

17.7.29

Javah-Jane

Good week.

Had throat infection + cough + headache.

Woke coughing at 3am.

M^r got influenza.

School holidays → busy baby sitting.

Still angry

4 BSL - thought I had diabetes

No fe

Need vit B I.M.

High cholesterol.

When depressed - don't eat for 6 days

Stephanie (daughter) had a asthma attack + nearly died.

When bro suicided, I sensed something happened.

→ I rang + said 'What's wrong?'

She has anorexia; not a nice partner; she tried to suicide

Found dead body upstairs - tried to revive her but
been dead 5 days. She was v. ill (MH)

- traumatised me. Still traumatised me.

Police came +

- put me on valium for 5 days.

Where I live in Richmond is over 55g. Closest
neighbour is 91. Cook for her

Trying to get a H/F to be closer to M^r.

I'm entitled to 2 bed.

Full of mould. Black mould.

M^r - Bligh Park.

North Richmond or 5th Windsor.

Jessica + Harley - split 2 yrs.

William 11yrs.

Harley has new partner, but didn't tell William he's
moved in with him. She's has new baby in her husband +
son.

Will is Jarod. Moved in 1. Jess when Will 2yo.

Harley is River's Dad.

Slept in my ex. on Monday night. Then regret it.
I deserve a man who treats me better.

Don't want to be in him

But don't want to be alone.

Single for 3yrs.

want company.

Tried speed dating

Need to fix myself 1st

Rush into things

Married 1st husband after 6/12 - then found out
he was an ice.

Then met Darren. He was an ice + tried to burn
house down.

I go for the bad boys. Attract them.

1st 2 daughters - He was control freak

→ Find it exciting, crave it.

I like sex. + fall in love quickly

Parent counsellor thought it stemmed

I didn't enjoy what my 1st did to me.

Need to get to know people 1st.

1st also touched books at 14. Told my step. M.

1st left when I was 6. → abandonment issues

He calls me fat + ugly.

Put me in girls home. I kept running away.

Rebelled really bad.

Never got into drugs. Drink every 6/12.

Can't stand drug users.

Abuse - lived in Fairfield;
- was in primary school

Youngest of 5.

Don't know why bro killed himself. He wrote
a letter

Julie (older so) & I talk about it.

U° bro stabbed me w/ a knife.

I want to screen at him. He ruined my life.
Went to police station, but didn't want to go
through

M° had to go to work & he looked after us.
Got hypnotised years ago & brought back a lot.
Didn't like it
used to sleep walk & say things that happened & I'd
be screaming

I don't trust people

Don't let people get close
Let people treat me badly
Fall in love quick then get hurt.
Never had a nice b/f.
Open my heart but then get hurt.

Abandonment issues. F° leaving me & M°.
Got 1 friend & kids & M° that's it.

Nervous around people.
At shops - anxious; fidget; panic attack; shaking
on alert

Flew a noise at home - 'who's trying to get to me?'
Been threatened by Jess's ex.

Anti Ds not working. Y. Virk doesn't want to
Δ until gets report.
Bro 1st July 25 yrs ago on his b. day.

Don't sleep.

Brain in overdrive.

Home is so clean.

I could learn to read + write.

D/C destroyed a language app.

M^r doesn't know. She read a letter from SJOG.

But I had to deny it. She knows I was lying
M^r too old.

My step M^r knows.

When I'm drunk I tell the truth. → why I don't
drink.

Used to drink all day - binge drink - 40s

↓
+ HIC songs

se - took my money + kids' money

→ homeless 2^o drinking +

Then Jan had baby, everything Δ → kicked her out
+ sent. to protect her baby from FACS.

Jan 2 when Bro died → drunk.

Drinks when trauma comes up.