

21.10.24

Holly

Kids met Bred's j/f accidentally
Had a really conversation about it. v. real
Spoke my mind clearly; my boundaries & expectations
He agreed & was mature but I didn't know if I could trust.
Agreed to that on grounds they're not intimate around
→ they met as friends in a group.
She'll start being part of their life (W)

I cared for my kids.

Triggers my feelings as a kid in my parents.
Feeling their feelings that might not happen.

Fear of their hurt.

Don't want them to be messed up.

Bring up raw emotions

& anxiety about their meeting.

How can he move on so fast? when he kept saying
he loved me; so much doubt.

Work is slow.

F + his wife are separating not spoken to him in 6/52.

My so lives there now

so angry all the time.

said he doesn't want to talk (to me)

Sudden emotions & tears. then over quickly

Never had a close relationship? so why so upset?

Felt he's the only one to check on me

Didn't realise I was missing that. (W)

Fi I don't have anyone for me.

Lonely & didn't realise I felt that before.

R: requesting calling him 'you're the dad; you call me'

Know he's going through stuff but need to show

commitment to kids.

He speaks to the boys.

REJECTION

Don't think it's intentional.

If he doesn't pick up → hurt.

Rejection - makes me feel like another person; again.
When he ignores me, feel

F: Not important.

Upholds it for the others.

Don't want to ask as I don't want to hear his
reasons.
I need a parent. I need that. Don't have my #1

secret

YR 8 (14) He had house in Ros & were going there every
fortnight. He'd leave me alone. No talking
F: miserable; unwanted; not noticed; not cared for
treated as if I wasn't there.

Ran away & didn't see him for years.

We DIC'd it a year ago & he said he was giving me
freedom. He left me alone: not included. I needed
him to talk to me.

Compensation - tough front; independent
that was put on me my whole life, I've become
that, but I do need that.

Don't want to be that tough person.

I want help; I want support.

I've become that

It served my #1; I'd step up to that

Protected me; if I had to rely on others I'd be let down.

So do it on my own, don't get let down.

2 stopped sex

Marriage as led to me being taken advantage of
& stepped on. Manipulated & minimised.

R: if going to have to do it on my own, I'll really
do it so not forced on me.

→ feel more in control.

Internally.

anger; hurt become anger to parents & self.

unworthiness & what's wrong with me?

Eating disorder; stopped eating; pain → screws you
wouldn't let anyone in. More independent.

Dreams. - rare.

image: child hunched up (tiny) against wall
black shadow
isolated; alone
darkness around; how do I get out of it?
I'm protecting myself; hiding; trying to keep safe.
Small to be safe.

In childhood home; against wall; petrified + hiding.
I went

S: I need to be vv small; squeezing so tight I could
implode

opp.: standing; I'm here; bold + loud + brave
but vulnerable + like I want attⁿ

⊕ unseen.

Being big is seen.