

29.01.25 Kennedy

Trying to do more walks
Going to restart gym tomorrow
> 2 gym. (if parker)

Doing well for 1.5yr when started gym.

Trying to walk more.

Trying to work by 1 day for a few months.
OK for a few weeks then

have to say - sick

Struggle to interact; less patient
a lot of angry customers lately.

Don't want to be snappy.

March - to her.

No time off at w/e - not social

My days of isolation

Even to have Sundays off so could socialise with the
family.

Get low as no social life

Ex & I had friends together - lost a lot.

Feel alone & alone in my emotions

Hold it in

Coping - coping everything; close it down

Things pop up I've not thought about for years.

Both strong people (per the)

If we disagree, no one to talk to.

Can talk to my son, but 11yr younger.

Michael & I didn't communicate. Still don't
He wants Evie - childcare

Let people walk all over me
see the good & people take advantage

Called a door mat.
Need to stand up for myself. more.

Met new partner. Big a health

He quit smoking so I quit.

Financial issues + Michael's verbal abuse →
smoking again.

A reward + a R

2020 - stopped THC.

Such a bond to weed as helped me cope

Hated feeling of being high on weed + like not being in
control.

occ. party drugs.

Such a physical coping mech. / trauma bond.

Coping

None.

Alcohol; tobacco; pushing things aside

Vivid memory for triggers + recall who

Don't know trigger

- smells

- from childhood

- Brenda

- visuals

- city (hurt in city)

→ panic

like a cat on chest

S: heavy; constricted; not comfortable; hating
over shoulders

When things happened to me in city, no one helped
no one stood up + protect me.

⊕ get out + be safe.

want to be able to go.

in their area.

My M^o

Argument i. 96

In Her' determining days I can love her.

Panic

don't know how to get out of

Evie put in baby sitter ; want to tell me who.

Disoriented & disoriented

→ had a few drinks ; every few weeks but 4
binge until fall asleep

Drunk to forget - either happy or angry
wake in remorse

ADD

- 4 ETOH after B/V relat. @ wild + live life
then didn't drink

Last 3/12, more nights don't want to feel anything
Feel foggy & can't process.

THC - started in abusive relat. He was pot
smoker (ABI) for 3-4 yrs.

Smoked 1st each day.

Stopped for 6/12 after when

Then heavily for a year in 9/16
+ 2 yrs in Michael

Then stopped cold turkey.

Tobacco &

Stopped then pregnant

So sick in preg. & high BP.

after preg, tobacco

copying mechanism ; had no support ; Evie crying.

Had no one to reassure me.

House of bumps. His family - heavy drinkers.

(Brandon)
Train station - beached + on ground. People watching
+ asking for help. No one helped.

Times at Windsor station

Wore a massive parka as covered in bruises + cuts
hair matted

No trust.

Brandon reacted to any male look or brush.

His M^o could hear what was happening to me +
didn't intervene.

He'd go to toilet if we - so he in any way.

So terrified to admit to his M^o

He q. where I was when he was in jail.

1 yr. Just 19.

2014 - moved to Aus

2015 - Feb in Brandon

2016 - March - UK

Oct - back to Aus.

Daily abuse

Don't know how I got up; how I expect; how I
got up.

Even after, traumatised but Free, but in Free.

Flinching

1 incident → wristhead. He threw a bottle at me
caught lip + tooth beat back

→ lost front tooth. for 1.5 yrs

→ wouldn't smile or laugh. Miserable; blank
didn't want to go out. Cut off.