

13.12.24

Mediation - went really well

Flexible. Craig agreed to what I wanted
agreed to disclose new partners.

Decisions about house will be next year.

Need to get information about options

agreed to a plan but he doesn't stick to it.

No discussion if he does plan.

aggravates me.

Has all over place.

I like routine.

Need a break. Mentally drained

So close to a break.

Lots of free time soon.

Home alone Xmas. - 1st time ever

Parents split a few years ago. No love 2 me.

Bro -

S^o - a few doors down - I don't talk to her husband.

S^o - Xmas evening.

Used to have big family Xmas. 2 N^o

f^o - works 2 Craig. He found out we split. He said I have
to be careful how I speak to C as sensitive

S^o husband - had a go at me for defending my S^o

Craig didn't back me up.

→ don't talk to him anymore.

He knows Craig

My family take Craig's side. I'm always in the wrong.

Don't tell my family^{S^o} anything as talks.

I'm not like them.

f: terrible. I wish I had a nice family.

Worse were over time

→ distance myself.

No contact from 4th for 9 mos

Different

① get along w everyone

② gossip

Bro - keeps to himself.

Get along w younger 5th

They're all fight

all come to me for help. I need to say no.

Family less & less

M^o - loud & opinionated but we get along.

As adult, I can distance myself.

I see other families; getting along.

Liked Craig's family.

Was really close to 5th until fall out w B.I.L.

Kids used to play alot.

Older 5th - he bossy me

Don't want to deal w that, so don't.

F: hurt. Can't like I can't trust her; should have each others' back.

Not

R: block it; withdraw; retreat & shut it out; AVOIDING.

she won't Δ

Block it out.

Careful about what I say.

1st Xmas separated

always wanted cold Xmas.