

22.1.25 Melissa

Ready to start work next Friday.

Worried about math exam.

Anxious about financial settlement - seeing someone today (lawyer)
Mediation after that.

Been getting on really well. Talking more

Calmly etc. Not on edge all the time.

Feeling better now.

Work secure; union progressing.

D/L recording meeting

as mentally prepared as I can be.

Want to get back to position where I can see his family

They were a dual family. His F^o upset about the situation.
His family more settled than mine.

F^o in hospital at last consult. Went to visit - 1st time -

1 yr. → angiogram

Don't talk about things in my family

- Craig's + my separation + he told me to be
careful what I say to Craig.

- family don't talk about things - avoid.

→ makes me not talk about things.

→ try to be more open in my kids.

Not very strong + glibly

F^o quiet like me.

? say to F^o

Hurt my feelings. He doesn't know the situation in Craig

? Response you'd like

Don't need a response. Just want to get it off my chest.

His family - females run after the man doing everything

Just his background wanting me to not rock the boat

Didn't want to say anything hurtful

Understand where coming from, but to say that to me
when I'm like I am (like him)

(W) - Don't want him thinking I'm like the others

Don't like when people think of me a certain way
when I'm not

Craig's E° thought 1.

worry what people think of me. I care what they think
Don't like to upset people;
Hurtful when people think of me like that.
Hurt - making me out to be someone I'm not.
Trying not to care so much

R: shocked; try to explain myself to make him see
he doesn't understand how Craig's been treating me
No contact for a year. He didn't contact me.
won't visit while he's there.

Fresh thinking

Worrying what people think & proving it's not me.
When people will think
Too much effort trying to make them see something
Wasting my time.
Like to make people happy.

? conversation in father.

F° & Craig work together.

F: everyone on his side.

Let down by everybody.

My b° & Bill would think it's all my fault.
Don't like that people think that of me.

? worst

- my fault

- not a nice person.

Don't know why I care what they think when they're
not nice people.

Grew up wanting everyone to like me.
Want everything perfect.

Dreams

- Wolves chasing me

- house going downhill - steering.

F: funny; M: I can't do it - not being able to do what
needed to do to keep everyone safe: R: keep trying

In life - always worry about everyone else.

Always wanting to fix everything - upset if I can't
⊕ keep the peace & make everything ok.

Need to be patient.

Let everyone

So stuck in worrying about everyone

But get on it on another side

Motivated & determined

Other side - too sensitive & worry

⊕ Strength to do what I need to do but don't

- emotions - communication

Emotions overwhelm me

Hate showing emotions

Keep it in; bottle it up.

Should try & accept.

Outcome

Try & understand others' journey

Try not to worry as much about others

Get on to my own life

Be patient.