

18.9.24

Alison FALZON

work been bad.

Middle boy - wanted to try + repair.

In the end, he came down + stayed w me for 3 nights w

his g/f (she's lovely) - together 2 yrs. She's older.

Spent 3 days angsty prior

Went well. Better as he had his g/f.

Chatted. Got on well.

3 day party for him w my M + F. (21)

Like the old Josh - asking me advice

Functioning but not happy. Try to keep busy to mask

it. Thinking of getting back to gym + getting healthy

Putting house on the market. (2nd property). Will be good without the financial pressure.

Relationship better - he > me speaking up more.

all the problems are mine

I'm more aware of things I don't do right

I often fail

Conscious that kids not there to meet my emotional needs
I've spent my life not able to rely on anyone else -
it's tiring

Married - alone; no support.

Single -

Last few years - friendship's ended.

Don't want to open up to partner - make me vulnerable.

But I don't have anyone to open up to.

(W) Friendship's - started w me supporting each other but ended w me just "them".

Hold back w partner - don't want to be vulnerable

Tired of holding it all.

Every decision I make - are mine

work - all day have to make decisions

Let me help you...

Home - still caring

(+) someone to carry mine. But the one person, I don't want to give that over.

Fear - I'll lose my strength & capacity.

If & when it ends, I'll have to pick it all up
(it will fail)

Tiring to be strong; dangerous not to be

My M^o - not heard.

I'm tired

⊕ lie down but don't rest

⊕ brain to be quiet.

Don't settle long enough to watch a movie

I feel tightly wound; jaw sore from clenching

wake sore from tense sleep.

Sleep tight

HG - clenched; hunched

POSTURE

Tightly wound

Exp.

Image

off.

Letting go

posture - opening myself up - arms opening

exposing myself; exposing vulnerability

floating

Feels good.

Sleep in King bed on edge curled up.

Why don't I let myself enjoy that?

? gives the exp. of letting go

- garden.

Used to be when younger - laying on grass in sun;

Swimming; running (before accident)

I've forgotten how.

Lost it when I got married

Move + move

Learning it move + move

Trying to find it

- Spring facts

When I got married + the 1st anniversary - that light went out; darkness.

What have I done? What am I in?

M. said to be a grown up + deal w it.

I'd run from previous relet.

Begged for help to get out of it.

Need to re-program brain

So many things I want to do + talk myself out of it.

Don't deserve it. Why aren't I worth it

Do things to hold myself back.

Sabotage my happiness. Don't let myself

⊕ selfish + happy + free.

I know the answers but talk harshly to myself + can't put it into practice.

Sleep

Go home + pass out -

Nightmares-

2nd son - us ~~get~~ repairing then falling apart.

In Italy + going for a walk; looking at houses.

Someone saw me looking

Police chased me + put me in jail. Had to walk w head down; not allowed to hold my head up.

F: I didn't know; didn't mean to do wrong; just being happy; I didn't know the rules. Confused; scared innocent looking at buildings

Fear: getting into trouble; doing something wrong

My driving force is fear - scared to do wrong; to make a mistake → do nothing

Driving - fear I'll get a fine
Work - ⊕ be infallible

Marriage - big mistake - destroyed 20 yrs of my life.

M^o - not good enough for public; to speak; to cook
for others; begrudging things; 2nd class; closed herself

1 keep everyone at a distance.

D/C neg. core beliefs & awareness as 1st pt
of Δ. Then wants to re-wire the brain to move
positive ways of thinking.

? the problems are mine

I'm strong & smart & have managed to be
independent.

Have to remind myself.

I often fail

Fear of failure so stop myself.

M^o saying 'you don't have good judgment - me.
Better leave it & is 'destined to fail.'

I succeed more than I fail.