

5. 7.24.

Therese

pretty good.

Had a while where food was so important

Went to Probus - left early.

Didn't go to knitting.

No motivation to not eat the food.

~~Went to lunch~~ 's Krawee - cancelled

I need to figure out how to do things differently.

Food oriented

Going to bed at 6pm.

I managed to turn it around.

I subtly myself. - eating more; toilet more.

New Knit is project.

One strategy -

Fills the hole; of nothing, there; boredom.

Breakfast - don't eat. Water till lunch.

Lunch - big salad w. eggs; seeds; falafel.
occ. baked bean or egg; buckwheat
crispbread.

Dinner - big salad w. salmon
occ. rice dish

Nuts - almonds, brazil.

D/L & oil & protein.

I.B.S. -

See osteopath.

→ Lumbar support band. >

Last week, uncomfortable. 'slow healer'

Why did I go so off track -

? Tania's event

Angela - broke her sons not living in her world + not talking.

D/L swimming - allergic to chlorine
D/L ozone pools.

invisible, silent.

Shame + fear - always lived in

When Herb to

Mortified

ashamed person

ineffective

laid bare to everyone

Decisions made behind back - as if I didn't exist

Ian - after trip to EB when B. said all in my head

- had asthma attack - worst in life

- couldn't speak

Herb - alcoholic; hyper critical of me.

Ian - religious addict - alone; lonely; unwanted;
unappreciated

→ I did everything he wanted; I'd agree but didn't act
on it → ~~was~~ no compromise; never what I wanted.

Maurice told me I didn't make her lunch
when I was little I didn't want to eat.

Preg. &
nutrition - got interested in
nutrition food

My M^o would bring them food.

Herb didn't want me to make their lunches.

Some things I've suppressed

2 3/24 - M^o found me in bed 1/2 in.

forgot M^o beat me. My S^o told me later.

Herb put me down constantly in front of others.

My M^o told kids - 'don't tell Mommy'

(undermined)

Biggest emotional reaction - when S^o told me
I'd been a secret; not celebrated

I felt it in my split.

fear of Herb.

after split - solicitor contacted me - court
terrified

told her I was scared of him.