

18.9.24 Lane

Good week. No fights w. Paul.
able to stick to boundaries around time for sex & he
perceived that.

Saw Hamilton & Huga. Cinema

Paul & I weeding garden.

I handed over info. on Paul to pool.

Asked if

do everything too quickly but $\frac{1}{2}$ finished.
Too many things at once.

Saw movie - D/V. Made me wonder if I could
tolerate D/V better than someone having an affair -

I'm a jealous person in nature.

Paul

O.

Anger + rage + resentment + how to process -
+ Escape; bottle up then explode.

QLD

opened up my mind

But I was so angry

My V° fixating on me ruined it

Anger

W. my F° for cheating on M°

We are alike

Narcissist; didn't allow M° to fulfill himself.

Gaslighted M°

True fight

Bad thing - I try to be upbeat & pos.

F° cheated on M° w. a 21yo friend.

Angry as well as M° wanted to be part of my
kids' life.

My step-f° - M° rebound relat. He wanted to
move to QLD. We clash.

I really miss M°. Kids miss her.

My A* also rebounded in

- (W) M^o / really miss her.
If I visit she'll never move back.
She's so talented but sad she hasn't fulfilled
her talents
I'm not fulfilling my dreams, but have achieved some.
I'm up there, don't get on.

(W) Exhaustion

- Tash moving - close friend
Everyone wants all these things from me + I'm tired.
⊕ stay home + curl up + stay home.
Overwhelmed + exhausted.
+ sort house
M^o moved 7 yr ago.
⊕ avoid
Older 50 - Turnerville - 10 ward
Younger 50 - affair best friends partner + she took her life

OLD

- Jim - idiot not to see it coming - 23.
Went to get away from bad rels.
Did HSC. I sang + Paul played guitar.
Bar work - got involved in someone I shouldn't (unmarried)
Then N^o died → slept together. I tried to end it;
Kept happening. (PGM) (18)
PGF - not nice
Moved to Cairns for 3/12 to break it up.
Then got in Shane - 2 yrs;
Then OLD - lots of short term relationships
Incl. 1st boyfriend - broke his heart.
Still feel guilt for hurting people.
Guzie (A*)
Living in 50, partner + their kids.
Lots of debates, deep thinking + exchange of ideas.
Fantastic times. Work at Dreamworld.

Some good friendship's broke down
after moved out of Suzie's moved in a friend
Jim just turned up one day & weird.

He handed me letter of wounded heart
A narcissist; grandiose
Fixated on me. He was oblivious; blind sided

I said no way.

He kept stalking me.

also - was cheating on my A°

Told him to leave me alone.

He was erratic

My f° told him to back off.

Caused a division in family
Went on for a few months.

V. close friend - Kake.

I was really sick

Found her having sex in my car outside where house.

~~Forgave her but she~~ & broke friendship.

Clair - another friend lost

From great time to not good

Mark - role play went wrong - didn't feel safe.

Then met Paul.

Dx

Dep

Anxi

? B.p.o

? ~~B.P.D~~

mild PN psychosis