

31.3.25 Sarah Barry

Tried sleeping in my bedroom → woke up screaming
preparing house in case have to move.

(M^o not been well)

Had good day that week.

Last week, I was bad; crying all the time
Rents' gone up;

Tried to Contactlink

Aidan need photo I.D. to registration for benefits

Paris doesn't want to sign on.

All 3 of us went in.

Aidan wants to move; Paris doesn't

M^o collapsed → I.C.U. (diverticulitis)

M^o + I wouldn't cope in same house.

Only 1 mo savings left.

Phone/internet cancelled as couldn't pay bills
- worried the bills

Couldn't turn TV on → too much.

Flashback of upset; tears for 48 hrs.

Sobbing + fear of panic attack; all too much; not
going to make it

Kids wanted me to go to B. Visk.

Tried to sleep in my bed.

2am - Paris heard me screaming crying 'No no no'
I don't remember ever doing that.

Child - used to sleep talk.

Was a deep sleeper till met the kids' dad.

Long day without work

Not wanting to do any gardening.

I started to come good then had

Gone back to sleeping on the couch + better

want to go back to sleeping in my bed.

? menopause

Menstr. - bleed heavily

Controlink pushing it through urgently

Dark but can't get out of house to look.

Good week - gardening; routine; cooking meals;
cleaning out house.

- set back → phone line / internet being cancelled.

- Reality hitting

No T.V. - can't watch my shows; my time out.
Helps me switch off.

Getting used to anti Ds.

Thyroxine - 4 yrs.

No ramp / have no filter; say what I think
me + me don't get on; argue; bringing up things
from the past? if she's got dementia.

Possible job - have to go meet owners.

Slept on lounge since house robbed in 5th Windsor.

- My room got trashed. (in Chris)

Other incidents - we'd be out shopping
Chris was taking all on

He'd only take me place if I gave him sex.

He used to yell at me

He was charged in assault.

Some incidents of him being too rough + I said no
→ police involved

Never trusted another male since.

Takes me a long time to trust anyone; to be
independent.

He wanted a divorce; I haven't been served papers.

Guilt + said I should have been a better wife.

When Arden severely beaten, nearly lost him
→ didn't return to school.

I was in hospital (Myroid)

He was 13. Got in wrong group. Smoking THC.

Aiden got framed for an incident

Kid in their group got beaten + Aiden blamed.

His brother's assaulted Aiden.

Prior - school refusal 20 bullying

He was stealing my money.

He was beaten severely in Hobartville Park.

He'd run away from school to home.

He used to kick out + break walls.

Police called often; was going to be sent to Juvy.

I had him charged (7g THC). I fought for him.

On good behavior + >

Doing 1 goal per day.

20yrs of not sleeping in a bed.

Couldn't sleep in My + Chris' bed as too many flashbacks