

12.8.24.

Wendy Hart -

Problems who I want to be + how to navigate.

Decide to deal w things then 2nd guess.

No communication w daughter.

They're having difficulties w her. Ex asking me to support their side.

step in face as they put daggers in my back when she was acting out w me. Gave him that feedback.

Still angry, hurt & heart broken so hard to deal w it.

→ Caution w Helen.

I've seen her twice & said hi, but no more than that.

50/50 w youngest daughter.

Not natural feeling or engagement.

Don't

know how to navigate it.

Less emotional → confused. Am I shutting it away? or have

I dealt w it & wanting to move on.

→ in process of understanding. Still have emotional fire but trying to process it.

Lots of things in past I shut away & have dealt w it.

→ 2nd guessing it.

What is a way to deal w it? Guidance

~~Partner's~~ Dad
Left ~~her~~ relat. for her safety + my life
Last partner, he ~~ignored her & left~~

Now she's sleeping around - looking for another male.
Ex ~~Partner~~ denies it.

Tell

She was my best friend

→ loss of my daughter & best friend

Don't know how to cope w that

Hurt: betrayal; rejection;

how she chose someone over me.

Why couldn't she love me & accept me as her Mum.

? her position

I can see/feel she's taken on as a personal attack
+ That whole world hates her; world's against her.

I wish she could appreciate what she had.
want to make her see her qualities

→ something in her believes she's taken on
started as a deflection to
Triggers in her to feel hated + unwanted
Everything something happened, she'd get defensive
'don't know what it's like to not have a dad.
an excuse + not taking responsibility for
~~tried~~ to contact her bio. F^o
offered to help her.

rebellious/acting out
I always defended her; trying to protect her.
Not allowing her to exp. + resolve own issues.
When started challenging her, she rebelled + moved out.
F^o Day - she started re-connecting to her step F^o.
New b/f + me not giving 100% to her
Moved out in Dec.

acting out to get the emotional response of feeling
loved + wanted.

I just want to be heard.

1st relat. (Lesc F^o) B/V

Do everything for everyone.

Shut down + don't deal in things

Last partner - fixated on communication & being heard.

Why can't you just care for me? Heads listened to.

How do you tell what's an overreaction or speaking my truth.

I just want someone to have my back like I have theirs.
always been the carer

Put myself in traditional roles; always have to do everything

What can I do for you

I just want someone to listen

Recent b/f - together Aug. just ended.

still love each other

the struggle is ex husband being around.