

15.5.24

Naomi

Not been back to work

Not sleeping

Shattered.

Past few weeks

Either numb or sad.

Took out PHI - AHM - 2 mod wait

Boys been to school. Being picked up by bus now.

- guilt

Had boys for Mothers Day - all 4 of them.

But <<. Having to take them back <

Hard for me not having them.

I've done everything I can to be a good m & still taken.

Systems not helping me get them back.

(W)

Taken as we wanted to hurt me.

I stayed after the abuse & his cheating

(W) He knew it would hurt me.

D/C not your fault

- but still find reason to blame myself.

If I'd done made a different choice

< as seeing them

+ my M^o

My gpa in hospit at M^o using that as reason to put responsibility on me.

Go

2 + 6

Theo

Abban

Abban's happy; doesn't want to come home.

all the material things

Theo - starting to talk (Global dev + delay)

He misses me alot.

DI Nadine
Kaulley
Advanced medical.

his parents now have the kids. They kicked him out.
He's a lawyer & knows what to say.
Have a solicitor. He refused mediation.
I got letters for court. Said I need £50 - 70K
Legal aid won't touch it
I want to fight for them but what's the point
He's been charged & GBH to me
Legally, he has no rights to have them. No legal
paper saying he has custody.
The more I ~~push~~ push, the less I see them.
If the AVO is in place, I'd keep them, but doesn't go
to court till Aug.
What have I done wrong.

Feelings

I'm over everything; over everything.

Literally existing for everyone else.
Always done everything for everyone else.
Need to switch off

~~He~~ helped

Tried to walk, cold showers

Was coping well. But slightest thing gets me back.

ST still there; so strong. Plan - now don't care
about being out of the home. When thoughts there, I get
scared.

Keeping myself safe. Not going anywhere.

I'm not myself & I hate it

I'm a good M^o; Cook every day; go to work; Care
about my appearance; I want to look good.
I try to & can't.

The need & want have gone

M^o Day - realising they're happy & OK without me.

D/C grief & loss.

Heaven 't' grieved. 'I don't do that'

There was really sad to go back.

(W) Abbey says she likes living & Nanney.

She gave the M^o Day gift to Nanney.

I know what's it's like to have the detachment
from your M^o + wish everyone else was your
M^o.