

27.3.24 Caitlin Lea

Austin - lactose intolerant $\rightarrow$ bottle fed.

Freeing for me.

want to be free in 2 weeks. for reflux. (+ med -)

Had PND in #1

Happy I have an answer & I wasn't making it up.
His rash is going away.

Just have to deal w. Court now & then my life should settle.

Saw 4 for ex

Reassured I'm on right path & should get justice.
A lot of other victims. Didn't ask me to testify.

I feel I could have prevented this if it been more stable.

But at end of day, I tried - it was his wrong doing.

Might be able to be affectionate - not be on my own.

The way I am has stemmed from that situation.

Court don't see the extent of impact.

The way I coped was work + food.

Court never offered me counselling. Maybe that would have prevented.

1st hearing - didn't expect him to be there. It ruined me seeing him smiling; I crumpled

I wasn't strong enough.

They didn't prepare me.

Police offer was supportive, but not in court after Health Commission stopped.

I battled it on my own. That made it worse.

Called Quakers Hill Police + to get help to come.

Had pushed my family away.

Maybe if I had support that day I could have done better.

Constable should have stayed throughout. I was comfortable in him.

It was too much for me. Health Commission encouraged me to go back in.

Only way to get my case heard is by suing him.
The only way I can be heard + get closure; to not
let him win.

After last Court case, just see him smile; nothing I
could do. He's got satisfaction he won it from me.
I want him to know he didn't win.
I think they should have a law they can re-open things.

I've realised that
all school friends have stable lives; families; income
+ the single parent "no income"
I've got nothing; will

Got to overcome the fear to be able to have a partner
Rent £660/week ^{in May} Controlling \$1800 per Hk.

Applying for Family tax benefit for Boston.

I needed to move out of granny flat to be independent
I felt confined there. But still stuck. Didn't
make a difference.

Too small for 2 kids

On wait list for Wantworth Housing
on maternity leave. then will need to find job.

? difference made in realisation

- made me more angry I've let it get to this
I could be happy + partnered.
This is how he's won.

Justice system has failed

He's more protected; had more standing as a G.P.
I gained nothing from going to court.

No positives from it.

Avoided dealing in cervical screening abnormalities
(? CIN...?) But had to have Rx by male Dr.

But care factor zero - ? dissociation

Fear factor of explaining whole story; that Drs
will talk about me + treat me differently

Pushed it that far down - as if it didn't happen to me.

Then saw news of him + trigger memories
of skull cap;

→ PAOD: fighting to push it back down -
never dealt w it. Didn't know how to deal in
those moments

? emotions

- anger, disgust,

Ruined relat. i. ^{b/f} ~~partner~~. Together 2 yrs. (1st
were ok then ~~triggered~~ assault

→ as touch

→ no affection

When 17, we split up.

? fear of relat

- I can't be affectionate

Couldn't kiss my partner; or be

- gross.

- sex - have to shower

physical touch - all comes to gross.

Can't drink from same cup

After assault - ⊕ shower. I felt dirty; scrubbed
my hands

→ that does make sense.