

12.4.24

Michelle White

chronic issue. Calms then crisis every & gets folded back in the box.

2016- had affair

→ DIV & police & ADVO → separated 1.5 yr

1 lost it.

Had affair before that.

Back together → ongoing trauma.

Forced therapy under court order

Misery

Suck it up as couldn't manage a child on my own.

Now have 3 kids

Gets > & < then <<

He doesn't trust me

< as I'm going back to work.

PND when daughter born.

massive corner breast feeding

Unbuilt home - Cole as couldn't afford home - Syd.

Had to return to work → affair

→ escalated

Sent husband out of home.

1 stopped relation w that man. I will be different

2 more relat when separated

Communication patterns not helpful.

He says I have no control.

Hard to accept who done wrong as he won't listen to my reasons & says I lie & can't be trusted.

Disability care worker.

Out of workforce

Now - home care job & NDIS.

Husband not working

He worked last 3 yrs. - unwell last year.

Can't eat; wt loss; ^{power} Ea. Dec. 23. R/O gall bladder

→ surgery

Now - no fat diet

Financially so stressed at home.
He quit + got pay out
Used all our savings

Kids 2, 5, 9.
When he was unable to work, his MHA < <

You don't belong here; go live in your parents;
can't trust you; all your fault

He's > now he's studying.

Flooded in. ~~too~~ Home safe, but cut off.
Cranky before meals.

Drainage issues

Small house; no space
No bin service.

Constant arguments + put down.

? affect you

Run away; flight. But he
Stand there + cop it. take the blame
Sucks it all in; now spilling out. I can't contain
it. All the parties inside
jittery. Run outside till I calm down.

Kids misbehaving; yell at each other.

He tolerates no noise - hard on kids.

Anxiety; on edge.

When he's out, released

Stay awake till he's asleep.

Feel obligated to stay up if he's awake

or he's on computer

When exhausted + @ bed - then he
Then
wants to talk or have sex.

Always late getting kids to school.

Some of time is fluster.

He has childhood trauma
Now - anxiety

Mom B + W.

He says I gave him PTSD + ans.

always guessing his mood. Mom easily triggered

I need lots of sleep to f~

Not fully f~ well.

Kids silent if he's around.

Don't listen to me if I'm ~~not~~ just there

→ I get frustrated in the
Youngest - I can contain him

strategies to & the inside talk
(Hh fingers crumpling at chest)

Image

tight

arms feel rigid

pressure in chest

purple cloud + it's friction

muscles in ribs s but

Want to blow it out

drag in steam out of ears

Red steam out of all orifices

anger Want to blow it out

then popped balloon

completely flat + no more energy

want it all out + far away + be
the flat balloon

→ retreat; in a ball; wrap me up in

warm blankets

Write everything down to get it out

learned that words aren't safe → images

+ collage. or write + cover it up.

internalize; stuff it in

Go back to the thoughts of the man where I
felt nurtured + safe.

exact opp.

leather; light; floating, covering, being held.