

22.11.24

Susan Walker

Week in Japan.

Geoff + I good together when away

Tension coming home.

On a trip,

He's

R: I close off; don't talk to me until in a better mood
If I know how to deal in his better, things would
be better

v I try to get him to back off other people's choices.

His controlling voice in background telling me what to do

How do I be a peace in the situation.

How do I

Don't want to be controlled.

In tears Wed.

Barney of demands

I need to get emotionally strong

④ have a teflon coating so it runs off me.

How do I get stronger within to not be controlled by it.

< when he's drinking

For him - grief & anger from childhoods leaks out

He's learnt behaviour

v. angry f.

M's thought is to keep the peace

She didn't cop → M

I don't want to go there

Learnt to scatter or disappear.

Never talked at table; set & ate everything

Didn't know my f. well (W)

It's a man thing.

Went to boarding school 13 → in week

v. strict.

Never learnt male/female relational roles.

Married my f.

Never had skills growing up.

Learned

Much stronger than I was

Learned to stand up for the kids

Don't know what skills I need

Grew up in society its work roles different for M/F

Worked in bank to manager & chief clerk

I had a lot of skills
as woman, not acknowledged

Set self up to be treated like that
+ seeing the equality in relat.

N-2. - social norms.

Out of that I have ingrained subservience

Don't know how to break out of it

H G

Victim - when try to break out of it:

Crushed

Don't know how to break through it

(W) That's the grief

Never want to hurt anybody; the peace maker.

Always pushing me around

I'm treading on egg shell.

(W) Can't tell her to pull her head in.

She'd probably benefit if I could.

A + N2 family - know my place; 2 if it.

(+) Stand up & not be pushed around.

I take respons. for everything. Makes it hard to say no.

Keep doing & doing to mask but don't know what I'm masking.

Don't know what beneath it all.
Had a wonderful life
I Don't deal in anger
So afraid of making people angry
Something inside

(HG arms closing -)

Crashed inside

Whole world - deep down, someone presses a button
that causes me to go

(HG arms opening out suddenly)

Take resp. for other's anger → internalise &
damages me.

Don't like what comes up in me.

→ ? EXP

Anything good is being; that's bright & happy is being
stomped on. Beautiful flower is stomped on
Need to fight way out of it - again

Disappointment

(W) What have I done?

Target on you. People see I'm safe to put anger on
as I can't push back.

as a kid, always felt I was a nuisance

Someone's punching bag; not wanted

5 older kids, then gap the me

Never keep up

Didn't fit into group; on edge of everything
where it started.

Wished to get out of trouble.

Afraid of getting into trouble.

Ft strong disciplinarian.

always got the bad jobs.

Belted

Self-protection:

As teen - battled to stop lying

fear of anger.

Fear - to make people angry as = being yelled at
verbal abuse.

Now so controlled us all.

S: held tight; closing in on myself for protection

? opp.

Free + at peace; not worrying about what you say
Being yourself; relaxed. Speak mind

Process verbally

? might about how to get stronger

Don't respond to anger

1 showed

1 go in