

Wendy. 9.5.95

Work in nursing home AIN. Cert 3 aged Care.
Worked for disability. Want to become a nurse.
Need to do Cert 4 or under grad course

Lost my F^o. - Xmas 2023

- led me to start nursing. We cared for him at home
(c Palliative care journey.
small intestine cancer)

Previous psychologist - Alison - didn't get.

Fairfield is ~~the~~ Moved back to Windsor

like living by myself

Get resentful about it. M^o didn't get rid of anything
so I had to get rid of everything.

Think of getting a place on my own

Going away for a month.

Financially, M^o struggling

Relationship is M^o up & down.

M^o questions why I have to go to work.

? M^o has signs of dementia

M^o is 'eccentric'

Woken me up by M^o in middle of night

→ talked to her & set boundaries & my need for privacy.

GP says M^o has anxiety.

I get anxiety

Bro. recovering drug/alcohol user.

Left home 15yr ago.

Lived alone 4yrs

Then back home

(Clothing busin)
fo + I had business together a few days a week.

Spent a lot of time together every day.

(W) I took him to his appointments

When he passed away, I kept serving the business
daily. Never stopped to process the loss.

Sold business + went into caring role.

If I'm sad, Mo gets dismissive.

Feel I can't talk to Mo of missing fo.

Met me in Dec

He was a good man. I could always talk to him.

Miss him listening to me.

Business too much for me.

Anxiety

Developed 10yr ago. started to feel more anxious.

Hard to

I'd push myself, go out, come home + collapse.

Tried Natural med = (Valerian) - still take it.

If I want to go to meeting w people I know + don't know,
I get anxious.

At time, I was helping people w MH issues + ESI.
attached to someone + broke it off

Lots of things happening at time.

Sometimes it's ok.

Religious meetings, if I want to comment, I get
overwhelmed

Try to push through. Don't want it to defeat me.
walk daily

? Fear

Stuff happened in childhood.

F^o alcoholic

Saw him under the influence

M^o - before became a JW, she was the same.

Parents fought alot when young.

Don't remember alot.

Bro is older - he remembers more, it affects him.
Decisions M^o made - she couldn't control us & the way she tried affected us.

Bro had issues from young; would do things kids don't do. Didn't get help.

- hit his head on concrete; brought pain on himself

His close friend got hit by a truck & he wasn't allowed to see him.

He turned to AOD. or DSP. Doesn't work.

I don't talk to him. He lives in us.

He can be difficult & violent.

I said to F^o if he touched me I'd leave
Incident when he was verbally & physically aggressive
he pushed me over. I went to police → AVO.

Stayed in a friend's for a few days. Went home for F^o.

Fear of him → not to communicate

I won't put up with violence

M^o & F^o put up

(W) I've seen him stab my F^o once & he ran to bush & hid. Tried to protect him

F^o bought him a car & he'd wreck it & he'd get another.
Maybe he felt guilty.

Bro went to jail once

Now he goes to AA - he kept his sober.

Bro - DIP.

(Rodney)

M^o had daughter from previous relat. Gave her up
to her F^o who had met someone she.
She stayed in US on occasion. (Carmen)

M^o - Aborigine

(Maria Lock - 7th generation) Darrug.

Supports.

Dog - Molly. v. attached to her.

The kid I never had.

Scared to leave her in pet sitter
Got her to cope in Dad.

Regret I didn't keep her sister

Friends - good friends

One away in Phillip was a bit.

Trip - going to Japan w/ M^o

Would have preferred to go alone.

2nd June to 10th June.