

Anger.

I don't like being disturbed all the time. I need some rest. It's not convenient now. I am furious at being pushed. Furious w. Suzie. Her reaction fuels rage. Her rejection hurts me. I am only just back, I need to settle. Her tone, her walking away.

← origin. Knot from belts to solar plexus. Fury & impotence. Can't act as I want to. Frightened & angry. Not able to get sexual relation if I'm angry, impotence & rage.

← I want to punch someone w. left hand. Avoiding saying "my father". Don't want to admit it, near stairs. I am scared. He might want to hit me. I've done something wrong. # I am terrified. I have not done something he told me to. I don't want to do it. Anger has disappeared.

Anger hurts me, too. I suffer the pain, too. I've not blown my top. I've not expressed.

Don't want to do anything. I don't get a chance to do nothing. I am doing something morning to night. You bully me all the time. I hate that. I do a lot. It's not true to say I do nothing. You are not interested in me - only in what I do for you. I feel rotten inside, lonely and unloved.

← M is away. She should be here. Something missing from me. I want her back. I need her to be with me. Where is she? An aunt is here but it's not the same. I don't like her. She's bossy & doesn't like me as much as my M. does. I hate her. Shouldn't be here. M. should be here. She shouts at me. "Behave yourself!" I am told I'm messy. F. comes in & goes out.

I get my clothes dirty, am noisy, etc. I hate her. I miss M. incredibly.

← Image of being in cot. Holding rails & yelling for someone to come. I can't move in here. I enjoy talking the belts.

← v. dependent on people for my life. If I'm not fed & kept warm I'm going to die. I'm hungry. 6 months.

← Womb. Sorry for myself. I'm bored, cramped. Dying to get out. Squashed all over. Too limited.

Emptiness in S.P. - drained. Energy siphoned out of me. inert, like a queen bee. Can't move. I want everyone to revolve about me. I want to be c. of attention. I want it my way. Otherwise I am angry. That cuts me off. Shiny black feel to it.

I feel this in F. + also in M. in different way. Hidden in my mother.

Suze looks like every woman I've ever known - trying to get something - my service. Attracted and terrified. She is a mix up of everyone. I dislike women. I don't trust them. They are devious. Biological distrust.

I feel it in my F. Can't understand them, etc. Y confuses me. How can she change mind so quickly? illogical.

R. She's always appeared weak to me. But I'm not so sure. She didn't touch me enough. I had to ask her to hug me. Must be something wrong w. me. Not worthy to be loved. Not fair. V. insecure indeed. Something I really need - a food. More important to love than to feed.

Suze never hugs me when I need it so much. A little makes a lot of difference.

I don't like to be told what to do. To F. I'm never allowed to express it so I'm frightened + angry. If I keep it to myself I can't be hurt. You boss me + I'm scared to death of you. So unpredictable, so inconsistent. He has rules + doesn't obey them. He is moody, never know where I am. You only talk, you never listen. You are a bad father.

It's inconvenient to be told what to do. I don't like being controlled + forced. He never shows me how to do things right, anyway. He's the general. We are a problem, to be organized. He takes over anything I want to do.

→ kitchen. I've done what I can. I am harassed, turn off the pressure.

← F. you don't relate. I'm scared of you.

→ I'm doing what I can. It's hard work + I get tired.

## Loneliness + Furry.

S.'s record. I have to push R. because his English is better & he can get people to come. If I don't push it won't be done. I want this mess cleaned up. I feel ill. I want it done. Now. R. always angry, always reacting. I get on very badly w. him. He's like a little boy.

Intelligent handling of kitchen.

Hierarchy of jobs: How to do the most in the least time. Let's look at goal & we'll know what to do. We can't control builder: so let us do it, in harmony. It's an enjoyable achievement. She feels fine about that.

Difference is disharmony / harmony. One is resentment driven, the other is intelligence driven.

Not too happy - want revenge on her. Blocks the nose. I want to get my own back. Why shouldn't she suffer?

Both blame each other.

Intense pressure is energy which could be used better. Lowering expression to my wife & everyone I meet.