

24.6.24

Wendy Hart

Gone through a lot in life.

Harvey's death is a lot.

Recently, blow after blow

DIV relat 19yrs (1st love from 16yrs).

→ pregnant in 1st child (now 17)

→ physical violence daily

→ verbal

Once daughter born, daily abuse

- hitting me; holding knife to me,
I became so scared

Finally left when she was 8mos.

Hitting me + windscreen while driving
He was so angry he didn't go to work

Knew he'd kill me that day.

He went to jail for 6/12 for that occasion

↓

Anx
PTSD
Stress

Hate it wh people disappointed in me
+ useless: worthless.

Married 10 yrs - together

~~In someone~~ 12 yrs

never able to speak up.

Emotionally cheated on his husband.

He was seeing a friend of mine. I wanted to leave
but he made out I was crazy.

Protecting my eldest daughter.

Left him - he cut off my 1st child.

We have daughter together - she's 10

Relat. in harassment & I was oblivious to the
3/12

Cost \$22K. Convinced me to buy him a car
when I left - threatened to kill me; to burn my house
down.

Elders started talking to my ex-husband → affecting
our relat. He was sneaking around behind back.
She left school at 16 to traineeship

Single m^o; Work full time.

Older not helping at home; sport + by my ex.
→ I look like the bad guy

Moved out before Xmas to her boyfriend's family.
(Alicia) We were best friends, I thought; were open
+ good friends
She's cut off from me.

New relat.

I need to be heard now in certain things
Tells me I'm too friendly when out
No

F^o - died

M^o - no relat. of yrs - narcissist i.e.

S^o - occ. contact.

Good friends I talk to

Oct 23 - ED - tried to O.D.

→ Wept - No beds → 1/c

Phoned friend to care for the girls. She called
ambulance

Started to see counsellors but can't afford it.

Back to boyfriend + moved in together
But triggered + I moved out.

wanted to sleep all day
Drinking every night & forget
Take drugs to feel happy
3/5 2 - Random drug test at work → 90% cocaine.
Reliant on it. But stopped then.
Realization I need help.

Heightened to triggers
Want to stand my ground
Need to balance reality vs. perceived threat.
Not good enough; don't have a voice.

Work - transport for roadwork.
Work - supportive

50/50 custody of youngest.
off work 2 weeks after AOD test.
work know everything going on.

1st attempt - 1st husband. Daughter 2.5 yrs
after he threatened to take her. - cut wrist.

SI. been there before

Don't feel I need to do that now
Think kids will be better off without me
Feel I've messed her up & don't want to mess up
youngest

- also aware that she's going through her own things.

she has a lot to deal with
Question everything; what could I have done differently.
Always defended & protected her.

> back at work.

Broke up - April 24 - moved out
together a year. know each other 2 yrs.
On & off.

Went camping at w/e.

Unknown is scary.

Confused about us.

I've got the walls up. If I let them down,
they'll want to be hurt again.