

21. 3. 25. Anita Dries

Pain - flare ups in back → makes it hard to work.

Seeing Chris

Very constipated

Tired + unmotivated

No coffee in 3 mos - my bit of joy in the morning.
Anti-inflammatory diet.

Yesterday - had coffee & regretted it; talking +
stomach sore where had been calm.

50 40th & she was depressed in age → heavier

Relat. pattern in 50

She does things + manipulates subtly
Guilty

I'm trying to keep boundaries in parents; being cautious

She does stuff for them but if they ask too much,
she has no boundaries + then gets angry

Same in boyfriends - she gives everything then angry
the way they treat her; then cuts off - she has
no friends again. A cycle where she's depressed then
out partying. Now she's on a high; (P75D)

All she does affect me as live together.
Can't afford to live alone.

I put boundaries up in her as she's hurt me badly
I don't trust her at all. Prior, I was always trying
to protect her.

Sad she lost my trust

She was in bad way. Doing therapy; acting out of character

Seeing 2 guys -

I was struggling in having no time to myself. She's always
there

One day, got Corey + she invited a guy over. Don't want
to meet them.

They look at me in disgust. I get sick of that feeling

I asked why she can't go to his house.

She got upset. We didn't talk for a week.

She was out every night; home middle of night

can't release when she's out as she gets aggro.

Her hectic experience then tells me all about it.

She went out Sat. night. Missed me at 1am saying not coming home. Then no contact all Sunday. I was worried

M^o Missed me about Bianca - always calls me about her.

→ I went into worrying; not answering calls.

Couldn't find her → went to cops.

(Amount of time she's almost died; she didn't have her meds).

I didn't sleep all night. Planning what I'd do the next day; had to cancel work; worried about money

She missed me at 8.30am. Saying she'd fallen asleep; but she met someone else.

→ angry at her

→ she's angry at me how far I'd gone in the cops.

She was gone Sat → Tues.

I was pet-sitting

she left her 2 dogs + 4 cats on cwn for 24hrs.

→ angry; I was running blu pet sit + home frustrated; the guy

My nervous system wrecked.

Shaking, couldn't think clearly.

That's when I lost trust in her

(1 yr ago)

She makes reckless choices

? your actions make a difference to her safety

No

Parents have expectations of me.

My parents responsible for her & raised a son who damaged her.

Think M^o noticed thing, but didn't know what to do.

Put Bianca into kindly early to get her out of the house.

N/S always on alert for so

Always on alert for own social anxiety

Only found out I had that 5 yrs ago.

Because I've been so unwell for 3 yrs + have no energy, been harder.

I don't want her to bring this stuff

Can't f^u as a human

Anti-X - helped w/ social anxiety; stopped all the shaking & stomach sx; & depression.

Started being so creative. But the getting

frightened easily; jumpy & startled easily.

It sd my brain

Higher adrenaline.

N/S gotten worse & worse.

5^o away for 2 weeks.

taken time off to myself.