

Loss of motivation - can't be bothered
Injustice - loss of meaningful work
Grief + loss

R: withdraw + keep to self
Learned to stand up for self.

SUMMARY of
THINGS

Child - strong discipline; a nuisance; not wanted;
I learned to 'scatter + disappear'; self-protection; lied

Subservience ingrained

Became victim when try to break out
CRUSHED (by grief)

I want to stand up

Do + do to mask feelings (HIDING)

Close in for protection

SHRIVEL (ie anger)

opp. - free; speak mind, being yourself

imag: beautiful flower stamped in.

R: need to fight way out.

Guarding my goals

Angry outbursts

Not brave enough
Worn out

Father supported me

? how to be strong.

Cower down

No confidence in self

Had to learn to stand up

Anger is indignation.

Disappointment

Betrayed

Grief in people I trusted
F: dignity + violated

R: close off

Don't want to be controlled

Need to get stronger to not
be controlled

Victim

PEA-LE

CRUSHED

STOMPED IN

What have I done?