

25.10.24

Frustrated w/ Craig. Says he'll have Tyler for w/e.

appt. w/ mediator in 2 weeks.

Was worried but now want to sort it out.

He just takes Tyler

Lacey doesn't want to go & Craig doesn't make an effort

Craig alternates b/w friendly & no contact - confusing

Back at uni - 34.

3 electives - maths, geology, Japanese.

Reapplying for position

Stress about uni

Settled now back at uni.

like to know the plans; ar. sudden &

Lack of communication bothers me.

⊕ order; hard when I'm not in control.

(like it when together)

Craig has ADHD.

1/c sharing load w/ kids.

① Frustrates me; I have so much going on.

② Can't rely on him

Relief he left as don't have to look after him.

Upset he can fu at work but not at home.

He never offered to help me; but helped everyone else.

Exhausted - having to do everything; & not able to ask him. I'd have to tell him to do something & he'd get annoyed.

③ ↓

Do it myself to make sure it gets done.

Ongoing for years

He didn't want to help me & I don't know why.

He'd be angry at me for nagging.

Mom never had to take respons. so I had to.

Don't want to deal w that again → rely on self.

(W) Guilt is relieved marriage ended.
Don't know if ever felt sad. So much stress take of t me.

Triggered now as he's still doing that & will never

So caring to everyone else.

→ why treat me like that?

When 1st together, he'd go off w others - leave me & ~~the~~

F: hurt; never treated like I was important.

Friends at work & in BLD make me feel important.

Doing things now he couldn't for us (eg. counselling)

Was caring at v. start.

But later - didn't put effort in;

= will make it harder to have another relat.

My pattern - taking care of others so much they
don't have to.

- caring
- don't like to let people down
- don't want to