that work has been an outlet for her, but currently not working. Anxious about returning to work. Discussed ways to help mood and to not rush back to work; to take time to enjoy Boston and being a mum, to which she agreed she would like to. Discussed legal matter. Has not heard from lawyers for a while, and will follow up with them to day, re hearing. Email sent today to follow up my report written for court, for them to respond so that i can finalise the report.

Objective

Low mood Flat affect Ruminating on negative past events Described mood as "not happy, but not terrible either"

Assessment

Low mood. Watch for PND if doesn't lift soon.

Plan

Caitlin to consider attending mother's groups Monitor mood Consider letting Daniel mind the kids for a few hours to give her a break Exercise daily Thuja Q01 daily to help sleep. This helped in the past, so will start with this remedy. If no change, consider other remedy for current presentation.

Recommendations

image not found or type unknown

[CR_notes_29.04.2420240429_11515431_1714356034.pdf](#)

Mental health consultation 10/04/2024 09:45 AM

Notes updated 10/04/2024 10:56 AM

Michelle Hookham

Subjective

Caitlin stated that she is ok today. Read through court report draft and discussed all aspects. Discussed health funding and proposed plan in the report. Discussed potential outcome of court matter and pathways for seeking support after court.

Objective

Looking well; relaxed and open in communication style.

Mental health consultation 22/05/2024 13:00 PM

Notes updated 22/05/2024 04:51 PM

Michelle Hookham

Subjective

Discussed email this week from GMP Law requesting a copy of her notes. Caitlin stated that she didn't sign the consent form to release information dated the 20.05.24. Stated that if notes have been subpoena, she accepted they will have to be submitted, however felt this was a bit invasive of her privacy, given that I had written a report. Phoned lawyer whilst Caitlin in the office and message left for Christine Beshay to call me back to clarify. Caitlin stated that drops are helping; that she is sleeping more easily and mood is better. Discussed recent change in relationship with Daniel, and Caitlin is concerned that he may be "over waiting for me." Discussed her challenge of aversion to touch and phobia of germs with intimacy (stemming from assault) and how this affects relationships with others, especially sexual relationships. (see notes attached) Spoke about court and anxiety about the process and outcome. Stated "I just want to be acknowledged; it f**** up my life; everything stemmed from that. I have to keep telling myself it's not my fault." Caitlin stated that she is now aware that the verdict is not going to change her response to the trauma, as she considers it to be too embedded now, however she hopes it will give some sense of justice. Spoke about need to get a job in a couple more months as maternity leave now finished, but wants to wait until Boston is at least 7 months.

Objective

Caitlin looks better today. Less tired: good colour in her complexion Sitting in a relaxed comfortable posture throughout session Able to explore more about trauma response in relation to physical touch Discussed ways to work with that, once court has finished, including somatic psychotherapy: graded exposure

Assessment

Anxiety about court Continued distress about impact of abuse on relationship with her children's father (her ex-partner) and wishing it could be different.

Plan

Continue to work with stressors around court matter. Once this has passed, consider more indepth work around aversion to touch and OCD re germs.

Recommendations

Discussed Waking the Tiger (Levine) and The Body Keeps the Score (van der Kolk) as ways to start working with trauma at the physiological level. Caitlin stated that she will try and get as an audio book and plans to start listening to the books whilst out walking.

Attachment 1: CR_Notes_22.05.2420240522_16363469_1716360703.pdf

CR_Notes_22.05.2420240522_16363469_1716360703.pdf

Mental health consultation 29/04/2024 11:00 AM

Notes updated 29/04/2024 12:00 PM

B.2.24

Had the cervical thing - CIN 3.

These assault

I felt v. vulnerable

He was there

He never asked q.s.

Wasn't easy to make me happy + he died.

Split when Jackson 2 or 3.

His my only hope + he won't wait forever.

Before assault + shield?

More cuddly - don't like to be touched now

Five is being kissed - av. Kissed.

Sneagle

dirty
av. germs.

have to shower straight after

Some people think I'm autistic. I just don't like it.

→ don't have friends = don't want to explain.

? stopping you

- I don't want to explain to everyone why I'm

av. touch.

- rather avoid

- What if they think I'm weird?

All stems from one thing. You't need to talk about it. ~~Be~~ cause that memory

o Would like to be normal.

o How would my life be without that incident?

Every decision leads to a new path.

Not affectionate - even to kids
Didn't bond w/ Jackson.
Have as connected to Boston.
Need to work on feelings; as letting the
wall down.
I'd like to be more affectionate
w/ other partners.
More comfortable w/ ex.
But he's at other partners

1st relat.

I wasn't affectionate enough for him
→ after G.P. assault.

That's where shield came up.

On drugs, I was more affectionate. Then
got sober.

(I never thought of that)

Daniel stemmed from AOD relat. + then we
both got clean.

I just can't go w/ anyone else, but don't
want to be w/ him.

He knows my story. No one else would
understand me.

I wish I could be more affectionate
Others' voices irritate me. → arguments.

Hurts my ears.

Why I can't be around others.

Hurts ... annoys me.

Sensitive noise

• sleeping → angry; shabby.

He's good w/ the kids; helps me if I need it.

Can rely on him.

He understands me.

Doesn't judge me.

He knows how I work

A lot going on.

4 appt for court → anxiety
- good experience. Made me feel optimistic
about the outcome.

Thanks the best for me is to have my case heard.
Waiting to find out mediation date.

Boston - health

3 wk - mastitis → A/BS.

- not same since.

Silent reflux + dairy allergy.

He wasn't feeding for 12 hrs.

Dx 2 reflux. → medⁿ for reflux.

No one believing me.

Couldn't settle him.

MIL helped me.

He's more settled.

Sleeps through the night.

Runny poos since A/BS.

I'm on dairy - Soy free diet. 4 weeks.

Hard when Drs don't believe you.

Just have to get story together so I can be
heard.

Ex wants to get back together.

I like it on my own 'til kids

av. being touched

He had another partner + it annoyed me.

Apart for 3 yrs.

More affectionate when drinking

When sober - a shield d of getting hurt.

Shield down when I'm drunk.

Used to be affectionate

AOD (IC) took cbt away.

I'm very cold

I was vulnerable
GP there to help
Leave dignity at door
I was violated

I couldn't control
My body liked it but I didn't want it
That ruined me. (15)
I didn't see how that worked

Now older, I understand
Saying that in Court was daunting + couldn't
understand it.

It took something away from me -
not being able to control what you want
Knowing someone could get that without me
wanting it
for any lead.

Not knowing that was a thing
I thought it could only happen if you wanted it.
Did I do something to make him think I
wanted it?

After - I pushed everyone away
Played in my head alot.
→ worse in relat → we split up.
That was a big deal

Pushed everyone else away - even M + F
left alone.

B/f picked me up. I said something not right
(I froze = GP)

Phoned friend, told M → police.
who would believe me over a doctor.

Police wanted me to press charge

Wrote a note + talked to GP. He said
nothing. I lost it.

Fresh thinking

- a reason for shift. A way of protecting myself.

27.8.24

Caitlin Lea

Austin - lactose intolerant → bottle fed.

Freeing for me.
Want him on terrace in 2 weeks. for reflux. (+ med -)

Had PND in #1

Happy I have an answer & I wasn't making it up.
His rash is going away.

Just have to deal w. Court now & then my life should
settle.

Saw 4 for an

reassured I'm on right path. & should get justice.
A lot of other victims. Didn't ask me to testify

I feel I could have prevented this if I'd been more
stable.

But at end of day, I tried - it was his wrong doing.

Might be able to be affectionate & not be on my own.

The way I am has stemmed from that situation.

Court don't see the extent of impact.

The way I coped was work + + + + +.

Court never offered me counselling. Maybe that would
have prevented.

1st hearing - didn't expect him to be there. It ruined
me seeing him smiling; I crumpled

I wasn't strong enough.

That didn't prepare me.

Police offer was supportive, but not in court after Health
Commission stopped.

I battled it on my own. That made it worse.

Called Quakers Hill Police + to get help to come.

Had pushed my family away.

Maybe if I had support that day I could have
done better.

Constable should have stayed throughout. I was

comfortable in him.

It was too much for me. Health Commission encouraged
me to go back.

Only way to get my case heard is by suing him.
The only way I can be heard + get closure: to not
let him win.

After last Court case, just see him smirk; nothing I
could do. He's got satisfaction he won it from me.
I want him to know he didn't win.
I think they should have a law they can re-open things.

I've realised that
all school friends have stable lives; family; income
+ I'm single parent "no income
I've got nothing; will

Got to overcome the fear to be able to have a partner
Rent \$610/week ^{in May} Controlling \$1800 per fln.

applying for Family tax benefit for Boston.

I needed to move out of granny flat to be independent
I felt confined there. But still stuck. Didn't
make a difference.

Too small for 2 kids

On wait list for Wentworth Housing
on maternity leave. then will need to find job.

? difference made is realisation

- made me more angry I've let it get to this
I could be happy + partnered.
This is how he's won.

Justice system has failed

He's more protected; had more standing as a G.P.
I gained nothing from going to court.

No positives from it.

Avoided dealing with cervical screening abnormalities
(?CIN...?) But had to have Rx by male Dr.

But case factor zero - ?dissociation

Fear factor of explaining whole story; that D.S.
will talk about me + treat me differently
Pushed it that far down - as if it didn't happen to me.
Then saw news of him + bigger memories
eg. skull cap;

→ + AOD; fighting to push it back down -
have dealt with it. Didn't know how to deal with
those moments

? emotions

- anger, disgust,

Ruined relat. w. ^{h/f} ~~partner~~. Together 2 yrs. (1st
were ok then ~~triggered~~ assault

→ as touch

→ no affection

When 17, we split up.

? fear of relat

- I can't be affectionate

Couldn't kiss my partner; or be

- germ.

- sex - have to shower

physical touch - all comes to germ.

Can't drink from same cup

After assault - ⊕ shower. I felt dirty; scrubbed
my hands

→ that does make sense.

29.4.24 Caitlin

Anxiety; fixate on things

Had to go to sister & got anxious about it.
anxiety - something would be said.

Don't get on well.

Find things to worry about.

No patience. Snap easily

Switch quickly

A few months.

Sam's picking up on it & snapping too.

Youngest started solids. 4 mos. Has ready
Early to get teeth & eat.

Sleep - good. Thinking alot again. - M.N. → Sam.

Boston sleeps through. But lately, waking 2hrly
In day, he doesn't sleep unless on me.

Boston doesn't like the car.

Thoughts - anything that could go wrong.

so get engaged → what am I doing in my life?

Have to get a job. soon

Not working not great for me; my refuge

→ anxiety; starting at new places.

Could get job in legal aid in reception.

work from home 3 days per week.

Did want to do disability, but tried rafe & not
good at online learning. Don't have the
confidence to go to rafe.

Mona's stress. F & Daniel help me out.

Mood: not as happy as have been. Not miserable.

The thinking is exhausting.

I don't have any me time.

Do want to start walking.

Once Jackson back at school, will walk daily

Y/C mother's group - will try.

No friends

On P+C at school. - thoroughly enjoy that.
In holiday, did kids' activity
1/m 27 - other mums are 40.

Jackson - I had PND.

DIc time out for a break

getting Daniel to take him for 2 wks.

22.5.24 Caitlin Rea.

Drops are helping - going to sleep easier.

Boston constipated + not sleeping.

3 bottles / day + purées.

Look well.

Co-sleep. He sleeps better

Had great day w Boston. Routine was good. I got to have my own time for R & R + chores.

5.5mo.

Trying to make my own food for him.

Milk dried up. took medⁿ.
Would have liked to breastfeed longer.

Not an best farms w boys' father.

He irritates me.

Can't be on my own

He didn't like me giving him a list of Boston's routine.

I think he's over me; over waiting for me.

He wants affection, I don't like touch (since assault)

- forms.

I'd go crazy if he did move on.

I'd find it hard to be civil

I like it as it is; distance b/w us.

If he had partner, he wouldn't be able to help in the way he does.

I might hate myself for letting go of him. He's the only one that understood.

Another person - hate to get used to any way - don't kiss; they have to shower before touch.

Finished mat. leave. Need to find a job.

Not sure what to do - not food.

⊕ Wait till Boston's 7mo.

Anxious about court.

Do R & C to keep occupied. But hitching community.

I stand back + do my thing

Mood - 1st 2 days in drops felt 'funny' - temperamental,
then good.

2 weeks ago - acute cough.

Court

anxious if I'm cross examined
(Having 1 wine per day to unwind)
Wondering what lawyers are saying
Wasn't believed the 1st time
Annoyed they didn't ask me when ^{victim} was ~~present~~
Came forward
+ lawyers use words to manipulate you.

Confusing that Victim of Crime pay out, but court
don't believe me. It's confusing
Didn't give me the satisfaction. A pity pay.

Now - my way of getting closure;

Pxxs me off his other victims were believed + I
was not.

? if don't get outcome

- I will think the system is f*
I have enough evidence

I'd have to find strategies to cope instead of
pretending it didn't happen

I just want to be acknowledged; it f*x
my life; everything stemmed from that -

Have to keep telling myself it's not my fault.

Boston - different; my kid;

I'm not confident + have trust issues. Break it off
prior it before it gets me hurt

Jackson. I was 21; really struggled to Cuddle in.

I've learned more where it stems from + try to
work on that. Not natural. Have to force it.
I don't like to be touched or restrained