

10. 7.24

Melania Tohatsu.

Last week - call from
wants to talk. Doesn't want things to be like that.
Saw him on Sat. + talked for hours. Up + down
angry + hurt + upset.

Now he's acting like we've best friend → OTT nice.
Good but annoying, that it can just blow over
Now he's too much; talking + text +

Why couldn't he have been like that before?

cautious

Initially, he wanted to sell house. By and, he seemed more
agreeable to us paying more of the mortgage.

Mediation appt - they rescheduled.

We have cameras at the house.

He asked if I'd cheated on him.

He saw that I'd had a male friend over.

I said that wasn't ok. He said he'd deleted app.
Told him we're not together

to want a safe space at home

Don't trust is genuine

better to be on talking terms.

He said he'll finish building/renovations.

① never listened to me.

Old friend - gets me; listens to what I say - makes
me realize it wasn't good.

② annoyed & self for being unhappy for so long.
Not fair. When is someone, should listen.

Want to have good friends in my life.
2 close friends. There for each other.

③ peace.

It's too late for restitution.

I've seen what it's like without him.

Prefer to be by myself.

He was like another child.

He kept trying to put it back on me

Told him that + I've not had the opportunity
to be heard.

Told him what Lacey is going through. He realised
what he's missing out on.

Has only seen the a handful of times.

He doesn't reach out to Lacey; she probably feels
abandoned. Hasn't putting in effort to see them.

I said things + wrote things off my chest.

Not fair to be blamed for everything.

Felt good to say it.

Still have anger about it; hard to let go.

2 anger

- he just didn't understand what

- being left in kids, house, animals, bills

I told him when he stopped talking to me, I asked if
he was going to keep paying mortgage + my car

He has no idea how stressed I was. I called +

called him + he didn't respond.

+ What was going on for Lacey.

He didn't care or realise how bad it was.

To not know if I can pay bills or buy food.

So uncertain

Hard to let go of that feeling + forgive

Didn't +

How can you just do? just stopped communicating
or answering my qs.

Don't know how to get past that.

Unclear whether to say something about his acting like
everything's fine + being OTT nice, so doesn't
want to make things worse.

Normally I'd leave it,

Other paths:

Speak up about feeling angry + hurt.

Could let him know how I'm feeling; that it
will take time to talk freely & relaxed.

I hate conflict but I need to get this out
or he will take longer for me to feel better
Is there a pt.? will it do anything.

? outcome

- to feel not angry or upset.
Need time for myself to recover

I need to get over things otherwise won't be happy

- time.
Don't know how to

? assume stopping you of letting it go?

- angry
- Can't let go
- don't know if I should
- I'm allowed to be hurt & angry
- not not helping anything
- if I let this go, he will think it's ok.
- time

Most assume

- I can be stubborn
- me not wanting to
- if I eat like everything's ok, I'm not
being honest

- not fair because of how you treated me.

? most assume

- either angry or hurt.

I can take a lot of time to get over things.

? if you knew angry or hurt stopping you, what

feels too much, Can't make it stop.

Hold on to everything.

Don't get how he's so different - ok
Feel like it's fake; want honesty.

Frabert Thinking

Realizing the kind of life I do want
Communicate how I'm feeling

Say & do what I need to do

Not far to hold that back out of fear of his
reactions

Plan: going to have to say how I'm feeling

I want to be able to speak my mind

~~& ease~~

I hold so much back & worry about everyone

Learning to be brave.

⊕ puzzles & music.