

22.5.24

Julie M'Grath.

K. had accident in my car in Feb. - decided to write  
my car off. to have car service.

Friend died last week (rare)

Uncle of J & K go to funeral as ex there & don't  
want to run into him.

? Concern

The way he manipulates people to bring att<sup>n</sup> to him  
Kids won't go. He threatened to kill J. & K  
doesn't want to know him.

Covid

Didn't affect me too much as not working.

Not had Covid.

F<sup>o</sup> died during Covid. I was only one who could  
see him. Made it hard for family  
(89) - heartbroken as M<sup>o</sup> died 2yr prior.

M<sup>o</sup> - lymphoma - needed care & H

D/C purpose in life.

? Life purpose

- to survive + make sure children survive.  
whether they will feel safe.

My responsibility

Jade's F<sup>o</sup> more focused on himself than her.

Childhood

Youngest of 4.

It was OK. Normal; safe

Early adulthood

Nothing happened

Not in Jade's Dad - he cheated. It was 2yrs  
after

J. 18mos when we split. Msg from him - you wouldn't  
survive on your own - I had to prove a point.  
- yes you can do this.

Knew K's f. before that through work.

J. got 10 when we got together.

He'd always say I'd never manage; tow the line.

One day he picked me up from work - he swore I'd smoked THC - I didn't. I made him stop the car + I got out + walked home. F. threatened.

Wasn't going to

Early on - there's always a solution.

If something happens, something happens - brain to make you rectify to get out of the situation  
→ survival mode

The only time doesn't work, where q. survival,

call police to help + nothing eventuates as they know him + he was a sergeant + higher rank than the

Last night at work, one of the other girls saw a staff member's step f. being inappropriate. He was v. jealous of her. Could never leave the scene as scared what he'd do.  
+ what he did to his ex. as if he was above everything in police force - out on injury.

J. 35 now

Chris + I got together - '98 / 99

Age 30 in 1995 - + he was married + at my 30th K born 2003.

2003 - went to US. Trade not allowed to come.  
(6 weeks)