

4/12/24

Rosetta Stone.

Moving O/S next year - Italy.
Want to learn my 1st language
Created networks this year.
Funniest rank be

O/S - Paris - intense training then holiday
Met 2 people. Ended one + pursued another
Met in Korea, but he was a different person there.
Left at there.
1st time felt that since Steven.

NY - Oct 24. in Dancin - lovely trip.

Massive year

Div. final in May
Trigger at BILs wedding + finding out Steven has a new
Partner -

Not seen him since July.

July - intimate w. Steven.

(W) Taken a long time to accept the breakup.

Can't think about it too much.

Had to separate it in my mind, not the man I married
2yr in Oct.

Biggest trauma in life; scars show up - new relat.

Insecurities = fear; fight/fright/freeze

Not having a voice.

At end, I was so scared; on eggshells; not safe to
speak

→ pulled away; normally I'd speak up.

Not working.

Can get stuck really quickly; overthinking

Frozen moment in time (intimacy)

Whole lot going on.

Mind not always a safe space.

Overthink

Need tools to calm nervous system

> if sleep

always been emotional; harder to control emotions

tools to create peace & safety

Social media harmful

Constant battle; push & pull of sadness & wanting joy & to move forward

Light & dark; a storm.

Constant battle / push pull.

Stunting flt. + work i. Dad.

Got sick

Came back to Aus trying to keep momentum I had in

Europe,

A lot of training; strength training

Love

Helped me find my confidence again; 50%;

Had support of my coach.

Reliant on me; see results;

It's so controlled & meticulously thought out.

Safety is your job.

Love to move my body every day.

Race meet - Aug (rtu from Paris)

Course really challenging. 12hr intense training daily

Managing a lot of stress; + energy levels.

⊕ Keep playing & collaborating vs rest & recover.

Met Yash. Like Steven - not a believer; emotionally immature/unaware; organised to meet up after camp.

⊖ distraction. Then went to Croatia

Met Danny Pior → Amsterdam after camp. Connected.

Disappointed it didn't work out. Had faith

all out of character for me to take risk.

Personal growth - mental/physical; then emotional

Then met Yash

Try & control situations & turns out bad.

all blew up

I wasn't honest w either of them.

Not true to who I am.

Apologised & mended things

Trying to pretend I was someone different

out of character regretted how I handled it.

✓ Emotional

Disappointed in myself.

Took accountability for actions

I betrayed trust like Steven did mine

Denny a turning pt. that I could move on from Steven.

Something sd in me

Joy - sense of: possibility of having love again.

Joy

Courage to be me again; to hope again;

S: light; sunlight; warm;

Pressure - chest lighter; energy; excitement

OPP

Despair; heavy.

Inner turmoil - being who I am vs. manage a narrative
I tried to force

v. conflict ed

Narrative - didn't mean anything; ^{they} didn't care for me;

Me trying to protect myself; guard my heart

Terrified to be hurt again.

Guarded how vulnerable I was.

Exp.

Hard as usually honest.

Watch everything I said; overthinking

Creating fake narratives

A lot of anxiety

R: know myself + be honest in myself + them.

1- attempt to protect self ended up hurting myself + others.

Usually beat self up.

This time chose to move forward + not punish self

(13) I do know who I am. + who I am is

Have to stop myself from

ditching my self worth to why S left me.

a being less than being rejected

Thread - feeling worthy & rejection; self acceptance.

Self-worth.

Not feeling like I'm enough.

Breakdown at camp 2° feedback from head coach.

physical performance - not feeling enough.

Who I am isn't enough → act like someone else.

Trip to Danny - felt rejected the whole trip; not worthy.
not good enough.

hypnosis →

Unworthy & undervaluing of love - from childhood abuse
energetic work.

Got to speak to my cousin who abused me (v. freeing)
(he's dead)

She created a tape to listen to every morning.