

20.05.24.

Melissa Johnston

coping better.

Uni going well.

Same situation in Craig

Didn't hear from him for weeks & was more settled

But he's been back in touch & <

He asked to see the kids

10yo doesn't want to talk to him. He's bought things for 15yo but not Lacey.

Last Sat. Kids went in him. Gave us a break.

He won't talk about anything. Don't know why.

Worries for me if I don't know what will happen.

He's at his parents.

My parents on our property.

Don't want to move.

He took kids to buy M's Day present, but he's never done that before

(W) F: he never put effort in while we were together. Not appreciated.

He never put me 1st. Even when 1st together.

I'm shy; he's outgoing. He'd leave me aside

I was never something he'd put 1st.

He'd show care for everyone but me.

M's Day - hurts as I know he can & chose not to.

Talks to me so badly but then M's Day gift.

He won't go near me or look at me.

Don't understand why he's refusing to talk to me. When 1st separated

Over the years, I wanted to talk about things

I got mad at him & he equated me all w/e.

on Monday. he said he wanted to separate.

I asked for time to process it

Threatened me w. a lawyer

He'd never talk to me about using & things didn't resolve.

F: relieved; & stress.

But uncertainty around living; house
I did everything & I can't seem to look after.

At 1st he was talking to me.

He said child support called in.

He was angry & said I was taking all his money.
I told him it was a private agreement

Don't list a.

Get something from a lawyer.

I can't afford one.

He wants family mediation. I don't have funds.
all of a sudden he wants to see the kids.

Kids

Lucia - upset

Tyler - OK. they talk

How to cope when things come up.

Hard when I suddenly hear from him.

(W) I get really upset; sick to stomach

When he 1st started being horrible,

couldn't eat

I can work; look after kids

F: Sick; Scared; Unsure; Worried

Fear: living situation. I have no control.

My life in someone else's hands.

Wait for him to move

Have pets & couldn't leave them.

Uncertainty; Don't like change.

Last move - I hated it.

When I has a child, I house.

△ is stressful.

I never felt supported.

Response

x avoid msg than worry.

Worry about everything.

x emotional

x not eating

x sick

x sad; upset; angry

x anxiety - whole life is anxiety

- can't switch off my worry

- what will happen.

- sick

x difficulty getting to sleep; Can't get back to sleep
at night.

x Confusion - more relief than grief as so stressed
+ unhappy + couldn't see a way out.

He talked about coming home. I said yes.

But he didn't come back, so until he can talk
+ resolve, I said no.

? changed in you

More confident; know what I have to do

More patient w/ kids

Not dealing w/ unexpected things well. I put
I had room for extra things.

Nothing left for other things

Can deal w/ the important things - kids; work;
animals; things I can rely on.

Unpredictable I can't deal w/

+ uncertain

? Strengths help w/ uncertainty

- Don't know as out of my control.

I like to be in control.

? how take control

- x My house — tell myself if I have to sell, we will be ok.
- x talking in M^o about taking over mortgage for a time
- x

M^o there for

D/C relat. Avs.

> at work + when busy.

< at night.