

15¢

Columbia

MEMO BOOK

I really am scared.
It does seem
hopeless unless I
leave him alone.
If I do this I
fear his being always
with her; and that
is 50-50 chance.

I feel my entire life
in jeopardy. When I am
away as in school - I do
feel some relief. No on
way home the panic
has already begun to
rise again. I am so
scared - that I will

do or say the wrong
thing to make him leave.
I don't want him to leave.
I do know it will be
hard to regain but it is
possible if he wants to.
But he really might
not want to. I hurt
all over. I must
get rid of panic for all
time - not matter what.
In my heart I know
he loves me. He is
scared of me he said so.
And he is fantasizing the
idea with this new girl.
(childlike fantasy)
I just don't know

I is stubborn
"He says one can
not go back."
He means love
excitement — — ?

He does not want
to be with me.
That is the way it
is and I cannot
face it.

I found out about
myself too late I
destroyed our love.
And ~~and~~ I love him.
And now I must be
pretty, interesting,
charming. Kind,

1. doctor

~~* a) sol. what he said
implications - why not
communicative living etc
what I resented
I said~~

~~~~~~~  
~~~~~~~

~~~~~~~  
~~~~~~~

~~~~~~~  
~~~~~~~

~~~~~~~  
~~~~~~~

~~b) Scarsdale - quite
what it means
c) What this means in terms
of me. my make up.
A new~~

~~standing - super~~
~~grade~~
~~staple gun~~

~~yes~~

~~yes~~

1. Scarsdale, - unbelievable
only Mike could define
he saw. other part
great. I must leave.
how?

2. 3 faces of eve.
I sleep during
final resolution.

3. Scarsdale lady extreme
intel. extreme wa -
the part I want to
purge. opposite to -
but what I used
daily in milder form
to get at brain.

after last session.

I in both, Fri.
Phone rings. I know.

picture falls out
I tell him I know
about unfaithful.

I still want him.

He still wears ring.

I hold on. Now

feel guilty with Mi.

I told him my story
one day.

I am acting now
with him as I feel.

— that is to get to know
him. How I feel.

Wed 11:15

call mon ^{after}

⑤ I can't be alone, nor
with anyone... except
if they give me no pressure
nothing to do, but my own
work (symptoms/selfish)

⑥ scardale - telegram
call - counter call which
never came -

⑦ T. tells me he is fired
from one class,

⑧ why hold on to say no!

⑨ It's me, I can't be with
anyone, become a terror
home, yale with both
mets and T.

~~1) ...~~

2) draw the whole episode concluded. (camp) scene - 3 & girl called to van de gomanie etc. (I took 15 min)

3) iron supplements

1/2 flexible aluminum tubing

~~1) ...~~
David ...

I might say no when
he wants to come back,
also first, as he becomes
unsure he will be
aggressive

* transferred his love of me
to her.

D. says no!

He wants both of us. I
must say no! or begin
to,

N
a
l
s
t
v

1 + 5 + 6

- ✓ ① I must tell him to take out all his clothes, etc.
- ② once reacting - it is to my past, mother.
- ③ 1st layer he says, He loves another. But there is another layer to this.*
- ✓ ④ when D. tells him he is responsible for me, legally; take his things out - he Tom becomes aggressive to me I should act.
- ✓ ⑤ when I sever; tell him I strong - show him I'm well and function he will change or become confused. He

I will attack me aggressively
but it means again another
layer of doubt.

⑥ I should when
I tell him to take
his clothes - tell
him cheerfully if
he does not want me
it is his loss his
misfortune and many
~~eyes~~ there that will
love me and want me
for I am very worth-
while - pretty intelligent
& great artist kind loyal
dance well, and all good!

things.

⑦ Even opening's fun. if I am fun I could have gone.

⑧ He will not get well for her, but for himself if + when + long time.

⑨ He is dependent on me.

⑩ Donk. sees physical resemblance between T + M.

⑪ I am so upset because earlier in therapy this was not all clarified - past I was

young - needed other things.

(12) "Sooner or later" but
put responsibility of
separation on me!

confusion of not knowing
he becomes aggressive
hostile!

Rose - Father's
I like

I mean my mother
mysterious
unknowing
several things

Evo Post.

1.

Threw up daily
refused to go to school
at time of mother's death
over a long period of
time.

2. the other diary of
daddy's?

3 I always doubt the
guy I'm with because
I doubt myself.

11:45

Tals D.

1.

If confronted with her
be strong, well, + concerned
friendly. I'll be with
her nothing. You do
not have to expose
yourself to this.

2. All now for yourself
(phone bill to her)

Build her now only,
whatever to aid her
needs to be strong, independent

4. He will now be placed
with responsibility of paying
his Dr. bill. He might drop
out -

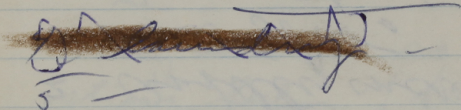
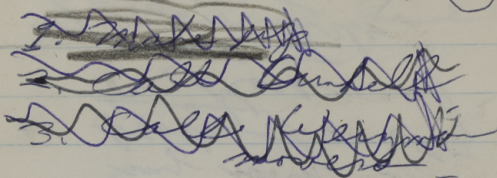
5. I must work.
Zocant
paper for show!

6. For some reason, I must await the friction that will arise between them? I assume what I mean is that will increase his doubts.

She must be placed with responsibilities she might be too immature to handle. I must be the mature one —

~~every~~ — ~~the~~ ~~same~~
✓ ~~same~~

~~at least~~ ~~st. j.~~
~~my~~ ~~journal~~
stea



5.00
8.50
7.00

20.50

1. I wanted to call
you, yesterday. Then this
morning - thought all
days about - Tom's
getting out of therapy.
I followed all your
instructions & believe you
right - doubted this
pressure for fear it's
the only hope.

2. Anxiously increasing
about show &
my work -
broken! on way
to there

Tom + girls
show

3. Bellowing these
up to you -

4. Tom where is
he. —

Why I want so
strong feeling of basic
right - I feel I feel
he too must feel -

5 - T tells Eth "she is
so quiet" indicates
worship. "He T. does
all the talking". Master
strong, powerful, the
man.

6 - T said he made
2 women cry.

~~Exhibit~~
~~should~~

~~write~~

~~write up~~

~~announcements or calls~~

11:00

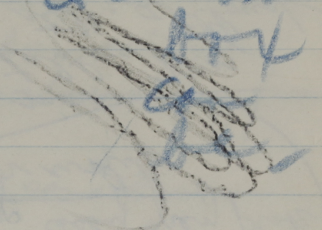
Tuesday

3' 3'

1

28" door

box



$7\frac{1}{2}$ \leftrightarrow

3 ft - long

$3\frac{1}{2}$ " high

~~9" thick~~

light weight wood

Talk with Rosie,

I talk too much about
personal - richest - competition?
competitive - how much
I suffer - my value, liked
by how sick I am.

I destroy others (verbally
or otherwise (T.)) because
my self image is so low,
low self esteem does this.

(Stockings esby grey pink
cream or white.)

I the more
unpredictable. My
sickness still, although
want stability I go to
opposite.

March 5.

He gave me money
last 3 hrs., not me,
me he asked money from.

Did he cancel

went to Woodstock.

I very angry +
depressed. first
dep. no. - angry!!

① seller miller - they the
marilyn mouse - they the
farmers - she nothing - just
then he too is farmers - like
miller - mouse, he with
them - miller literally
mouse - symbol sed, female
all -

② using n.T ?

③ laquarous
impatient
angry!
want back,
still believe contrary
to all available evidence
problem - sickness
& daily living,
but ^{atypical} love this feel
with latter 2 worked on

this still could work
more than with any other
because I.C.T.

(4) Money to assist. &
furious spends. I told
him he must pay me -
He called to say
hello, rest of concert.
friendly.

(4) - Ethly's incident
I hid in house.

(5) impatient with parents
& sister

after 3/9 session,
saw Ethelyn
Tom there earlier
She in awful
position - being
used - but is
"flattered" - Why
both go to her?
connection!

(2) I told her too I
can not do this any
longer - It hurts
me! I wait for
good news for me
get only bad.
"very involved
with her."

(3) He talks aesthetics
with you — leaves
Eth. personal to Eth.

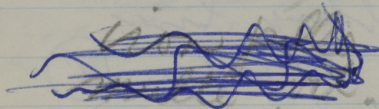
(4) Asks about me,
Eth. says I'm in love
with her — He says
"it makes things hard"

(5) That for T. is so
very happy.

① ~~General basket~~ traps

② ~~agony~~ traps

③ ~~Obtaining~~
fishing



~~Forest~~
- ~~color~~
100% ~~at~~
100% ~~made~~

sup base

~~fisher~~



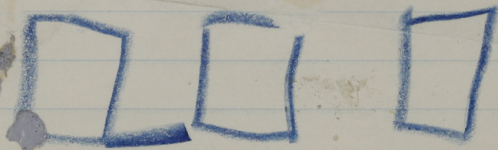
~~birds~~

lead shot

lead sinkers

9. glue rubber to rubber
thin chain
fish line, thread
for nets

window
pane 3' feet



in between
7" inches.