

17.6.24

Bulging disc - previous disc issue resolved.

This is a new one ? 24.

Pain in every movement - sharp pain + aching
> heat

Improving last week; able to go out + enjoy
better in self. Had to pull myself together.

Almost made a week without
Made a decision to write a diary of what's happening
when get the impulses. binge eating

Green up hiding my feelings. Taught to hide my feelings.
Revelation - have to feel the feelings

1980 - did parenting training - revelation;

My M^r was unpredictable.

→ Impotent

→ powerless

opposite: autonomy.

Reading - letting go of baggage from past relationships.

Notes

He was abusive. Was a abusive relationship (gaslighting)
Emotional abuse. But everybody loved him. after 3 mos.,
when we went anywhere, he would criticise me; put
me down. I was v. shy; he was outgoing.
→ anxiety to socialise.

I felt small + crying. Insignificant
He loved to bushwalk. Monica was 3 when met L.
He criticised us constantly.

Natalie 4 mos old; strapped to a little chair in front
of me.

He said we interfered in his survival

He must have been embarrassed I couldn't do things

Like childhood → secrets; you're only a child.

He bullied me to learn to swim; into learning
to drive (but positive things)

I thought he was like my mother.

I am

Behind my back, Mo had contacted a friend to
arrange meeting w/ Ian.
all life - behind my back I've had no... choices.

Tania's graduation next week

Treated like an imbecile; like a child.

Met Ian. 1974. He wrote me a letter
Not attracted to him.

Went for a drive to Palm Beach.

Assumed I was his g/f. That's who I am.
He was religious; wanted to be a priest.

We broke up many times

Mo found us in bed together

Mo hit me & hit me. I was naked on floor.

He didn't help me.

→ got married; we co-habited.

He didn't want me to touch him.

He never felt well. Indigestion

Didn't spend time w/ us.

Moved back - w/ my Mo (behind my back)

I found us a cute cottage in Neutral Bay.

6/12 married - w/ Mo. Then moved into cottage.

I had asthma attack → ED. Mo stayed w/ Bernadette.

→ Mo moved around the corner.

Ian picked me up from hospital. He cared for
others but not his own family.

Dr told Ian it was all in my head. He believed him.
We were so different. He was so boring; no common
interests. He was like an old man.

w/ Ian, it was neglect (not abuse).

Wife - he stayed in bed. It was me & the kids.

No relationship in the kids

It's hard to understand & accept

Marriage was annulled.

Can't accept it.
How he presented &
how he acted. A
priest; but no charity at
home; 1/2 2500.

Bernadette - 13, said she wasn't

I asked Ian to help, but no.

I wanted to get out of car + leave.

Trapped + ⊕ escape

Eventually he moved in w me.

+ eventually I got him out.

At 1st he said I was so capable

When pregnant w Bernadette. gave me info. re
nutrition. → eat lots of milk + wheat + <<
asthma

? Exp -

hurt; pain.

He was self-righteous (like my Mo.)

② Don't quit; don't have feelings

→ have a right to quit; a right to have feelings

Raised kids - a group but hadn't raised it like

FROZEN - couldn't say anything

msg - I'm a loving parent.

F: betrayed; hurt; no relationship together as parents.

He was abusive; used it against me; a weapon.

+ I shut down; freeze.