

30.5.24

Naomei Brooker

Not good.

M^o has boys 2^o school attendance - since Monday.

Dating a guy

2mos in - pregnant. He didn't want it → TOP (Nov '23)

Today he said I'm too much for him & he doesn't want to deal w/ me.

Been fighting a lot. I push him away

Crying

Don't know how to love without the chaos.
When I'm hurt & think I'm not wanted,

I spit venom & hurtful

He's a good person. I ruin everything

If I feel he doesn't love me

In my head, if you love spend all

I turn - you don't love me; care about me.

→ hurt him as he's hurting you.

I push & push & break up + start him.

Part of me's relieved; part of me is 'What's wrong w/ you?'

I'm in full don't give a shit mode.

Losing everything & everyone.

Didn't want M^o involved, as have to deal w/ her.

I can't stand her

Don't know what I'm doing; what's happening

I'm not trying. Don't want to. I've tried & s^t keeps happening. Moments of getting back to work.

Dx hypothyroidism but not taking med =

Letting everything go.

SF. & plans - in detail. But I can't be bothered.
That's effort.

DSH a lot. - cutting - leg

- last time - 2 days ago.

Boys at their dads at w/e. I'll have them Friday

Beer drinking 4-6 Cans / night

Not sleeping

Scroll on fire

Can't read - no conc.

? back on track:

Sat. - bro 30th. M^o had all kids

I got drunk + loads obnoxious. That's not me.

I felt good + happy + loud

F^o + S^o - main support told me to go home.

F: numb; void H^o chest swirling.

S^o: a hole but it's heavy; like something sitting there; stuck.

D^o since since coming here as can talk about it. a small part feels ~~as~~ is ashamed to say them out loud.

A massive part of feels nice to say it out loud.

Ignatia - used it twice. I felt it calm me

B/C routine

- not doing any self-care. Not washed hair or teeth.

Not eating or drinking

I feel I have lost control of everything.

Don't leave the house. In my head I'm not safe if I leave house; thoughts to drive out something.

Can't walk - a train track close by.

or I want to walk away + not come back.

Don't want to deal w/ anything; the responsibilities for other's feelings + emotions.

Let easily reacting for everybody else but still hurt them (as kids think I'm such)

I'm mad at my F^o S^o M^o; you don't know what I'm going through. Maybe you should have done things differently. Where were you when s^o happening?

? Breakup.

I don't care.

Belittled + called delusional.

Not allowed to have feelings. Wanted him to tell me

⊕ Validation & reassurance

I cried & he got frustrated

I left kept apologising

F: hurt & frustrated. Why do I keep doing this?

I put people on a pedestal - I'm always the problem.

I have expectations: you need to love me like this

? Triggers

- shed 8

I already feel like I'm not enough; that he'll never love me like her.

Perfume a reminder of her.

She crossed a boundary & he allowed it.

He might miss her & want to be back w her

Fear. he'd leave me.

Perfume on bed → invaded → fear of being abandoned.

? onset abandoned

- 5 or 6 - lived in horrible. M + step F together; bio F turned up & I was so excited but when he got there, not interested in me.

⊕ talk to M + step F.

He left & I cried & he said he was going to get me my trampoline. I was v. excited. Sat in gutter waiting.

M yelled & screamed at me but I waiting for him. Crying & screaming → sent to room w no dinner.

F: hurt anger; alone; confused;

M got mad at me for being upset.

⇒ (I wanted to be better) maybe if I was

better she wouldn't hate me + get angry at me.
as a child, didn't feel loved; cared about
constant attⁿ feeling not safe
⊕ run away to g.mos.