

18.10.24. Shunni.

Rob + I moving in together - close to family
looking forward to it but unresolved emotions.
Stain on our relat. can't scrub out.

Kids will benefit.

He'll support me & studies

Disgust over what happened & his behaviours.

Feel I need him & love him but repulsed by him.
(H.G. - Scales)

Had to choose between 2 not-ideal situations

→ guilt; betraying myself & him

Surface - ⊕ make things work; do love him but feel
repulsed. His behaviours I saw out of alignment in ~~me~~
who I am.

Joined F/B group after separation to scan online dating
Lots of neg. feedback. → maybe Rob's ok.

Not liked many people in life

av. meeting other men & realise Rob is ok.

Confusing

5 bed home in pool. 5th Nov.

His M^o will stay to recover from knee surgery.

She's in pain & cries all night.

Hard to be around her but ⊕ help.

Happy to move out of family house.

> Steph. Less sensitive

Tape almost finished - so boring.

Study how next year.

av. monotony & rules & regulations

av. dealing in things I don't care about.

15 cat school next yr.

⊕ own environment

Feel judged (at home)

(Zuri - >> on Baryta sulph) - only 1 incident of trying
to leave class.

he done pr.

Isiah & dagaave.

Left sided issues.

rec. Left knee - tight & twingy

Left sided shoulder - tightness.

Worms. → wormwood. then combantini - 2 nights ago
Felt

Disgust

Dream

Furtimate in Reb. He asked for bj. Pleasant bc in dream.
- eyes. → disgust
R:

Relat. of high pleasure is element of disgust.

Find his lying disgusting. I'm truthful.

R: blank; stare into space; dissociation; numbness.

(+) dissociate from the disgust.

Disgust - is male members of family + men in general
- the world.

R: avoid; don't engage.

anxiety as raising 2 boys.

(+) left alone; don't want to deal w. things

Me + bro not spoken → tune out; disgusted in him

Do - conversations - avoid;

Intermittent heat outer Rt ankle - as is hot
air there → radiating