

23.8.24.

Still upset about poem.

Talked more to him & > for a bit
Hard to focus on uni; missed pracs.

Driven to uni + sitting in car crying

Bobbie - lost license for 5 yrs. about to get it back, but nervous about
his driving on road =

Have had to drive him to places → fights; then hard to go to uni.

Emotions close to surface

F: sad; anxious; angry

stomach churning

OK when cuddling; sad when not; sooky + clingy

I want to be enough.

I thought he was different to that.

Feels like infidelity

Coped better in addiction.

Don't feel secure in the relat. now

Miss the honeymoon phase.

He came out of rehab. We were sharing things

Engaged 3.5 mos in relat.

He relapsed, so didn't get the special time in family.

Waited for things to be stable.

Thought it would be shared + we'd have a nice life

That after rehab, it would go back to nice.

Makes me sad.

Had 4 mos of stability out of 18 mos. Been v. stressful.

⊕ go to mums again; running away

Annoyed he needs me to drive him around. He pushed to move
but not independent.

Love my individuality when with him

Always together; no alone time - to play guitar; watch netflix

Makes me sad. He hasn't seen me play.

I want him to see me at my best.

Major part - my music - he hasn't seen.

Worry about him move.

Don't feel like myself.

⊕ Alone time

Introverted.

⊕ horse riding.

Trying to go back to job to earn
money for riding



3-legged stool analogy → D/C life/identity/
relationship.

Plan - focus on self; hobbies; identity

Next to 9.15 + > 7.15 in art + music in