

22.5.24 Caitlin Rea.

Drops are helping - going to sleep easier.

Boston constipated + not sleeping.

3 bottles / day + pusses.

Look well.

Co-sleep. He sleeps better

Had great day in Boston. Routine was good. I got to have
my own time for R & R + chores.

5-5mo.

Trying to make my own food for him.

Milk dried up. took medⁿ

Would have liked to breastfeed longer.

Not on best terms w/ boys' father.

He irritates me.

Easier to be on my own

He didn't like me giving him a list of Boston's routine.

I think he's over me; over waiting for me.

He wants affection, I don't like touch (since assault)
- from.

I'd go crazy if he did move on.

I'd find it hard to be civil

I like it as it is; distance b/w us.

If he had partner, he wouldn't be able to help -
the way he does.

I might hate myself for letting go of him. He's the
only one that understood.

Another person - hate to get used to any way -
don't know; they have to show before touch.

Finished mat. leave. Need to find a job.

Not sure what to do - not food.

⊕ Wait till Boston's 7mo.

Anxious about court.

Do R & C to keep occupied. But hitchhiking communities.

I stand back & do my thing

Mood - 1st 2 days in drops felt 'funny' - temperamental,
the good.

2 weeks ago - acute cough.

Court

anxious if the cross examined
(Having 1 wine per day to unwind)

Wondering what lawyers are saying

Wasn't believed the 1st time

annoyed they didn't ask me when new ^{victim} person
came forward

+ lawyers use words to manipulate you.

Confusing that Victim of Crime pay out, but court
don't believe me. It's confusing

Didn't give me the satisfaction. A pity pay.

Now - my way of getting closure;

Prxs me off his other victims were believed & I
was not.

? if don't get outcome

- I will think the system is f*

I have enough evidence

I'd have to find strategies to cope instead of
pretending it didn't happen

I just want to be acknowledged; it f*x
my life; everything stemmed from that.

Have to keep telling myself it's not my fault.

Boston - different; my kid;

I'm not confident & have trust issues Break it off
ruin it before it gets me hurt

Jackson. I was 21; really struggled to Cuddle in.

I've learned more where it stems from & try to
work on that. Not natural. Have to force it.
I don't like to be touched or restrained