

Emma Anderson (39) 02/10/25

[Clear up all toxicity + trauma]

Seeing ~~causality~~ ^{more for} weekly linked
to inner work (aware parenting).

Childhood - guilt + shame from
mom

- secrecy

- no contact w/
father + half-sibling

→ very aware of effects
starts feeling when reactions
are bubbling up - prior was
super reactive

→ lots of physical aggression +
abuse as child

→ feels blocked by layers
of protection -
wants towards being able
to feel love.

→ rush
+ yelling

[cheatually
* sess. w. Greta]

No vulnerability/softness

If you're not doing, you're lazy

Control = predictability (past)

Always in trouble as teen, defiant

[HARD / TOUGH]

Would never know

what would happen next

→ uncertainty, disconnected from no ctrl

tasks
jobs
rigidity

CONTROL

→ fear

Under 10: 0-4 lived w. grandparents
+ uncles - 1 of them
(I was a number) now

6 yrs older than next
sibling - I had to
look after myself
Overresp. always

"I didn't matter"
Left home @ 16yo for two years
then back @ 18yo - lived w.
friends - step Dad hit her

Only ever had myself

No memory of taken to Boblaide
"Taken" from house
very traumatic - felt like
punishment - wanted
to escape car but couldn't.

[Lots of phys + tox]

"Manage" daily control/fear
but not released/cured.

Esp diff to trust + feel love
from adults e.g. wife.

[AIDS]