

28.6.29 11:30am.

Last session - talking about my behaviour
confrontational; tough hearing myself say it out loud.
→ changed things at home; my thoughts
relaxed a bit on myself & boy.
My partner tells me things I don't want to hear
eg. I'm like my mum - neg.
Now more self-aware of the behaviours
(which are just like mine)

Tough weeks at work; this week good; good R/V
Dealt w/ a confrontation. stood my ground.
Big realisations after last session, to get that been
big shift. More aware.
Don't want me to be like m. Want to relax &
embrace men. Trying to find peace - most of it is in my
head.

M & I were volatile; reactive.
When married & desperate for help; beyond overwhelmed
struggling to survive. He'd turn it against me.
He'd wait till I broke & exploded & he'd punish
me. I'd struggle & beg for help. Before, was independent
He'd break you. His next wife ended up in same
pattern. She was cocky & arrogant at start then ended up
begging too. ~~He~~ So Maybe was not just me.

Crippled by anxiety

I'm learning to let go & just be; to give myself
permission to relax. I sit down
- steady in partner. He's had truck accident. Liability
worries.

Want to ask for advice, but I know the answer.

Want to send my middle son a msg to say

I understand & sorry; if you don't want me contacting you let me know.

I think I should say nothing.

Don't want to say anything that makes him think I'm giving up or making him feel guilty.

He never responds - good or bad.

Want him to know I love him.

He may still like to know I'm still there.

Mattress - v. good at guilt.

Send basic txt; simple messages.

How much is harassment. Flirts a bit every time.

Want him to know I love him.

→ ~~can't~~ when can't cope in response to protect myself.

His F^o manipulated him to stuff me over the torture my ex would give me, when he couldn't get to me, he'd use Josh to get to me.

Had years of terrible dynamics; his F^o taught him I deserved it; that I was sxx. I believe he used him to torture me.

Lived on eggshells for 2 decades.

after had chance to be free, didn't want to do that again.

One day, boys fighting. Josh screaming (someone had his slides). I called his F^o & said everything he came back from him, he's so difficult. I told him he was breaking his son. I said I wasn't going to have another abuser in my home.

then Covid. Josh found it v. difficult.

Boys rumbling & he was screaming.

He threatened to call F^o. & I said I wanted to talk to him too. I told him I warned you, after his exams.

I said if he was worried he^o could live in him.

Josh trying to record us.

Refused to eat in us.

One day he came + got his dinner.

Overheard youngest son on phone - his #0 trying to
get him to admit to wrong doings (falsely)

→ called police to do welfare check on Josh.

Police said not necessary.

I called ex. to say it's not ok.

I said I can't take it anymore; I want him
out of the house. I kicked him out.

Gave them both warnings

I adored my boys. He knew the best way to hurt me.
Needed my sanity + others' safety

Would have dealt w. it differently

He's happy + doing well. Was good for him.

He was forced to follow rules, whereas he
undermined them for me.

If I stop contacting him,

Ex told kids he'd never pick them over new
girl / friend.

Josh told me I'm his safe port + I'll never leave him
+ I'm just letting loose on you

He was a sweet sweet boy.