

13.3.24

Had the cervical thing - CIN 3.

Threat assault
I felt v. vulnerable

He was there

He never asked q.s.

Wasn't easy to make me happy + he did.

Split when Jackson 2 or 3.

His my only hope + he won't wait forever.

Before assault + shield?

More cuddly - don't like to be touched now
Fine is being kissed - av. kissed.

Suicide

dirty
av. germs.

have to shower straight after

Some people think I'm autistic. I just don't like it.
→ don't have friends = don't want to explain.

? stopping you

- I don't want to explain to everyone why I'm
av. touch.

- after avoid

- What if they think I'm weird?

All stems from one thing. You't need to talk
about it. ~~Because~~ that memory

○ Would like to be normal.

○ How would my life be without that incident?

Every decision leads to a new path.

Not affectionate - even to kids
Didn't bond w/ Jackson.
Have as connected to Boston.
Need to work on feelings; on letting the
wall down.
I'd like to be more affectionate
w/ other partners.
More comfortable w/ etc.
But hes at other partners

1st relat.
I wasn't affectionate enough for him
→ after G.P. assault.
That's where shield came up.
On drugs, I was more affectionate. Then
got sober.
(I never thought of that)
Daniel stemmed from AOD relat. + then we
both got clean.
I just can't go w/ anyone else, but don't
want to be w/ him.
He knows my story. No one else would
understand me.
I wish I could be more affectionate
Oher's noise irritate me. → arguments.
Hurts my ear.
Why I can't be around oher.
Hurts ... annoys me.

Sensitive noise
• sleeping → angry; shabby.

He's good w/ the kids; helps me if I need it.
Can rely on him.
He understands me.
Doesn't judge me.
He knows how I work

A lot going on.

4 appt for court → anxiety
- good experience. Made me feel optimistic
about the outcome.

Thanks the best for me is to have my case heard.
Waiting to find out mediation date.

Boston - health

3 wk - mastitis → A/βs.

- not same since.

Silent reflux + dairy allergy.

He wasn't feeding for 12 hrs.

Dx 2 reflux. → medⁿ for reflux.

No one believing me.

Couldn't settle him.

MIL helped me.

He's more settled.

Sleeps through the night.

Runny poos since A/βs.

I'm on dairy - Soy free diet. 4 weeks.

Hard when Drs don't believe you.

Just have to get story together so I can be
heard.

Ex wants to get back together.

I like it on my own 'till kids

av. being touched

He had another partner + it annoyed me.

Apart for 3 yrs.

More affectionate when drinking

When sober - a shield of getting hurt.

Shield down when I'm drunk.

Used to be affectionate

ROD (ice) took sbt away.

I'm very cold

I was vulnerable
GP there to help
leave dignity at door
I was violated

I couldn't control
My body liked it but I couldn't want it
That ruined me. (15)
I didn't see how that worked

Now older, I understand
Saying that in Court was daunting & couldn't
understand it.

It took something away from me -
not being able to control what you want
knowing someone could get that without me
wanting it
for any lead.

Not knowing that was a thing
I thought it could only happen if you wanted it.
Did I do something to make him think I
wanted it?

After - I pushed everyone away
played in my head alot.
→ issue in relat → we split up.
that was a big deal

pushed everyone else away - even M + F
left home.

B/F picked me up. I said something not right
(I froze = GP)

Phoned friend, told M → police.
who would believe me over a doctor.

Police wanted me to press charge

Wore a wire + talked to GP. He said
nothing. I lost it.

Fresh thinking

- a reason for shift. A way of protecting myself