

28.03.24

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G.D. Marie Tan - Paredes

Youngest has ASD - 19yrs } 2 at home
23, 21 boys.

Struggle w. anxiety - personally.

At work - v. confident + high functioning + enjoy. F/T.

Customer service manager.

Work - a life saver. Got to grow in the business

Divorce - 2015/2016.

Separated 2014 (early 40s)

Horrible time. I felt like I was rubbish
I felt really stupid. Embarrassed.

Blindsided. Angry w. self for being so stupid
Wanted 20yrs.

Felt as the chucked in a heap.

I put blinkers on

Should have been more attentive to hidden bank statements
He wasn't at work when should have been.

Taken time off work to deal w. 'sick child' (found out later)
Friend from 12

Scared to speak up.

Betrayal + deception

I thought if I was a good wife + mother + looked good
+ had a great home that it would be ok.

Lacking in my side to make him happier.

allowed growth.

- as I got older (= menopause) realise I'm not blaming
myself anymore; if work that hard no reciprocated,
not worth it. If they're not invested, nothing you can do.
He wasn't in the marriage.

- Closed now.

I'm a relat. but can't let it progress as feel it
puts me at risk.

- I'm stronger but guarded to protect myself here now
Can't go through that again. Rather have more

control

He'd like to get married. I won't let him move in here.

I like my own space

Accident 5yr ago.

He looked after me + boy + kept house.

Love having him around but love my own space.

I think it's a block as don't want to get hurt.

It's risky

But like it on my terms.

I'm stronger now.

Perks of not financially equal

I get to keep my personal identity.

I like the space.

(partner - 6yrs)

Middle child lived in his F's at 18.

We don't chat. Relat. breakdown.

Ex - When he couldn't screw me over, used the kids to get to me. Encouraged breakdowns b/w kids + me.

During Covid

Kids unsettled for days after see their F's.

ex → BLD

(Mental came trying to keep it together)

Middle child going off at me in rage, fuelled by vitriol from F's

Confronted F to stop fuelling him.

Child - recorded me + trying to catch me out for F's who will then make a decision for us.

I told him he has no right as he abandoned kids.

only saw them 5x / year.
stood up to ex.

New partner a chat

son - tried to get youngest to collaborate, but he called him out.

He called police for a welfare check.

He was always trying to intimidate

When school finished, he went to live in his F's - didn't and well. Don't see him much.

Once child support finished, (1 yr ago), I could stop contact with ex.

Finally he had less power over my life.

He had affair in 2020 (25yr younger than him)
was caught out at work + I had to leave.

Not the 1st young girl he was with.
Got what he wanted but still wanted to punish me.
(has married her; last May, their relat. ended)

Don't think I'm over it yet.

Worried he will rtr to my suburb.

Thought of that - uneasy; that he will give me a hard time

(2) Worried if he picks kids up & no one will see if he is aggressive. Hx of episode of being trapped; no escape; blocking me in car & banging car.

Anxiety - always v. timid. As child, didn't speak up for myself.

Living in a narcissist, he'd tell stories not true.

Started to think I had memory issues & had to try

hard to remember better.

Withhold affection & make it out to be me.

Push me till I explode.

→ self doubt.

When threats came in to bankrupt me.

I'd tried to leave before & he found out & threatened to take the kids.

So I'd stop planning

always scared.

Scared to make a decision

fear of making a mistake.

Work - make decisions easily & strong & good at it & tough.

personally - can't decide anything. Overthink.

eg. buying car. It's crippling.

so hyper high f^u at work.

When started job - timid. Worked at it. Now speak up & feel good about it.

Even buying a plot → so dem't.

A big split: - dichotomy

I've learned how to compartmentalize.

→ a bit more in control.