

21.6.24

Sandra.

Dennis wants me to go to Melbourne. Have to go.
Nervy about housing. tree cut down. dry sunny
space gone.

Pete reconnecting but I'm keeping distant.

Pleased in way I'm dealing with it.

Compassion for him, but not getting involved in.
No D.S.H.

Concerned in international politics.

Uncertainty about future but dealing with that.

Lonely. Don't have a lot of close friends.

Fighting in 6.0 (Zionist) I don't agree. But want to
help the family. I don't agree with it.

It's not coming at me; but doing things.

Is it so hard to be alone & quiet? Is it ok

to not be out & about all the time.

Love cold weather & walking

Good & bad

Buddhist teaching - there & now.

Not about being happy all the time.

Friends talk so much - want a quiet friend.

Still

Felt good after last session. No more thoughts
of death since. Happy in where we go to.

Been better since then. No deep depression. Just doing
stuff as it comes. Living in peace & calmness.

Not so up & down.

Don't want to do the love stuff again.

Limerance - infatuation with a specific person.

unhealthy obsession. Looking for smallest sign,
 whilst having no trust. He

Is he seeing me or am I getting it wrong?

(How can they like me or love me?)

Does he have an agenda → push them away
conduit thing from ~~me~~ 'men only want me thing!
My journey

I suppose he could like me.

I've cut off the deeper feelings for him.
Why does he need me to see his side?

- doesn't want to lose my friendship
- I know the things he likes about me are important to him
- is loved so much; there's a friendship & he wants to keep it.

(I don't allow that is someone I'm in love w/)

Have respect for survivors

Have I blocked him off because he's a love interest -
(I scared I'll be abandoned) → that's what I feel from my f.o.c.

(A) Keep him around & keep having those conversations
He is deep; loves nature, dogs & music.

→ don't completely ditch him

Why not enjoy the friendship? - without being
compared - or should I walk away.

I immediately go to suspicion

TRUST

Go to flow

No expectations.

He says:

STRONG

Viking shield maiden

Courageous

See things before others do & act

Respect

outcome: should trust him.

Bedrock assumptions

F^o - loved me as baby

just stopped.

4-5 he abandoned me when Michael born.

He got " " when next one born.

He always loved me + thought I should be a
archerologist.

4-5 - never got a hug after. His drinking + bipolar +
not acknowledge

13 - M^o had breakdown → moved to Sydney +
looking after family. F^o was violent.

Abandonment the violence → hated L.

Beat me to stop for looking at boys.

It 't of pain there - coloured what I mean for
ever.

Here's ^{next} the 1st lesson

- LEARNING TO TRUST.

Breaks apart if you can't

Could

I abandon as afraid of not being liked.

(Want to cry) - epigastrium

A little girl

F^o: totally accepted - loved for who I am

→ that starts to relax. Sorry but warm

+ nice. like a warm bath. That's what

could be if you let it all go in the fear +
trust.