

Keeping everybody out. No light. Afraid someone might come + something bad happen. The man. Biggest + stronger than I am. I'm very vulnerable. I'm under a house in a cellar w. the door locked. 3 hrs. Long time.

← In drawing room, seat by window. Smell of Polish Sunlight. 2 people come in, talking loudly. Anxious. Tone - let's get her? Disturbs me. Outside door. Afraid they might come in. 6 yrs. Afraid they'll take me in cool cellar. They think I switched on them. Age is 13.

Nobody is stopping them dragging me off. I'm shouting. Don't want to go! Being pulled away. Pulling my hair. Crying. They're gone away. Dark + frightened. Can't get out. ANNOYED! Too frightened to shout in case I wake something up. Getting hungry. Don't want to look behind me. I want some light. Floor is dirty + I'd get into trouble if I get dirty. Hear someone in stairs.

They don't realise I'm gone. Nobody likes me. Where's Mummy - nurse. Such a long time. Hear someone coming. Laughing. They say it's been open for ages. I hate it down there. Scared of the dark.

← cause of fear in Richard.

Wind outside, scared. Somebody might be out there. The wind may be alive. 3 1/2 yrs.

← original situation. Don't know where I am. V. scared. Terrified of being born deformed. Might not work. A monster. I've heard somewhere. Might be a monster. A monster, V. hurt. Growing inside. Conceived, not born. ~~only a monster~~. His hand on outside. Male - I feel his pressure. How's little monster? Quite friendly, actually.

You're a monster! Male voice. Like a child's voice. You're a monster. Hazel is there.

M's record. Not happy about it being said. Sshh! to Hazel. Why should he have toy when I can't

← to womb. V. tense in solar plexus. Fear. M at doctor. Examined. I'm aware of being moved. Her fear. Is baby alright? Don't like it. Prodded. Fear - M. is frightened by Dr. Pain of having baby returns. It might be painful for me. V. strong fear of being born. Deformed.

← M. was born w. this fear. Inbuilt down generations.

Birth process.

Uncomfortable. Squashed. Can't move legs. G. mild. Don't want to be disturbed. Being moved about. Fear. Am I going to be shoved out. Now. Its starting. Alert now.

M → Not much change. Lonely, waiting. M. feels she wants someone there.

M → Squashed. Apprehension increasing. Going to be shoved out & separated. Nothing happening.

→ Coughing. Groggy. Feeling pushed & then I go groggy. Strange after-feeling, not knowing where I am. Nothing happens. Stand. Something is wrong. I should be moving more.

So unsure. Well of uncertainty here. Nothing's happening! I'm stuck here. I'm going to be stuck & no one is coming! HELP! Its M + me in duct. I depend on her & she is scared. Letting me down. I'm terrified.

I just want it over. Such a long time & nothing happening & nobody is here to help. Huge feeling of being left alone.

Someone's come. I feel better. Don't like being left alone. Very squashed. Getting worse. Not quick enough. Afraid I may die in here. I hate this dependence on others. Why not let go & get on. She's holding in. Too civilised. Holding me in. I can't move unless she does. She's holding on.

(M. afraid of pain).

Its all so slow! Oh, God! I've had some stuff that makes me gasey. I want to get out - I feel being pushed &. Head not thro. Squizzed. Squashing. Having to wait all the time.

Feeling stuck. I want out or I'll die! But its comfortable here & don't want to go out. I'm better here where I know where I am.

So long! I'll never get out. Aahh, Terrified I'll never get out. I want to get out. So frustrated. It hurts in here. Get on with it!

Being moved properly. Thank God! Feeling good! Yes! This is right! Being moved properly. Squashed thro'. Aah! Aah! I accept! Aah! etc. etc. Being moved out. Aah! Aah! etc. Glad to be out. Ah! Ah! A! Celebration of being out. Ricked up. Ah! Ah! Ah! Aware of separation. I want to be held. I am, but not by M. Someone cold. I'm cold! I'm being wet. Now something tough. I'm crying. Want to be back where I come from. Being jiggled, which is better. But not right person. I want my mummy.

Something must then. I'm back. Can feel M. Relaxing -
Next to her. Lovely tone to it. V. peaceful now.

Well of fear was worst. Terrible uselessness of nothing happening.
I felt terrible because M. did not know what to do - I felt an
ocean of insecurity. I felt it could lead to my death.

Its a dominant feeling of my life.



feeling of it going to vast
distance. River of life feeling.
So full + physical. An immense
weight of nothing.