

26.3.25 Lichell

Things have improved a bit in transition of business.
Hes' passive-aggressive
Transitioned over in Feb. Unsure how long the transition
period is, but not wanting it to go on indefinitely.
All phone numbers transferred over - that's the last thing
Lawyer has let me down. Didn't advise me, which
has impacted me. I inadvertently breached contract & I
didn't know things

Panic attacks, getting overwhelmed. Heart races. feel
I haven't got air.

1 on Sat. morning. Family asked about the issues
→ overwhelmed; panics.
Never had anxiety before.

2 yr ago - happened when daughter going in for heart surgery.

> deep breathing

Not

v. sensitive + things come up + I cry easily
Hypersensitive.

Getting stronger as weeks go on.
P/T work helping friend in retreat - cleaning cabins
Volunteering in Bowling Club. | Relaxed & peaceful
environment meeting
different people.

v. tired alot

Not sleeping through.

Last night took a melatonin +
Waking frequently → feeling exhausted.

Will

Pitats x 2 per week. Need to go back to meditation.
Will take a break - 16 → 23

⊕ strategies to help manage the anxiety.

If weak & vulnerable, he targets you.

Hes' v. reactive

Threatened me through my son.

Never had anyone forget me like that.
That cause conflict & want to bring you down.

Pro active person. I do what I say

Can bring the community together.

People in Bowls Club resented me for it

→ conflict from Board.

Floods - single handedly put in flood relief night

→ 10 bands; Catering; bar staff.

Couple of locals tried to hijack it & take over

He wanted the accolades

I just wanted to help people who were flood
affected.

Enjoyed doing it; had a passion for it & successful.

Work situation - questioning my int eqtly

Community issue - thought I was being competitive.

↓

Angry; got off; some scenario in work

x try & undermine you

x secret / my socialist

The prob feels threatened by me; tries to go behind
your back & get in the back.

Common. don't want to lose him as the cook.

Maybe I need to pull back.

He wants to make me look bad.

Fire Protection - had a lot of men trying to undermine me
& take over my business.

Domesticating aggressive males trying to f me over.

Probably a build up over 30 yrs.

When you've been through the loss of a partner &

you're vulnerable, people take advantage

you're easy prey.