

10.7.24

28

Uncle

Sarah. Paul Letters.

Raped 7. age 12

+ 30

- lots of trauma.

My ex-partner apparently grooming my daughter -

works good. Got stressed at work - abused by 3 clients
R: screamed back.

Things

angry quickly; something sets me off → cry → anger → ok

Didn't want to go to work; Ebe at home by myself

"see red." Something in head clicks + sets me off.
Paranoid.

Have to learn how to deal w the anger. I think it
comes back to abuse. Drawn to bad men. Want to fix
them then I get hurt.

→ you've been here 3 yrs, you know not to touch the food
I'd already been abused by 2 people.

1 customer said "you're picking on me; never want to
give me food"

F: I'm coming out of my way to help
Not appreciated.

I have to walk.

2nd - walked away

When it comes to my family - protective.

Paranoid of people looking at me + judging me.

- people think I'm fat + ugly.

→ but inside - like tingling; nerves a chest; →

Resp.

av. people talking about me. Saying does she have
s.p. oia.

Bro - took life

I'm not going to do that.
M^o doesn't understand M.H.

I'm not a fighter

but she said M^o assaulted her when I tapped her hand.

2 punch ups in 5 yrs. I'm not violent but don't think before I speak.

Lock out when angry - verbal.

Bligh Park Community Centre.

M^e + M^o v. close.

Born Parra

Moved to M^els

but had affair w. M^o b/f

18yo - unplanned preg. M^o made her TOP. → angry
& didn't talk for a while. preg 2/12 later.

was a boy → angry as can't carry boys.

M^o done.

(Jan 27) - v. close.

Daughter - she did bad things to ~~her~~ her kids
- a support worker.

within (-11)

→ 1st child at 16.

New partner - moved in together - he started to be violent.

→ Court 2/12 ago.

MG - index fingers touch -

→ love; close.

~~CSA~~ CSA

- remembers what he did to me;

after - threw up

M^o brought us home - burger, chips + milkshake (vanilla)
(he used to look after us)

he told me to do it.

I know now it wasn't ok.

in Fairfield.

He used to lock me in cupboard 'cause he + say the
hoogy man will get me.

He'd put stocking on his face + scare us.

Did stuff to my bros + sisters

↓

can't sleep in the dark.

Said if I tell my M^o he'd kill me.

As

Used to run away alot. No boundaries.

Step M^o - said if I'd told her she wouldn't
have been so hard on me.

My M^o doesn't know

F^o - 80 next year

F^o cheated - M^o best friend

Loved 'n F^o + her + her kids.

Sent back + forward till I could look after self.

Had to grow up early.

Didn't care if I was alive or dead.

Put in girl's home at 15 → court

16 - moved to Sydney.

hanging around bad people.

always felt not wanted

I know M^o loves me.

It was fun. Drinking; concerts.

To older crowd.

Menses - 10

Raped at 12 by friend

Raped at 30 " " - injured me → ED.

I still see him. I want to shame him.

I thought I was v. sexual. Do like sex.

past therapist thinks that's how I feel loved.

Darren - tried to burn me alive ^{FAVO} but I still
feel attracted to him. He just turns up.

I felt really dirty. Scrubbed myself so bad I
bled - < rape at 30

I was drunk; handcuffed to bed.

1.00 thought it was normal
age 12 - well

Triggers

hearing of child abuse.

Dr. Virk doesn't know about my past hx
Took self off medⁿ Dr. Virk wants to wait
until he hears from me.

on medⁿ E-PSE

See him 1-2 / month

Permission given to report back to him what I
need to, but 'I just can't say it.'

Understand when I need to stay