

10.4.24

Julie McGrath

Flood into garage

I'm fine

Keeping to self.

Mood been ok.

## Nature

Used to go out alot. Had a social life

He got rid of all that → and end up "nothing"

He was rude & horrible to my friends

I got left. She was a sheriff's officer (Lynn)

He was v. unwell; couldn't walk into police station

Lynn would come & stay - saw a lot of things that went on.

Others stood back.

Lynn & I talk often. She also had D/V in relationships.

? esp.

If degraded enough, you had to believe it

Go down that tunnel

Do what they say to keep peace

Do what told & get on with it.

He'd accuse me of poisoning his drink; tell people I did.

→ I kept kids away as he had no patience or tolerance  
Threatened to kill my oldest daughter. → spoke to police but no action taken.

He could be v. violent & aggressive but wasn't always like that.

He's never admitted it. Always said it was me.

Accused me of stealing his money & put it through poker machines; would point me out so everyone knew.  
(so did his M<sup>o</sup>)

F: degraded but he was telling lies in a court room.

How could he say all that? Did that as police man  
- covered up wrong doing to get out of it what he wanted.

All messages from him proof - all covered up.

Court believed him. → he got custody.

It was horrible.

Judge believed him.

- 1 suspected it would go that way.
- 1 said I'd prefer daughter go to him than into foster care, as I could see her.

He pulled his arm out of socket when young as she didn't want to go to him. They still didn't

1 was absolutely disgusted. Child protection agency were trying to cover their actions as a yoma

Chris told DoCS there was no medical cert. for him. not to go to school.

He & K. had terrible fights. He'd ring me asking for help. He wanted me to back him but I backed her.

(Long reflecting)

Think about things I should have done.

asy

x stand up for yourself

when life has got

I never expected to be in the situation I'm in. I hope my kids aren't.

? expect

- to be in a marriage & having life starting again after kids grown up; to have new relationships & being normal.

I'm away from normal.

- not in a ~~best~~

- daughter doesn't have a f° she acknowledges

- she has money & 5°, but no p. parents & f°.

Whereas eldest has a f° & in a stable relat.

of 20yrs

? Fear for K

If I'm not around, how will she survive?

She's 21

1 know she's not stupid; 1 know Jude will always help her. 1 know she will survive

That generation have such different social  
framework - 1 alone social media.

Plan : sit to this new movement.