

24.5.24

Catherine DeFrasne.

Boyfriend broke it up w. me.

He said his feelings getting too strong - better to break it off now so don't get more hurt. That he can't find a place for in my life.

Avs. Cit 13 on Tuesday.

Estranged 2 daughters

Can't let her back in to just hurt me again.

(Has 48 11m 61.)

F: 11m ok.

My account ant interested in me, but I'm not ready to have a new relationship

It's too much.

Going down Coast this wke. Need time to think it through.

Closest in - different. from the start.

F: hurt; have to be strong.

Heartbroken. Not had that before.

Not eating.

Daughter still hurts, but feel better after cutting her off.

Ca - 2010 - breast; got it early.

Another lump Jan - had scans; unexcuse.
needle biopsy

Plan - wait 3/12 & R/V. if grows, will R/O.
Not worried.

But have lost weight

I feel I need to cut him off to move on.

By myself again. I could talk to him; compatible.
He felt guilty as he'd come b/w me & daughter.

Lost appetite

< sleep, but getting better

Broke up 5 weeks ago. Still hurt.

Met at daughters' b-day.

Cop it from all sides

- daughter; Christian; accountant

Feel a failure

Image of strong person, but I'm not.

I see myself - I haven't succeeded in my personal life; failed relationships

As a person, haven't achieved well - professionally I have.

But personally, I'm by myself.

Don't have that person there to support me.

Big things in life, on my own

? succeed

- I don't think I have

? success

- a person in my life. Haven't got that other part; someone to rely on; take care of me.

? fear

Lonely.

Kids have their lives; don't want to be a burden.

Scared of being alone.

↳

Childhood fears

- always thought I'd be alone.

- used to think I'd be on my own.
F: sad.

I'm shy; a few good friends

? alone

- no one to talk to; to share

- struggle to do things on my own.

- never lived on my own. Scared of that

What's my purpose on my own?

Someone to take care of me.

Is it me?

Have I done wrong?

1st relat - he was gay

2nd relat

~~Christian~~ - met just after Ca. He was there to support me. I was vulnerable.

I ended it. Probably shouldn't have happened.

My choice

3rd relat. - Christian - it was good.

Challenged belief of failure

? more accurate statement (reframing)

I learn by my mistake.

I don't have any regrets

Brought good into my life.

All 3 relat. people over rode challenges to be true

1. gay

2. Ca

3. age