

31.5.24

Michelle

Egg, in egg, opening up

opening up - ballet dancer

Under the sea - deep under the sea; all hidden

(Art 10 kids)

striving; brewing underneath; rumbling; going up

In egg - feather; soft + comforting

Breaking out + pleasing down to feel that's what it
is but recognise it; my pattern of going in
+ then explode

insular, but gets too much - explosive then go back in.

Playden of if I'm working on our relat.

If I'm being criticised how do I just sit + listen +
identify it + not reacting.

I instantly want to be defensive + react + can't see
the other perspective.

He often says his position isn't heard - I just ^{see} ~~think~~
its ~~many~~ needs.

Challenged assumption of your fault.

I haven't fulfilled the need.

- have guest + periods there → wouldn't
want to have sex.

I go to bed early - he's let me go to sleep.

He says I've neglected him + need some attⁿ now.

He says 'you're not engaged; ~~just~~ in it; you don't
care about me ... think I'm having another affair.

Got to find a pocket - my brain to be into it.

F: punished for being not good enough - wife, parent,
housekeeper

bad affair in part

I was sent to work in financial difficulties the bad affair.

their threat

I over compensate by telling him everything I do all day.

Says too much & doesn't know how to pull it in.

Problems before affair

He's v. possessive to me.

He says that all men are thinking how to be sexually active to that female

→ lost male friends

Then lost female friends

shed people

He says I give too much trust & get used & can't read people.

Indecision & not sure of my decision

Friendship 2017/18 - got too involved in my relat.

+

hard to deal to

Trying to placate him.

It's not stable; Don't feel stable.

He can't be contained.

How do I listen when I'm being attacked?

Can it be still when it's being delivered