

28.8.24.

Feeling really good even hyper when stick to my diet

Last pub meeting:

Disappointed I hadn't connected

Angry as my meal was too small

I brush things aside

That night - binge eat. - felt drugged out.

Tania and - mentioned I forgot Natalie's b-day.

At Eckert tolle class (droppesant) es don't like E Tolle.

→ have a lot of grief over Angela (built house she coast
then husband & son left, + abusive to her after)

→ I liked it here; felt comfortable here.

→ started crying; easy to speak up + voice opinion

Would like to keep contact in the women.

Tania suggested I have relationships in other in the family.

Asking me v. difficult qs.

Spoke of something talking to me.

Except for Tania - I always in contact in her. She started

giving me positive messages; we've shared problems. But she
also gave me hell. I'd tried to deal in it, but little ones.

Feel I failed Bernadette. Found out she was giving sexual
favours to strangers (from 13)

Bonded the most in Angela.

Bernadette was my 1st baby

1st conversation in Tania, crying a lot.

She was saying instead of trying to make friends in strangers, not

Why not make more effort in daughters.

Was there something lacking

She later apologized for what she said.

Seems she was asking for me to connect more in family

Not sure what she was saying but didn't have the will

All too difficult; I'm such a coward; to face up to
all the hard stuff + just be there for them.

Swelling on what she meant.

Antag. to self.

Anxious about sat. Nav. directions

Binge after difficult social situations

Negative cycle - want to stay home & eat & then if
binge can't go out.

1/2 Disordered eating

I think to heal, have to feel the emotions

Parenting - guilt

I avoid children.

? lacking

- me connecting to them; putting effort in
Family is harder; there's hx; it's complicated.

I abused them all - physically, emotionally; frightening them.

Bernadette once said she forgave me

Have spoken to kids about that

- except Natalie is not there.

Natalie felt not wanted.

I was aware of my actions

By the time I got to Tama, I'd learned to walk away.

Did courses to Δ my behaviour.