

8.7.24

Wandy Hart.

Elderest daughter moved in her step-f^o + his partner
- destroyed me a lot.

Don't know why I failed so much.

Why didn't she reach out to me.

Ripped my heart out.

She's 17.

Changed - Aug. 2023 when she started talking to her (ex)

- when I started asking her to contribute more
around house (as she wasn't working)

she was living in her b/f's but they split up + she
moved in her ex (her step f^o)

? reasons for thinking failed

- she doesn't want my help

- why didn't I do things differently

- one time her b/f's M^r asked me to pick
her up + I ~~was~~ should have

Good in younger daughter (10). She doesn't want to go to
her dad's. Clingy to me.

Feels like the world's against me.

Relat. is ex

- he did wrong things; no feelings for him; he needs to
be friends. He calls meetings in spiteful way.

try hard to be nice person. Not reciprocated.

Everyone tries to knock me down.

Don't think it would be helpful to chat about L^os
as he's influenced by his new wife.

Don't know what to do; how to feel; how to deal
it.

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Why have I failed so much.

My worst nightmares happening.

⊕ Shut myself away instead of proleming it.

Slept all day. Woke for meals the slept
2 mids

- wait till she contacts me
- what do I say?
- don't want it to be about me

Why am I so unlovable.
I don't know what to do.

→ ? onset

- as a kid

- torn b/w what you feel

Parents never said I love you; argued all the time
Didn't see them until dinner

Hating my life; wish they split when younger so
depression didn't have to live through that.

Never felt loved or wanted or needed

Chose to block things out.

Moved out at 18 as parents fought

Sister 5^o moved out at 16

F^o pushed M^o around.

M^o try to stop it

18 - F^o came home from Club; bailed me + M^o up
in room → I left.

Always v. social

Got back + forth to Les's F^o; tried to
help him. Always try to see the good in people.

Going through that - him hurting me + trying to
justify

⊕ be wanted; + needed.

always hear the caver; give you anything -
→ means you need me or want me.

? fresh thinking in Lex

- I did the same in her. Do everything & provide everything

→ Comes back to bite you.

Wish I didn't have the story I have to be able to do things differently

D/K can Δ these patterns.

If I take that away - I've nothing, nobody.
who am I without all that.

Why can't I be enough for you
Constant fight about what to do.