

2.4.25 Sandra Kelly

In cocoon at home

Happy to be alone & cocooned

Ex- David has terminal cancer. I love my ex MIL
David - ex ETOH; grumpy.

Feel I missed out on full love experience but also
realising I have love, but still don't feel I have love.

Neighbour complaining I'm too noisy. I've had to talk
to agent to keep him off my back.

Felt the community all nurturing me; felt supported & loved.

Love - people care about their children; world is run
on that & the opposite

I never had that as a child; I was looking after everyone else.

No jealous of me; hurt me; I didn't have that love

Thought I was in no background. I accepted it & looked
after both of them

The knowledge of the love is not in me.

I don't trust men

Is it good enough that I don't have the knowledge but
still have it all around me.

Theme of love

Needing to be in cocoon at home.

Fear when out & sometimes can't get out.
Still getting nausea.

Cleaning out wardrobe - organising

Tired. Too tired to think & act

People's contact feels like an invasion of my space.

Don't want to volunteer at organic community events.

Do I just take the year off & nurture myself?

Try to do 1 thing a day

Can't be bothered.

Watching Netflix - Adolescence

Toxic town - fighting for justice

Adolescence.

1. - anger - to do that to a family
2. - school → sick in guts

Adelaide school - felt really happy there + did well
Then moved to Sydney

At 3 with girls - v. different. Bullied
→ sick feeling

How sickening kids can be.

→ lied about age + got job at 14. Educated myself
+ loved uni.

3. Psychology session
- violence caps

4. Family

- parents having to work so hard the children
suffer; not aware of what's going on.

Trained from birth to do what told.

Go to work + told what to do.

Following the crowd mentality

A lot related to my family. The f^r really cared
when I attempted suicide 1st time, he made it
about her.

DIC from hospital

went to Nth Ryde MH service which was good

Time when you feel vulnerable.

Mood - tired; calm; guilty.

Feel like my molecules are falling apart.

Nothing here or there

Nothing cementing me to earth

Don't know what's reality

Completely blown apart

Thinking + feeling scrambled.

Debs & Gary & Pete - most important people
I only want them.

Feel vulnerable. Ev. to men.

Naked & vulnerable; all the bits even 'r together so
don't want anyone near ya

Image: mental space; out of space; little bits; hovering
around; shapaloo.

Weird; not depressing

Just not being all together at same time.