

23.8.24

Kim 67kg 5'3 1/2

Ant → depressed.

20 baralene, which is working well. (2 mos) prior was 61kg.

Will have to cut back

⊕ 59/60kg.

My gym closing down

Meeting son in Bilpin tomorrow - late breakfast to market.
A° in hospital.

Not anxious like I was; calmer; not getting uptight
Daughter moving down str coast - by Feb.

Keeping up the course.

Big clean yesterday & gym in am. getting organised
> energy.

Enjoying course.

Getting out old journals, reading & destroying them.
Got to start getting rid of stuff.

Kids

♀ 1st - police officer PTSD.

♂ 2nd -

♀ 3rd - Bipolar

♂ 4th - 2 kids (anxiety; ADHD).

M° - schizophrenia

When we were kids, M° in a MH unit → ECT.

Died last year. 9th Sept.

I was eldest of 5.

she had mis carriage & still births in stepf° before had my
1st steps°. Would go to relatives house.

M° born in bronchiectasis.

A lot of bad times. Left at 17 as couldn't handle it.
Lived in a glf family.

Good time in my life (6/12) then moved in a man in
Bundarra. Got engaged. 18 → 21.

Split after his B° died.

Moved home a few months

Then moved in with Keith (ex).

I wanted to leave him often but he'd threaten to drag me
back; or if I disclosed what he'd done to me, I'd pay for it.

Optometrist asked if I had any injuries

- had 2x ~~at~~ nose -
- 2x black eyes
- bleed into eyes

Don't think of it often.

"another life"

Still feel bad for my kids that I stayed in him.

Didn't feel I had a choice as he threatened to keep kids.

87-91 Bilpin - attached me a couple of times.

91 - Blacktown. reset to his 11.

→ threatened to kill me at any time + bring me on property
+ he'd tell kids I'd been locked up.

He was home most of time

Still feel guilty for kids

Was controlling; v. jealous; hit me for talking to other men.

Put me down in public

Blessing in disguise when he was arrested for drug manufacture.

He was on bail 2yrs waiting for sentencing. Had to love him
I was trapped in house these + he had control over me
again.

Sentenced for 3yrs.