

10.4.24

House - N.R. Flooded in

Tried the postponing the worries - effective

Tried gratitude diary but not for me.

Keep quiet at n/e.

Blank today

want to figure out why I have trouble making
decisions in private life & understand them.
↓
crippling & destroy my life.

Goals ↓

Punish myself

have to be able to live in myself if I make a mistake.

④ more confident speaking up - relat

- be truer to myself.

I get shut up to not create trouble but then
not happy.

Trying to be more like that & R & F but put wall
up & suck it down. Don't want to hurt feelings

she says hurtful things.

50 yrs of not making waves.

I'm not brave.

stops me doing what I want; do what others
expect then I'm not happy.

People see unhappy in me anyway, so sacrifice
not always worth it.

Medicare

2889 10253 1

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B.S.B.: 062 595

Acc: 1057 5878.

1. Speaking up for myself more; being braver
Feel like my sis struggles. I know what her sis like
She can't see how he behaves. Impacts others.
So inconsiderate but so full of expectation
Hurt & let down others, then upset if happens to them.
eg. Son wanted to learn violin in F^o
Mo just did
How can you be so inconsiderate. My son reaching
out to you to connect + you let him down.
He'd taken time off work looking forward to it.
Didn't say it; just kept it to self
eg. Xmas, I organise it all + invite then she just
says 'I'll do it at last minute' + laughs.
Don't know if I should be quiet or say something
I love her but gets me - sick of b/s.

f: dismissed me; my son.

Esp. as my kid doesn't have a f^o + he's trying
to connect.
Don't know what it would achieve to speak.

2 outcome want

- I'd like her to be more aware of how dismissed
she is of me.

- that different to older bro.

When I offer help - dis

expectations of duty on me but dismissed.

I'm not just mindless, obedient servant

Older bro. at home still; does a lot for them.

younger bro. - no contact to anyone - ~~to~~ looked down
on them.

I try to keep peace but say nothing
I love my parents + accept them + that I'm v.

different to siblings

feel I'm a disappointment all the time.

I'd like to be able to say to them, I'd like to

help more. be active. Can't sit + do
same thing every day; reminiscing about same
things. I want to move on a bit.

? what worked differently.

(W) -

Son deserves better. Why can't they give a bit
outcome want for son?

- maybe it's too late. F^o got dementia.

I want F^o to show my son the traditions

My bro learnt Maltese skills from my P.G.F.

Encouraged him

would like them to make the effort for my son who
doesn't have a F^o

Son was 16 when his dad left. Fell out + no contact
w him now.

(W)
=

F: I'm v sorry that's the F^o I gave him.

Rejection hurts. Hard to see it.

He's still the little boy that got hurt. He's so
hungry for a dad. Hurts me to see.

Maxine rejection.

Maybe I can talk to M^o to make time to have the
boys learn about traditions.

? approach would work.

- if I spoke to them face to face.

Live in 10 years. My boys could help.

Plan to connect a male family.