

08.08.24

C. Dufresne.

Medicare
Receipt.

Worried about the relat. I'm in
Sabotaging myself
No contact in daughter.

Insecure myself. Shouldn't be
Got a home, business

Losing my daughter. She was my support.
Should take one day at a time.

Over analyzing everything

Live in N.R. have house down the coast

Don't want to live in sun

Seeing all negative.

Put myself down.

? insecure

I feel like I'm v. v. lonely.

I meet someone

+ after a few months, I think they'll leave me

Then q. + label it

Want to know where it's going; is there a future?

I'm 61. Is he serious?

Maybe I'm too controlling

Start to get feelings then think I'll get hurt +
pull back. Hoi 38

I'm in a different stage; thinking about retirement

⊕ enjoy life

Sabotage it.

Got everything but I'm not happy

? happy

I want to share my life w someone but won't
happen; it's just me.

2 failed relationships.

What's wrong w me?

I think it's my insecurity

Deep down, not confident

Now my daughter walk away. Why?

Scared to end up alone.

Fear?

Kids won't have time for me.

Don't make friends easily
shy.

? fear alone
Bored

Not scared to live on my own.

Maybe I need to learn to live by myself.

Christian has been good. But last few weeks.
Maybe I should leave before I get really hurt
is it time for that talk?

Don't want to show my insecurity.

- what people will think of me.

Native as a child

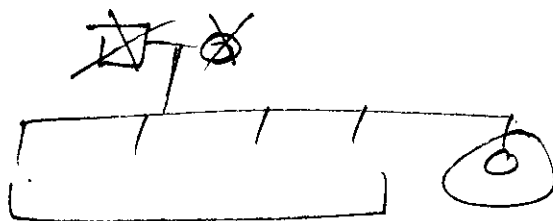
scared of not having friends; to be lonely.

→ married young

Not outgoing

always been shy.

Not much in



all in Belgium.

Good childhood.

Parents happy.

Lived on a farm.

Good life

Decent life

Completed school.

Started uni but

moved to AUS

(chemistry).

AUS - 21.

Changed a lot as a person coming here.
(life here is different)

Married - 20 (husband AUS. he grew up in Belgium)

Moved; cried for 2 weeks. Couldn't speak
English.

Didn't realize I'd miss my family.

39 - divorced 20 yr ago.

Fear as child

- being lonely.

Rtn to study accounting when realized
marriage not going to work
(he was gay) coming out after 10 yrs.
I stayed for the kids
He told me kids without telling me; I thought
no point
Took 2 yrs to leave.

2 affect you

he was verbally abusive
put me down;
He was v. smart

First + few years I was really happy.

Critical of - way I dress

Treat me like I was nothing → q. myself.

Want to study → get confidence back again.

Straight into next relat - as fear to be alone

Real fear to be on my own.

Want to share my life w. someone.

- company

- I'm worth it; not useless.

- companionship.

- take care of me (I've always had to look
after myself).

What's wrong is me.

Dreams

See 2 old people together; to share my kids w. them
Be happy