

5.7.29

Kiri

Only paid this week

→ submitting a formal complaint

Changing employer → employer check

Enrolled in Cert 3 business medical admin

Overwhelmed → exercise

Hand shaking whilst talking - OK when hands straight

④ Motorbikes

1st b/f - used to pick me up from school.

(Went to Phillip Island in Feb.)

Love being in the wind; working on them.

Not ridden for 40yrs.

A lot of arguments when I don't hear from people
- kids, friends. I think I've upset them →
beat myself up about that.

New me

g/ Friends o/s together. Jealous
F: left out

over paid at Centrelink - lost HCC

Wish I wasn't so naive when met husband.

I should have left before pregnant.

He didn't want her.

I saw a previous b/f & he said to leave him & go to him

Scared of upsetting him.

Emotional & verbal abuse.

Kids all had my name. Not married.

Married 1990 - (had 4 kids) - he wanted kids to have
his name.

he m.v. hard on my youngest → fight

So much in my head. Comes flooding into my brain.

R → always nervous; cry alot.

9/11 - friends since alicia was 2 (now 42) Ann.

There for each other. Kids would ring her when Keith not at control.

So many times thought of suicide. Never did.

Couldn't leave the kids.

Don't know how to stop dwelling on the past. Always think about how it affected kids.

Seen ok but they're not.

3. Leander - OCB; bipolar

4. Brando - OCD

1. Elia - PTSD (police)

2. Kenneth - blocked out a lot;

Girls remember a lot.

He'd go off on his own on bike. I couldn't do anything. Wouldn't let anyone else look after her.

I had to stay at home.

F: terrible. Hated being left alone.

as child - could never do what I want.

Then as adult - still under thumb; controlled.
→ depressed.

If had no housework to do, he'd say 'I'll find you something to do.'

Wish I'd spent more time with kids - big regret.

So many regrets. So many things I did wrong.

Do remember crafts games etc then.

I had no help from husband.

Had to do everything + help him.
Read to them every night - enjoyed doing that.

⊕ reading as a kid.

Don't think I can ever forget

Youngest accused me of moving them up from staying
w/ him for so long + ignoring them