

5.6.24

Rebecca Valades.

Daughter studying slot. Doesn't interact in family as much. Still interacts & is affectionate & goes on family outings. She feels targeted by teachers; singled out. Don't want her to feel like a victim.

I feel she hides deeper things.

I'm frightened to ask her how she is, as don't know how to help. Just try to make her environment good.

Still wonder if I'm doing right thing

In YR 11 & striving to do well.

She knows to come to me if needs to.

She's v. independent.

She might feel she doesn't belong wherever she goes.

Except in her best friend

Trying to find where she fits, but she's not even in the same puzzle.

? relate to that

- YES. I've just got to get past place of not wanting to work in certain people.

I've ended so many friendships; I detach myself from the outside world.

I don't interact as much but don't feel empty in that

fear & confidence

accepting who I am & having full respect

Whoever I work in, to have healthy boundaries & not people pleasing any more (had it all my life)

I know daughter isn't pleaser type; she didn't cover. She shuts down not to argue; reserve herself in her own space.

At many of the bullies & doesn't fight back.

2nd incident - she did put up her boundaries & fight back & defend herself.

I always said yes even if wanted to say no.

Soft

I've learnt how to say no, but still tend to say yes.

Bullied at school; pushed over; picked on.

M^o (suicided) comforted me + let me cry.

I had such a good balance of good times.

but my daughter - I haven't been able to give girls
a totally fulfilling balanced life 2° what I'm going through

My M^o - outings to beach; wildlife parks; holidays

It was so good; + easy not to dwell/meritate on neg.

When it impacted by parents separating

I feel responsible if she's not healing, I'm partially
responsible for not helping her heal.

M^o told me she had panic/anxiety when they separated
+ told herself to be strong + cope.

Her generation - more resilient 2° depression / WW 2 etc.

My brain is full - always thinking of tomorrow

Anxiety through roof.

Can I control it.

On Prozac but

Need something to turn brain off.

Once it's on, it doesn't stop.

8:33y - + instant sweat - felt bad + don't remember
as if had no control anything else.

Woke - night in body 1/2 out of bed.

? passed out.

Woke to influx of fear.

What if I had a stroke.