

04.11.24 Julie McGrath

Fear - seeing him on street or his M.

- move ammunition for him to come at me
(if can it)

- he'll want to know things; what I've done to Kimberly
She doesn't want him to have any info

Trying to convince Tade to come. Moral support. She knows
what Chris was like.

→ fear - his control + trying to get back the control

↳ to get back into my life + control me.

(will only get control if has my contact) - hasn't
sunk in yet that he can only affect me if he has
my contacts - phone + address.

He can't get control. I'd stop it before it starts -

→ EWS - him saying something nice - a manipulation.

He'd say whatever to get what he wants.

He still knows people in police force.

I move stat to throw him off

→ hesitation + insecurity, I respond + answer his q.
Fear of my response to him + give info that puts
me in a vulnerable situation

It's a perception of threat not real.

Last saw him 7 yrs ago - living at Harrington
Stayed at his house whilst looking for properties.

Was ok until he told K. to 'f' off.

→ argument + kicked out.

Didn't end on good terms → stalling + intimidation after.

Sat. - niece's 40th

When I turned 40 - living w/ Chris. He didn't acknowledge
my b.day. K. was 2yo; Tade was 8.

? good time in life

- sherry's office - had fun.

? future place of content

- to be more secure
- most of time I'm on my own. would be nice to be less alone; but have to trust & I don't trust. Easier not to.
- Maybe things will change.

Security

- to be able to trust in someone.
- can't even do that in my kids
- trust my girlfriend in Bateau Bay - she knew Chris & what he did. We're open to each other & joke about things.
- even so keep things from her. - the way I feel about something; about myself.