

Rec. Dreams - 10 yrs. onset -

Brother -

Parents + S + me + friends at restaurant

B there. (He hasn't been invited to things)

I'm so angry he's there - screaming at him +

they're looking at me smiling

I'm yelling at parents + say why is he

They're staring at me like I'm the problem.
F: angry; unheard; shocked about parents not seeing it.
Rage. he's not pleased. he got away w. it; he can live
his life while she can't (S)
R: justified; fight mode; but felt a waste of time as
didn't see it.

I'm trying to yell at him but someone holding my
voice back

took all my energy to say it but words wouldn't
come out.

Child abuses got away w. it; let off w. no jail time
as he has schiz.

Shouldn't be out in communities + got away w. it.

S there but not there. She didn't say anything
K

She was a child again

Protecting her

My parents should do that

Everyone looking at me like I'm wrong.

I'm telling them what he did.

angry they didn't understand.

Reported him in 2013.

She was going out to pubs to him

I knew something happened.

Thought she was ok

Then she started telling me; we moved in together & reported it all

I didn't understand her trauma

Then did & became v. empathetic

→ I became her to understand her. Then dreams started

She's deeply wrecked but I've seen her unwrecked

& know how she really feels.

I've had to learn to become her to understand why she's acting the way she does

Trusts are

Do things to protect her →

I look like a mad/bad person.

Voice coming out slowly; Can't get words out
Slow & quiet.

Frustated I can't yell it;

Something holding it back. I have all the words
to say & taking all my energy

It's exhausting

R: move & move limitation.

Keep going & keep trying

I want him to be ignored.

I feel like none told him that
wish he was treated badly for his crime.

Cat Dream.

M^o looking after the cats

Came home & M^o said word 'Teddy' that he was
dead.

I asked what happened. She kept -

I yelled at her to tell me what happened
turning around trying to find him. Found him & so
relieved.

M^o thought he'd escaped - dead.

She didn't use her words

F: V. frustrated.

R: Screaming at her to tell me & she wouldn't

I thought he was dead; scared.

asked M^o & F^o to feed Teddy. When I came home, he was
odd; avoiding me.

M^o & F^o in my lounge but with all trees & a swamp
I mentioned him not eating to my S^o. M^o said he hadn't
but was OK; really dark; M^o & F^o just sitting.

F: M^o hid. She knew he wouldn't eat as injured
She was trying to spare a reaction from me; trying to control
it so I don't react. → annoyed her;

S^o said Teddy lost his foot. A rod sticking out.

Then having a disability - the trauma he'd gone through.
Then realised the rod was holding it together.

F: they're not communicating to me; brushing it off.

M^o never explained things to me. I had to read it
myself but didn't know how.

F: everything I say is wrong; I'm reacting wrong
more focused on his injury; I expected it from her

It exposes them; they want it hidden M^o or.

embarrassed; Ohida