

28.6.24.

Cogan

Looking for place to move out.

Things been better

Went to mums for a few weeks. wasn't sure if we were breaking up.

He's been clean for 2 mos.

Had D.I.P. + off ability $\rightarrow <<$

But off ICE + on ability $>>$

Had one day - bad fight

$\rightarrow$ f: despair; ruminating about past upsets.

⊕ relat. counselling

Learning - interest to know

~~XXXX~~ D. VWS

- Conservativ - VBS9D.

Anxiety is anatomy.

Worried a bit about blt + Mo.

Been good is not ruminating about things.

Communication strategies

Scared to cause a fight so keep it = Res < later.

His D.I.P. - he had paranoid thoughts so was trying to break us up.

Mo came to visit + came in to visit, he thought she was snooping.

He went to rehab

↓
heroin

↓
detox

↓

Want to understand but not able to.

He wanted me to get + mess for him + I said no (when in rehab).

Mo protective of me + talked to him about it + he was angry after that.

My bro 10yr older.

Assets ? Why

- 1 want them to get along
 - 2 most important people in life
- Cautious - will it work out.

- cost of new place

On eggshells; cautious of what I say to M^o & how I act after

Worried

Shaky

teary.

Fear - breaking up → love him, belong together
OR - together but split 1/2 M^o

If he got like that again, I'd have to cut him off again.

Can't break up w him.

We understand each other; our M^o issue

Strategy is communication.

I hold things in.

Don't know how to initiate

I either wait till it's built up to much

OR he feels I'm accusing him.

Want to be happy together & our families to get along. Integrate
Understand each other