

12.5.25 Allannah.

Emotional last few days.

Family stressing me out

M's day - always difficult. Everyone always fight stress to make sure

M's upset about so leaving home.

Family pressure to make the day special - all relatives

M's so fighting

M's watching Amy's location online

Zoe calling me about M's

I organised breakfast for her.

She's pressuring me that nothing organised

I feel in the middle; v. stressful

Parents fighting

Zoe stayed O/N

Spent whole day together

I made dinner. B's making dessert. Zoe waiting to leave early. M's saying there's no point

→ stressed crying

F's anxiety; have to say the right thing

have to think about everything I say

Zoe & F's fight. She's aggressive & ~~over~~ things he says.

F's frustrating

She wants to be right all the time

I'm the only child at home.

Talked to MGM about it.

M's says he kids are her world.

M's breaking down in front of me - not others.

I've got uni work due

Want her to talk to someone that's not me. I've told her that. I can't deal with it anymore.

M's has 2 sisters. They know she's upset.

F doesn't help.

M's parents have fought my whole life; outside; yell

It's always upset me.

They fight then come to me.

Makes me anxious

? Anxiety

Don't want to be involved or yelled at.

If M^r or F^r mad, affects me.

If I'm upset, I vent to friends but don't involve family

I've asked M^r not to tell me stuff about F^r.

Have communicated boundaries

M^r & Zoe yell at each other then crying.

A lot of pressure - inside & outside family
annoying expectation on me.

M^r's mood visibly dropped when Zoe leaving after dinner

M^r day a trigger for M^r

Not good enough; never get it right.

M^r does housework & cooking

I make dinner 3 nights a week; I pull my weight

Bro don't get same expectations

M^r just unhappy & want to make everyone unhappy.

Started when Zoe got a boyfriend.

M^r going through menopause

I'm closer to M&M & stay in than 2 nights / week.

She's angry if F^r isn't upset

M^r married at 20. Zoe's 20. I'm 22.

M^r wanted her family to be close.

Zoe was v. attached to M^r as a child.

M^r thinks he M^r didn't care

M^r has 2 sisters. They were closer than they were to M^r

M^r jealous of them.

She wants a connection to someone she hasn't had.

M^r wants outward demonstration of affection

She wants Zoe to address her directly

M^r has fallen out with close friends

- they didn't respond to her.

Needs validation

She doesn't have friends

? live in MRPs.

- Would be like them abandoning them. - too much fallout.
Easter - family went camping. I didn't go. Stayed in
MRPs.

I'm in uni & unemployed