

10.01.25 Kim Rogers

Scammed \$36K. Account blocked. Put in police report
Told oldest daughter. She

Got mobile; blocked the message

I just feel like I got tricked.

I believed everything he said.

Lodged a complaint @ the bank. They keep telling me they
can't get my money back & don't know where it's gone.

SIL came over & helped

Bank used - not in US; in Nigeria

Worst thing is being deceived

Got email.

Bank scrutinising my expenses for me to pay things.

Spoke to police scam squad.

Comau Bank locked my acc. indefinitely.

Affecting me badly.

2 weeks didn't sleep; ruminating

Don't want to tell people. But hard not to tell people.

It's like a nightmare.

Good to have support from daughters & SIL.

& boy friend.

Neck strain → physio

Not given ex any new phone number. Not sure what to do.

Trying to get back into exercise

⊕ lose wt.

⊕ appetite

⊕ alcohol - 2 glasses → bottle.

This week - 2-3/day

Soothes me. I think I can do that doesn't impact
other.

Caring for aunty in nursing home.

work - Mon. Wed, Fri