

26. 4.24

feel I'm on autopilot

1kg5 frame

Existing; not living

Not doing anything for me
work, walk dog, go home.

Had chat to M about how I'm feeling
Think I need to get away for a while:

- a few days somewhere
- beach; cold wind; dardate; peaceful.

? living

- passionate about

want out to a friend for dinner + another person.

great night
No I going to see an Abba cover band.

Have tried to get out there, but feeling flat
- year.

? onset

- unsure

been v. busy + occupied in work + kids' lives + needs.
Every moment filled → overwhelmed.

faking it

for years - done for everyone even when added to
my stress.

Lost friends when not able to be there.

Losing them made a difference, after losing my marriage.

Having a husband made me acceptable

Losing friends → loss of camaraderie. Childhood
friends. I was sick of it being all about her.
Stopped enjoying our time together. She said things
super close to falling apart.

Being it has pissed off. He'd be late or make
it difficult + so easier to leave it.

She was always late

stood my ground

I can't keep taking shit from people.

well been friends for 30 yrs.

When youngest finished school (big deal 2 special
needs) + all his needs

- what have I got now?

- no purpose

worked 14 w days as nothing else to do.

Partner said what am I doing

→ bought house in his ; did it up; rented it,
now not happy. Makes me unhappy; a weight
around neck.

What is there?

I'm at a loss

Manopause - ~~no~~ ~~menstruation~~

- hysterectomy when youngest was 18 mos old.

Hot flashes in past.

Struggling up move for self.

Still more timid

Don't speak up to partner as much

Afraid of conflict

Fear - nothing to lose, but is

shut down

All things I've said up to & didn't want

eg. him getting angry when driving

I just shut up.

He's trying to help me be stronger & speak up.

But things he's stopping us moving forward.

Anxiety thinking about confronting him;
about to explode in fear & panic

Love sleep; feel sick & then have to tell him

His son died in MVA 14y into our relat. (only child) 17yr

He's so

Says if it wasn't for me, he wouldn't be here
→ responsibility.

It's been tough. Was worried he'd kill himself.

(2) Went to support group. - good but emotional so
much.

Before then, great; fun; exciting. He was a rebel &
sweet & protected me.

Just prior his MVA - I had accident & damaged foot &
he looked after me. In wheel chair & he was
helping the kids & me. too early in relat.

Then Covid

Once Jordan died, things changed.

Sense of obligation

Helping him to survive

I was cautious

My ex had mental breakdown soon after marriage
& blamed me & his psychiatrist ran through my
misdeeds. ? psychotic ? depression ? bipolar

He was unwell before but I was too young to realise
I supported him but he blamed me

So this one - 1 yr in & this happens.

So more cautious 2nd time

He was grabbing young girls is sympathy story (lies)

But I've said I was blind sided & humiliated

It was happening in my house; in front of me

All the clues I missed

Bro said 'Why isn't she out there checking what
he's up to

I was a fool for being blindered or too scared to
stand up. And too timid to leave.

No financial support.

I was so unhappy.

Not worth an investment in new one.

av. being too intertwined

Keep distant - can escape if have too

2 EXP

Love home; take years to extricate self.

Can't walk away.

Being alone, less to salvage; safe

A 1/2 person. Feel I'm straining him along.

I love him but such a need to declutter my

life & have some quiet.

Love it when he's around & like my ind. expenditure.

He's respecting my space.

But I feel guilty

Fresh insight: Escape has been the thing for a
long time (tried to escape the marriage -
couldn't)

Gave me the freedom I wanted.