

21.5.24 Selma.

stop

How do I let the fear of being hurt
wish I was stronger + process
things like other people.

Learn to make of not worrying about others

- how will they see me

- Δ in power dynamics

- managing bigger issues + service

Wish I could do something for me without
worrying about others.

Get to do it on my own.

Scary.

Adrian not here to support me

If something goes wrong, who will be there.

Always comes back to him

angry - this is a result of M^o
dictating my thoughts

She has a control over my thoughts

Spent my life getting away from her

Reconciled but she's still controlling me.

She did so much bad.

Abnormal life. Never been easy or normal.

Don't know if I hate her or myself more.
but I'm still

Couldn't stand her touch; being forced to kiss
her.

That she never gave us affection.

What did I do to make her hate me?
What could I do to make her love me?

I wasn't bad.

Brain can't understand why she showed so much affect to bro + they were criminals

I feel I need to be locked up to get some
attⁿ

S heree left sep 11.

Charmaine the golden child.

Screens loose - it's exhausting
Other families have good memories

M^o used to keep us away from F's side

&

Comes back to how I was raised + went through
still running my life

fear of doing wrong

fierce punishment

Being told you're no good.

④ be able to let that go.

to process + understand it more.

If I did, then when positions come up,

wouldn't hold back.

How do I get to where I want to go?

How do I stop her voice

How do I stop me

I want to be able to let that stuff go

? assume stopping you?

- x part of my life
- x part of my make up
- x ingrained
- x don't know any different
- x afraid of what else might come up in process of talking about it & letting go
- x spent a lifetime of being strong & building walls
- x I was strong & independent but lonely
- x F. dominated
- x Sherree left
- x F. died
- x Lost Adrian
- x lost A.
- x to feel those feelings again is scary
- x don't know the process & what would happen
- x if Adrian would be so daunting

? most assume.

Fear

- of unknown
- ^{pain} What happens when I let it all go
- Who will I be?
- like a scary feeling to exp. being happy.
- Even if Ad. I had all that, but he knew how to manage
- ~~most~~ it's my thing.

When I'm still being alone & not accepted

Would I lose my identity?
" " who I am?

that's how I've got to where I am now.

? T/F

T.

Reasons for thinking love identity

- my makeup.
- if I could let that go I would s.
- will siblings accept me.
- how will I cope being different

Fear of losing identity stop you letting go

What would it be like to wake + not doubt people; not trust people.

Possibly +

it could actually benefit me that if
true is 46 yrs I'd discover me + who
I was meant to be; + what I like.

If you

? now do

I'd say can we do it

Can we start it.

Still nervous.