

14. 3.25

Lipoma in bowel - tumor in bowel
- get results fully on Tuesday.

? Another U.T.I.

My life is horrible in chronic nausea.

Have a cough out of nowhere.

Fear of losing job.

No energy.

44 but feel 100.

Have to rest all day just to go to work.

Exhausted after.

So drained as not eating properly.

Gut - less diarrhea. But that's a relief - stomach
settles; relaxed. Otherwise, feel constipated.

Son - eye op.

Woke one day & X-eyed. → urgent appt. → really
scary.

Anxious about getting sick on his surgery day.

Went to yoga retreat in Oxford. Cried a lot.
Loved the food.

Bulky uterus - need U/S.

? Relationship

Together since 16.

He's v. manipulative; narcissist

v. difficult; still difficult.

I try to discipline kids; he tells them that I've
grounded them.

Together since but he sleeps separately

I'm not able to fu as a person, so he needs to
be there.

Lots of times I've asked him to leave but he never has.

Some behaviors scare me.
Deleted all the males from my phone (st 16)
(coercive control)

alarming he has all the behaviours
An excellent f^o; he's well liked
He did D/V counselling.

OCC. punching walls
Undermining me & kids.

Doubt myself

Makes me angry.

Sits there & burns holes in my belly.

Clench jaw

Hold it in stomach

Unbitious

HG - fists clenched.

like I'm holding my breath

Pushing down - stomach. Pushing it all down.

So I don't explode or pass out.

S: tense; like my jaw.

I want to relax

OPP: relaxed

HG palms down.

R: pretend it's not happening.
Not be there; dissociate
Can't win
OCC. attack - defend the kids.

Really like the relaxed feeling; like meditation.

Time - when worry about Elijah; that I won't be my
best for his operation.

Relief when get through things.

fear - being sick in a strange location.

- strangers.

- people telling me there's nothing wrong; it's just AAK

- not able to f^o when they're relying on me.

Not being able to perform makes me sad.
Need to take care of the kids.
Some trauma there in past.
I will fall apart if talk about it.