

13.5.24 Alism Fatzon.

Flat move.

M. Day. Bro did his usual thing
He doesn't want to be here

He speaking out more
He made me v. angry.

No Day triggering

Youngest son v. tight & doesn't give gifts.

Oldest son did something v. special

Youngest said to get myself something But didn't
feel good. Felt really bad. & he didn't want to
come in me. Told him it wasn't nice; depressing
He agreed to go in me.

Already a tough day as my 2nd one - no contact
partner's son died.

+ father told me to get my own gift.

→ went shopping together.

The lack of effort by people you put effort into.
Middle child sent txt saying he was busy
Partner late & had migraine

Oldest - organised a gin tasting for

v. touched. by time & thought.

My standard exp. of re. p.

overwhelming feeling of disappointment

I build myself up to no expectations, but a bit
of hope. Makes you wonder why putting all the
effort in if not reciprocated.

Don't expect anything, it will be a disappointment.

F: I'm not worth too much.

Taken for granted; disrespected.

Kids tell me I've failed; let them down; a poor parent

? True

1 struggled parenting & marriage difficulties

Trying to do everything perfect so they see my value

1 def. failed. His read situation & got approach
wrong (or would have other kid to me)

Spent so long justifying myself.

Their whole lives I was single parent

He was never there

I did everything

Went out of way for mind. child as trying harder & harder to make him appreciate me. But ended up being a doormat.

What he accuses me of is not fair

Spent my entire adult life working hard to be not appreciated or valued.

Last 30 yrs in service of people that showed me true & again they didn't value me.

? onset of thoughts worthless

- all my marriage; all the blame

I never stood up & said I want something.

? why? assume stopping you from standing up

- I'm not brave

- if I ~~don't~~ ask & don't get it, shows the lack of value.

- I have to shut up

- not allowed to express feelings

- told to shut up & not make waves.

- child - seen & not heard.

It's child - not the life to feel special

I was really quiet. ⊕ stand close to the wall.

When met husband - felt v. special.

But try to capture that worth - value

1st anniversary, I went to a lot of effort & he

was 'not there' really scary. Messing off

What did I do wrong? could have done better

(age 23). Shock.

Couldn't understand.

Blindsided.

The sun had left.

I made no demands. Overt & patient.

I was never needy.