

**Background**

- Raised 2 boys on my own.
  - Robert Lindsay – 40
  - Michael Lindsay - 39
- Common law married – not divorced from the 1<sup>st</sup> husband – good friends. I never had a need to divorce him.
  - We parent together
  - Tom Adair – he’s another child I’ve taken on – he has club feet – you run and get this, my feet are bad.
  - I can go do what I want. I’m in a relationship but I can come and go as I want.
  - He’s a good provider
  - Money controller – if it wasn’t for him I wouldn’t have the lifestyle I have – he has picked me out of the gutter and given me a good life
  - I don’t want confrontation. I’m not happy. I don’t make the financial decisions.
  - It’s more work than I thought – I’m staying away from my home – I escape – go stay with my girlfriend or babysitting with my child.
  - I stay with my
  - Kids are very spoiled – they have been given a lot and there is little appreciation – Benefit – I get to spend time with my grandchildren. I get to be the parent because they aren’t parenting the way I want them parented. Son is unhappy – in an unhappy relationship – has these kids – Age 2 and 4. She wasn’t a good parent. He stayed with her because she had a child
  - Son ran off with her girlfriend when she was pregnant with the 2<sup>nd</sup> child. They live on a property owned by ex-husband – it’s all free.
- Whole family has phobias
- I don’t lie

**Issues**

- Went back to school for nursing – age 49 – couldn’t pass the requirements. I was so determined – I surrounded myself with such good people.
- ANXIETY
- Phobias
  - I have to be in full control
- You give birth now you take care of me
  - Run over top of dad and uncle
- Hashimoto’s disease – autoimmune – gut
- ADHD
- Not able to relax

**Relevant History****Contract:**

I want to be able to wind down and relax

- To do whatever I do from JOY
- To learn to set better boundaries

- To enjoy life.

I need to stand up for myself better

- To stop avoiding confrontation
- To deal with things like wills and getting the house in my name, getting my divorce
- To seek to control more without a fear of getting in trouble
- To get my nursing
- To leave this relationship

I need to stop acting as if I'm the hired help

- To function more as an equal to Tom as well as others
- To stop being complacent
- To stop being parent/caregiver to anyone.

I want to feel a sense of worth and value

- So that I know why I'm here
- To do what I need to do for me.

## Summary of Work

<p>Part – that keeps me in the lifestyle with someone I don't respect.</p> <ul style="list-style-type: none"> <li>• I want to make people happy</li> <li>• It makes me happy to see others happy</li> <li>• I don't want anybody to be sad.</li> <li>• HURT breaks – I feel sick</li> </ul>	<p>Dad's family</p> <ul style="list-style-type: none"> <li>• His dad would tie him up and beat him with a baseball bat</li> <li>• He would beat his mother</li> <li>• Had multiple affairs</li> </ul>
<p>I wanted to be the centre of attention.</p>	<p>My parents were SWINGERS</p> <ul style="list-style-type: none"> <li>• Mom had no education</li> </ul>
<p>Age 5 – I'm scared of my dad – he will give me the belt like he does the boys – I hid under the trailer.</p> <ul style="list-style-type: none"> <li>• I was so scared I would be killed</li> <li>• I would make them suffer – they were not looking after me.</li> <li>• SCARED</li> <li>• Our family would get lost in the woods – we would go for drives.</li> <li>• <b>I didn't feel secure with my parents.</b></li> <li>•</li> </ul>	<p>Search – RCMP</p> <ul style="list-style-type: none"> <li>• Grabbed me and hugged me when I came</li> </ul> <p>Dad kicked the shit out of mom and she ended up in the hospital.</p>
<p>Mom &amp; dad split up when I'm 10 – and then I was taken in the middle of the night.</p> <ul style="list-style-type: none"> <li>• Scared.</li> <li>• I'm the protector of the children – I know this is unfamiliar to me -</li> <li>• Older sister and brother – older by 5 and 7 years.</li> </ul> <p>No childhood</p> <ul style="list-style-type: none"> <li>• Not stable – we never lived anywhere long enough to get to know neighbors, friends, teachers</li> <li>• I would gravitate to those who were nice to me.</li> <li>• Stuff = security – it's mine – I could focus being a child –</li> </ul>	<p>Mother</p> <ul style="list-style-type: none"> <li>• Alcoholic family</li> <li>• She would lock us in the bedroom when we were bad.</li> <li>• If you were bad – you went to bed with no food.</li> <li>• Eat it or do without</li> <li>• Food was a punishment in our house.</li> <li>• Mom – running a hippy house – smoking weed, multiple men</li> <li>• She had no education</li> </ul>

<p>looking after it</p> <ul style="list-style-type: none"> <li>○ Nun would give me a little necklace of Jesus, a hanky, a pencil</li> <li>● I felt special – made me happy</li> </ul> <p><b>To eat made me very upset – if I took a piece I would waste it and I would be in trouble.</b></p> <p>Get</p>	<ul style="list-style-type: none"> <li>● We had 7 children</li> </ul> <p>Father was very adventurous with food.</p> <p>Everyone had chores</p> <ul style="list-style-type: none"> <li>● You were there but not allowed to make noise</li> <li>● Seen and not heard</li> <li>● Kids don't act out – that would be not good.</li> <li>● Saturday while mom polishing floors only time we could be free</li> <li>● Candy was padlocked – on Friday night you got a little taste.</li> <li>● Good was padlocked – we had to be conservative with it.</li> </ul>
<p>Age 10 – I'm in charge of 4 children – Sister was an infant, 2, 6, 7</p> <ul style="list-style-type: none"> <li>● Petrified <ul style="list-style-type: none"> <li>○ I slept on the couch</li> <li>○ I was afraid that someone would break in.</li> </ul> </li> <li>● Cried – I'm not supposed to cry - I'm the oldest girl <ul style="list-style-type: none"> <li>○ I need to be the savior of the other 4 children.</li> </ul> </li> <li>● I needed adult clarity – this was my adult person who could tell me what is going on in the world</li> <li>● <b>SCARED – It's weak to be scared.</b> <ul style="list-style-type: none"> <li>○ I don't want the younger children to be scared.</li> </ul> </li> <li>● Settled in Delta BC – dad would go for a week – made sure we had food, paid the rent.</li> <li>● I broke</li> <li>● I would smuggle pants into school – I thought I was cool</li> <li>● Wasn't allowed to leave the house</li> <li>● I cleaned the house, did the birthday cake, dressed well, ready for school</li> <li>● <b>I decided to be the best mom I could possibly be.</b></li> <li>● Stressed out</li> <li>● Angry – It's not my job, I have an infant to feed, I have to get up in the night to feed her. I have a 2-year old to deal with. Then a 4-year old and 6-year old.</li> <li>● I had everybody on a routine</li> <li>● The house was really clean</li> <li>● Frustrated – Nobody listens – 2-year old pulled TV down on herself – ended up in hospital and my father is furious with me because he had to leave his girlfriend to go to the hospital.</li> <li>● I would look out and ask if people cared. I was in an apartment complex and wonder – can you please come and</li> </ul>	<p>Parents split up</p> <ul style="list-style-type: none"> <li>● Mother got custody</li> <li>● Dad was a millwright – worked in forestry – building towns – stayed in place only 6 months.</li> <li>● You have to wear skirts and have long hair</li> </ul> <p>How dare you go outside on the swing.</p> <p>Father – furious</p> <p>How dare you go break my shoulder making him coming home because I was in a brace.</p> <p>Other mothers stay home with their kids and take them to school.</p> <p>Mom never tried to find us.</p> <p>By leaving us alone he put me in charge.</p> <p>ANXIETY</p> <ul style="list-style-type: none"> <li>● Will someone know</li> </ul>

<p>help us – tell my dad this isn't normal.</p> <ul style="list-style-type: none"> <li>• Does she not care? <ul style="list-style-type: none"> <li>○ Disturbed</li> <li>○ <b>She doesn't care?</b></li> <li>○ Is she not concerned that dad is leaving me alone.</li> </ul> </li> <li>• I'm burdened with looking after these children <ul style="list-style-type: none"> <li>○ This is not normal</li> <li>○ <b>I wanted to learn, go to school, play</b></li> <li>○ I wasn't allowed to do it</li> <li>○ TRAPPED</li> <li>○ <b>I wanted to make lemons out of lemonade.</b></li> </ul> </li> <li>• I start gravitating to those that will mother me <ul style="list-style-type: none"> <li>○ I need people who will be kind, give me advice</li> <li>○ People lover.</li> </ul> </li> <li>• <b>I would do anything if you will be my friend</b> <ul style="list-style-type: none"> <li>○ Give them stuff</li> <li>○ Make them feel important</li> <li>○ Make them feel happy</li> <li>○ Do stuff for them that they will enjoy</li> <li>○ Satisfaction – they like me.</li> <li>○ They think I'm wonderful.</li> </ul> </li> <li>• <b>NORMAL</b></li> <li>• I'm not worthy</li> <li>• What did I do wrong that they don't like me.</li> <li>• I didn't feel SAFE anywhere...</li> </ul>	
<p>I would do anything to be your friend</p> <ul style="list-style-type: none"> <li>• If I don't help you out you won't be my friend</li> <li>•</li> </ul>	
<p>Age 14 – we were put in foster care – we were all separated – I went with a really good family.</p> <ul style="list-style-type: none"> <li>• GUILT – if I have fun</li> <li>• I got to be a kid – I didn't want to be a parent again.</li> <li>• If they wouldn't let me do stuff, I would go stay with an Aunt and Uncle</li> <li>• I had never dealt with money</li> <li>• I would learn my times table to get money.</li> <li>• Expectation that people that care for me can abandon me. They can dump me.</li> <li>• I don't trust people to not abandon me.</li> <li>• <b>I don't trust that I'm worth loving.</b></li> <li>• I don't let people in – makes me selfish.</li> </ul>	<p>Sisters were sexually molested. Boys were beaten in care.</p> <p>Ran a motel – paid me to clean. They would let me run the hotel.</p> <p>Dad took off to Hawaii and put us in Foster Care.</p>
<p>Age 16 – Children's Aid paid for an apartment for me.</p> <ul style="list-style-type: none"> <li>• No drinking really, no drugs, no promiscuity – I wouldn't</li> <li>• I had to make it on my own so I did. I had to get up and go to school. I had a good social worker – she let me away with murder. I had a good allowance.</li> <li>• I was so selfish about what I wanted</li> </ul>	

<ul style="list-style-type: none"> <li>• Freedom</li> <li>• I had fun – straight and narrow.</li> <li>• I don't trust adults.</li> <li>• I don't trust love</li> <li>•</li> </ul>	
<p>Age 19 – I got pregnant and had children.</p> <ul style="list-style-type: none"> <li>• I was getting married as a place to go</li> <li>• Wall went up – I don't trust him because he doesn't defend me.</li> <li>• He didn't come to live with us.</li> </ul>	
<p>Age 18 – I liked the family unit – they had a mother and father and it was a family unit – had Sunday dinners together.</p> <ul style="list-style-type: none"> <li>• I wasn't up to the standard of their living. She wanted the children but she didn't want me.</li> </ul> <p>Age 26 – I separated from her.</p>	<p>My mother-in-law rules my husband. She dominated our children. Her husband is a foreman.</p> <ul style="list-style-type: none"> <li>• Took me to court to try to take my children</li> <li>• Judge called that family a circus</li> <li>• I got custody and then they got visitation at her discussion.</li> <li>• I got a variance for the property should it come to him later in life.</li> </ul>
<p>Age 20 – made a decision – I can take the low and poor me – the victim or</p> <ul style="list-style-type: none"> <li>• I will surround myself with people that will help me and I can learn from them. I want to be a good person</li> <li>• HURT</li> <li>• I'm not worthy of a female person</li> <li>• I must be a horrible person.</li> </ul>	<p>Mother-in-law that hates me</p> <ul style="list-style-type: none"> <li>• Wanted full control over their children</li> </ul> <p>My husband never stood up for me.</p>
<p>Age 21 – My sister who was 11 was being molested in the foster home. She would come and not say anything. And then I would send her back.</p>	<p>Sister – highly intelligent – wanted a baby – she is handicapped now – has this guy live with her who is also disabled. He keeps the house. But she can't stand him. She is very private and secretive.</p>
<p>Age 26</p> <p>The guy I left my husband for.</p> <ul style="list-style-type: none"> <li>• I put up with a lot</li> <li>• I must have made him do that...</li> <li>• He almost killed my sister's baby.</li> <li>• I can live with you but I won't love you.</li> </ul>	<p>Anger issue – he would smash things - signed him into the Psych.</p>
<p>I'm living with Tom</p> <ul style="list-style-type: none"> <li>• Selfish – I'm totally independent</li> <li>• I've used Tom for the lifestyle he provides</li> <li>• We do have a life with him.</li> <li>• I have to be in control</li> </ul>	<p>He's such a child</p> <ul style="list-style-type: none"> <li>• Horrible hoarder -</li> </ul>


### Beliefs:

- I don't feel worthy
- I don't feel value
- Food is punishment

### Manifests:

- no permission to just relax – I'm exhausted – I function on adrenaline.
- I live in this nice house with a pool and I never use it
- I know better but I do nothing about it
- I'm tough – you can't push me around.
- I have drama – my kids had relationships with people who don't function well.
- I worked really hard to provide a life for my children
  - The people they pick up with are 'bad' people – with anybody
  - Youngest son marries a girl, together 6 years and all of a sudden she is having an affair and he wants to have her back. Her mother is chasing after her. He lies to us and doesn't tell us about multiple affairs. He decided to build her a house so she wouldn't run around on him. If he bought her a new vehicle and furniture she would stay. He didn't want a broken family.
  - He is highly intelligent, driven, master plumber, he has master horses – he takes broken people and wants to fix them.
- I left my husband – really nice guy – and I left him for this guy with anger issues.
- I want to control my health
- I never tell people my story – I'm embarrassed about my story.
- I don't validate that I have a problem so I don't use it as a crutch
- My son orders around their father and Uncle.
- I'm super aware of the dysfunction around me – I hate it
- I search for people who are education so that there is minimal dysfunction.
- I tried so hard to have my kids be 'normal'
- For the past 23 years – I have raised the children of professional folks – and run their home.
- I decided to be the best mom I could be.
- If I've been bad I will go days without eating.
- The need to save others.
- I look after my stuff
- I always have lots of food – I want everybody to eat anything.
- When people come into my home, I wait on them.
- Parenting style – I did the opposite of what I experienced.
  - Lots of food
  - I played with my kids
  - I spent time with them helping them with homework
  - I need to be in control – where they went.
  - I'm going to do everything for them. I'm going to give them everything.
  - Protect them
  - Control everything
- Physically sick when the child is hearing about mother's problems.

- Anxiety –
  - Not going to get anti-depressants – I’m weak
  - I could go places – go to Concerts
  - I can’t take all the chatter, chatter, chatter of groups
  - I get spun out
- Winter – I get really depressed – I don’t like cold
  - Dark at 4pm – I couldn’t look out to see people.
- **GUILT – I did a terrible job as a parent** – that’s why they have picked up with these people and that’s why my grandchildren are suffering.
- **Being social makes me happy** – I’m free.
  - Religion – Catholic – devoted.
  - Friendliness – I talk the ears off people.
  - I talk to anybody I come in contact with anyone
- My always giving them everything has created selfish kids.
- It makes me happy to help others because that makes them happy
- I can’t just let lose and have fun because I might have to take care of somebody.
- Relationships – I won’t be vulnerable – I can be tossed out like trash
- I learned to use people
  - I don’t trust you but you’re useful.
- Causes me to stay longer in bad relationships because I make the problems between us about me.
- I don’t feel secure in life
  - I’m not adventurous – what if...
  - I don’t let a lot of people into my life
  - I have lots of acquaintances
  - I have to be in full control
    - You won’t tell me what to do...
    - I feel safe to go this way...
    - I don’t want to get lost
    - Very controlled life – Brockville – lived in the same areas – under my control.
    - Relationships have to be under my control.
- Stories – about why I need to mistrust
- I feel like I have to be busy all the time.
- I’m a good girl = busyness – not facing the fears of the 10-year old girl
  - I have to tell people all the things I have to do.
  - I over-do