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Location Written	Kentucky, New South Wales, Australia
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Title	Decision to Share Family Interactions Publicly

Eloisa's Comment

I have made a decision to have no more contact with my parents after they have consistently conveyed their anger towards me and others and treated me and others in an attacking and abusive manner. I am estranged from the rest of my family and have been for some years.

I have tried very hard to have a relationship and mend the issues between my parents and I. I feel that they are heavily invested in me being as they want me to be - meeting all their addictions - rather than how I am. When I do not do as they think I should, they get angry and abusive as can be read in the email correspondence below.

I feel my decision is reasonable.

A little bit of Background:

Only a couple of years ago I would have told you that I had an idyllic childhood with the 'best parents' and 'best, most supportive family' in the world. I would have told you that they loved me unconditionally and were supportive and 'there for me' through everything. I would have told you that I only had 'good' memories, and those that were not so 'good' were my fault because my parents 'did the best they could'. In fact I would have tried to convince you of this if you had even thought to disagree with me.

This I have seen first hand is not the case and that the family structure that I held so dear and as so 'loving' is actually, in many areas, the opposite.

Unfortunately and sadly the world has been mis-educated about love and about a whole heap of things. Families end up like cults, if you agree you are accepted, approved of and 'loved' (I have put 'loved' in inverted comma's because it doesn't actually feel like love, it is more an emotional barter system for approval, in an addictive environment to continue to support the family belief systems, avoid feeling emotions that are painful and raw and uphold what has been put in place to 'keep the peace', 'keep it nice'.)

I used to think I was close to my family and that I knew them well, that no matter what happened we would always be close. I have found the opposite to be true. What I used to think my family were like, I have realized is how I desperately wanted it to be. I was hoping for it, but it was an ideal, not the reality. I dreamt of it being as I made it up in romanticised stories for myself. My memories and feelings don't match up to the stories I wanted to tell myself. I created a facade, a false image to keep me in denial and away from the real feelings of my childhood.

When I began a process of self discovery (three years ago doing it in a more sincere way and dabbling in it for two years before that), memories began to come back to me that I had kept squashed down low and out of sight in order to maintain the self deception that I had a loving caring family. I began to say how I felt to my family, say what it felt like for me as a child growing up in 'our' family, share memories of how I was treated by my parents, 'close friends of the family' and my siblings with them personally, and with other family members, all the things I had 'hoped' were true were proven not to be.

I was sexually abused by my brother when I was under 7 years of age. I had not spoken about this to anyone in detail, in fact I had told myself it was nothing. I had spoken to a friend about it when I 19 after my sister had spoken about it at my mum's third wedding ceremony, but when my friend said that a similar thing had happened to her with her brother and she seemed totally okay about it I figured there must be something wrong with me. The shame when I mentioned it, the terrible feelings in me and the feeling that what had happened was somehow 'wrong' and 'off' I told myself must just be because there was something wrong with me and I was 'bad' in some way. I chose to pretend it hadn't happened, to deny it and not talk about it again, so I just stuffed all the terrible feelings down again, told myself what my parents believed 'it was child's play' and didn't mention it again until I was thirty.

Then there was a turning point.

I had married and had three children within 3 years and for various reasons everything in my life was getting turned upside down. I had discovered God's Truth - through the teachings of Jesus and Mary Magdalene - and various teachings that made me question the stories and facades I had built around myself as 'protection' (it was an illusion of protection because I never actually felt protected by what I had created). I had been living in fear for years and finally things just got too much. I had vivid memories and feelings of things that had happened to me as a child, I began to actually feel parts of them again and the pain and memories were real. As I have felt little pieces of traumatic experiences from my past, my life has improved and the Truth is setting me free, Truth truly is the antidote to fear. Every time I face another part of how my life was as a child and sincerely feel it, life gets 'lighter', it feels 'easier' less energy spent trying to avoid and deny it and I feel better about myself personally. My sense of self is growing and I feel like I am not the 'bad', 'wrong', 'terrible' person who is to blame for every bad thing that happened to myself and those around me (I still have more to go to feel as God feels about me - that I am the pinnacle of God's Creation).

*At the very beginning of my soul searching I wanted a lot from my parents and family, I wanted them to love me no matter what, to be interested in my new and exciting discoveries, to want to investigate **with** me. I felt afraid to 'lose' them and didn't know what I would do without them. I got angry at them at times when they didn't listen to me or hear me, and angry that they were treating me harshly, when all I wanted to do was speak about my feelings.*

Over the past two years my fears have been exposed and the emotions I feared have come up for me to feel. I now don't have the same desire for my family to agree with me, what they choose to do is up to them. I have been on the receiving end of so much attack now that I actually prefer to not engage with my parents at this time and feel that until something changes we will not have a relationship. This took me years to get to this point of feeling sincere about it. I said it right at the beginning but it took me a long time to actually truly mean it emotionally and it be more than just words.

I have wanted to give opportunities for mum and dad to show me they love me over and over again but it has not happened and now it is time for me to let that expectation go and allow the deep sadness to flow. What I am wanting to convey here is that I have not been 'perfect' with how I have dealt with the situation with my parents. I am not 'right' and though I have often wanted to make 'a point' that hasn't worked either. I have had to discover the truth through a process of being honest and through this I have learnt more about Love and about the feelings that are really within me along the way. It has been a growing process that has been painful and also brought more joy to my life.

I am able to see more clearly that I was mis-educated about love, I was taught to self punish in order for my parents to avoid their feelings, I was taught that parents are right and I (the child) was wrong. I was taught many things that created a lot of pain and now I am realising they are not the Truth from God's perspective and they are just false beliefs I have harboured and I can release and change those through a simple emotional process, I feel that my life is getting better, I feel that I have even had fleeting moments of real joy and excitement and it feels good, grows my faith in God's Way and that I can change for real and lasting!

When I began this personal discovery process, I wanted to know who I really am, what is inside me, where I am engaging in untruthful and sinful actions and how I can grow towards love and change my soul. I also wanted to speak with my parents and siblings about things that they had done to me and find out about their side of the story. I wanted to be truthful about my experiences, acknowledge that they had happened and that they were wrong in a lot of cases. This did not go down too well in the family.

The issue that has caused the most reactive response was when I spoke up about being sexually abused by my brother when I was a small child. This is the issue for me which is unresolved and I feel the most important to be resolved before a relationship can grow again.

At the moment my parents tacitly agree with my brother and the abuse. They support my brother over me and would rather ostracize and ignore me than deal with their part in this issue. My brother cannot remember what happened and we rarely communicate. They see it as my problem and nothing to do with them. They blame me for the family 'break down' and cannot see that they have done anything to contribute to how our relationship is at this time. In regards to the sexual abuse, because it happened 'so long ago' I get the feeling from my family that I should 'forget about it' and 'leave it in the past'.

I sincerely feel that it is important for me to work through the issue of sexual abuse and not live in it for the next hundred years or more, I also see it as a process of releasing emotions which from what I have heard results in forgiveness. I have not done this myself yet so I am not sure about how it works or what the results will be.

When I talked to my brother and my parents about being sexually abused their responses were as follows:

My brother cannot remember the abuse at all.

My sister didn't want to talk about it at all as she feels she has come to terms with it. (She has not spoken to me for years now bar a few superficial conversations every now and again.)

My Mum said she didn't know about it, she just thought it was child's play and only when I got very distressed had she considered it to be anything more. She didn't speak or communicate with me in any way for months after that and if we did converse it was me making the contact and if we spoke about 'sweet nothings' all was okay and if we spoke about anything else it was not okay at all. I did not speak with my mother for about 18 months, I called her wanting to give her another chance to love me and the conversation consisted of her being condescending, angry at me, measured in tone, twisting everything to blame me and ended with no resolution and her not seeing any way forward in our relationship.

My Dad condescended to me, raged at me, sent me angry emails, letters, and raged more over the phone. We didn't talk for about 8 months, he dropped by un-announced when he thought he was going to die, to drop some letters off to me but didn't want to talk to me about anything at that time, even though I gave him the opportunity to stay and speak with me. I didn't hear from him for months after that and when I did again and said that the whole reason for my lack of contact was that he didn't believe me about being sexually abused he told me that he would need all the evidence before he believed me and that he couldn't speak with me over the telephone about it but had to have face to face contact. I had told him 18 months previously that I had been sexually abused and he had not mentioned it or spoken with me about it during that time. I felt off about this and ended up telling him over the phone. He was quiet and I think shocked and couldn't disagree that it was abusive. I have not properly heard from him since. He has called when I have been away and sent letters telling me he loves me and blaming me for how the relationship is at the same time. I now return all of his correspondence.

My Dad's wife, stepmother, has attacked me, Peter and Peter's family for years always wanting the last word. I have been manipulated through my hope that she actually sees my point of view but I feel that she has no idea about what I am speaking to her about. She believes she does, but her actions demonstrate otherwise.

My siblings don't speak with me for reasons unknown to myself but it always feels awkward and that much goes unsaid.

Each of my parents feels that they can rage, condescend, and abuse me in some way one moment, tell me they love me the next, and the next have conversations about 'the wether' and that somehow I ought to forget and not speak about how they treated me the time before. That I should accept this and be totally okay with it because they are 'my' parents and they 'love' me and I ought to 'understand' that abusing me is them just trying to 'help' me and show me they 'love me'. For my whole life I absorbed this and agreed with them. Now I cannot agree with this anymore. It is confusing, feels terrible, twisted and manipulative and I want to grow relationships based on real love & truth, not facade, approval, or fakery any longer.

I have been subjected to this my entire life and absorbed it. I agreed with the family until very recently. Now I feel that it is abusive. Though I still am open to accepting abusive behaviour towards my own person I would not accept this behaviour towards the children in our care, and I would notice it much more acutely if it was anyone other than family members, I also feel I would have taken stronger, quicker actions if it had been towards another rather than myself. I feel there is a problem with this and as my sense of self grows so does the feeling that what is happening between me and my family is very, very

wrong especially based on the grounds that they say they 'love' me. I cannot agree that love acts in the way they are acting any more.

I have made a choice to not have my parents in my life at this time. I see in myself wanting to give opportunity after opportunity to them to love me for real and in a real way and I end up being abused over and over again. I need to feel the sadness I am so afraid of and allow myself to heal. To educate 'little Eloisa' about love and how loving parents would act, to teach myself about love and to release all the hurt and pain and feelings I have so that I can truly forgive for real and have different, truly loving relationships with the kids that I have desired into the world.

I feel my decision to stop all contact with my parents is reasonable.

There is part of me wondering what the use of sharing this with others is, partially due to my fear that they will continue or increase their anger and attack of me and Pete and my friends. I have a growing feeling that being transparent is important. Thus I have attached the email transcripts of our 'conversations' so people have the opportunity to see and read for themselves the interactions between my family and I.

I feel that families need to get real about what they are and are not and the only way to do that is to be truthful, transparent and self responsible. Stop blaming others - both parents and children and start feeling and making personal choices to love in a real way. Stop the lies, stop 'brushing stuff under the carpet' or not mentioning 'the elephant in the room'. Yes it is confronting - at first. Yes it is painful - for a time, because everything that has been stuffed down deep to hide it, all the shame, guilt, fear, anger, all the feelings that we fear and are 'messy' are exposed and there is a process to go through to sort these out, but it can be done and when it is, wow, that will be a thing to celebrate. I have only begun this process, dabbled in it and my life is the best it has been yet and it is not even great - yet.

The anecdote to fear is Truth. Fear destroys. I know this for certain. Truth and Love allow the opportunity to grow in an infinitely positive direction. There is so much to be gained, so much to be discovered and found and healed in truly wanting to love in a real way!

I firmly believe, based on my personal experience, that until we are honest with what is really going on in 'our' families, and we want to make the choice to change for ourselves, we cannot change. There is so much abuse and pain created in children by the childhood environment - including family.

I feel that it is possible to have a loving family environment on earth and I am passionate about being honest about this in order to change and grow in a positive direction. To encourage families to be truthful, self responsible, and to love in a real way, as God loves.

The following is the correspondence and interactions with my family over the last years. There are things that my parents and siblings have said to me that are true and I have taken into consideration, and felt, continue to feel about and examine about myself, there is also a lot that is harsh, condescending, dismissive and attacking and completely untrue in what they feel and accuse me and others of.

I feel the attack towards myself, Pete and others can be clearly seen in the following correspondence. Other interactions with my parents have occurred by phone and letter.

My parents, particularly Jackie and Dad have also chosen to attack my friends Jesus and Mary, making false claims & accusations and blaming and involving them in many things that they have nothing to do with. Jackie has misrepresented the teachings of Divine Truth and has openly slandered, attacked, condescended and been out right nasty to these beautiful souls who teach about God, Love and Forgiveness. Jackie and Dad in particular have chosen to attack and blame Jesus and Mary rather than deal with the issues between them and I. They would rather attack and say that it is the fault of people they do not know and who's teachings they have not investigated extensively nor applied to their own lives than deal with the issues that are outstanding between them and I. I feel this is nasty, unwarranted, unloving and out of line.

My parents have told me that they love me consistently while at the same time abusing me and others (getting angry, manipulating me, ostracizing me etc.) I feel that my parents concept of love is grossly distorted and their actions demonstrate to me that what they want to maintain as 'loving' behaviour, I wish to never accept as a real concept of love again!

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Emails From
ROBIN - Mum

Eloisa's Comment

My intention with my interactions with my parents was to be open, honest and discuss my childhood as it had felt to me, I didn't intend to blame or hurt them in anyway, just tell them what my childhood experiences in their presence had been like.

I really wanted to have a real, open, honest, truthful and loving relationships with my family and I felt that by talking about all the 'unsaid' things and beginning with all the pain would be a good place to start. I envisaged a healing dialogue where we spoke, went off, felt our stuff and then came back and continued talking.

This did not happen. Instead I was attacked in various ways (different approaches used by different parents) including both overt and passive aggressive rage, being ignored, 'told off', manipulation and many other forms of attack.

At no time have any of my parents said they were wrong, they think they are right and justified in their actions. They cannot see that what I am saying may hold some truth or have even actually happened. They see it as 'my truth' and 'my experience' which is subjective and doesn't match their experience so it cannot possibly be correct.

They also claim because they 'love' me that what they did was justifiable. I cannot agree with them on this issue. Both of them reacted in various degrees and strengths of attack, Dad overtly raging, often spirit induced rages in some cases, and mum passively aggressively attacking or using more manipulative ways such as twisting what I am trying to say so it's my fault, to totally ignoring me.

On 2/11/2012, at 2:05 PM, Eloisa Lytton-hitchins wrote:

Hi Mum

Attached is a letter I have been composing to you over the last little while. Including how I feel and think about things between us at the moment.

I have not had the courage to speak on the phone to you about them, Though I will when we chat next.

Let me know if you can't open it for any reason, it should just be a double click and it ought to work.

Eloisa

Letter:

Hi Mum

I have been thinking a lot lately about my childhood, things that have happened to me and major influences in my life which include you.

I have also been thinking about our conversations over the last months and how often they feel superficial and I feel that we are avoiding the real issues that are going on. At least I know this to be true for me. Often I feel that when I bring up how I feel and what's going on it makes you uncomfortable and I feel that you would rather not talk about it, and not talk to me. I have avoided being more direct due to not wanting you or myself to feel these things, which is me trying to make it okay when I don't feel that way.

I have brought up a number of issues in conversations with you and I notice that they are never mentioned again unless I bring them up again. I appreciate you might not be interested though you don't say this. I feel your choice to 'ignore' these issues demonstrates your lack of connection and concern for me. I feel you see it all as 'my stuff' and that you have absolutely no part in any of it. I don't feel you are interested, or ever have been in my deeper thoughts and feelings and the fact that you feel you have no responsibility or part in how you're personal actions have affected me I find hard. It does not feel like you really love me that much or you want to really know me and have a relationship with me.

Though I feel sad about this it is actually okay with me if this is how you feel. It would be easier if you would just say so rather than what feels like 'pretending its all okay with me' I don't feel it is all okay. I would like to know how you really feel and what you really think and not be left guessing all the time or having to 'work it out.' Obviously if you don't want to discuss these things that is also okay though it doesn't leave much room for open interactions and a growing relationship.

I don't really believe you are sincere about having an honest, loving relationship with me mum. The following is an expression of my feelings and of the issues that I feel need to be repaired by you if we are to have a real relationship.

In the past year it has felt like you have distanced yourself in order to not feel uncomfortable around me. I feel at times you have been angry at me, felt judged and hurt by me for being honest with how I feel and bringing up the past. There is an expectation that I accept your justifications and that you

'did the best you could at the time' rather than allow me to express and grieve the pain that the action or attitude has caused me and things that happened to me as a child.

I find it often difficult to talk with you as I feel that you don't want to talk about anything from the past. I don't feel you want to genuinely listen to me or engage with me. Like when I brought up the sexual abuse issues. I realise this issue in particular brings up a lot of feelings and is 'awkward'.

When I have expressed a different viewpoint to yours though you say the 'right' words and speak nice language, I feel you strongly disagree with me around some things and you hardly ever say so unless I directly ask you. I often feel you just ignore me if I say something you don't approve of or don't agree with. I find your lack of honesty and openness unless I bring it up, frustrating as I feel one thing and you are saying another, or you just skip over it and say nothing at all. I realise 'conflict' is something we tend to avoid in our family but it feels icky and dissatisfying to me now when it is not open with how you feel, especially when it is to do with me personally. I don't want to talk about the 'weather' I want to have real conversations about what is really going on.

1

Through out my life I have felt that though you insist that you love me, your actions demonstrate not love, but someone who is seriously and unhealthily invested in me as a person, in being a 'good mum' and has strong demands about how I live my life. I have felt controlled, responsible for your feelings, criticized, manipulated, judged, condescended to, and told I was loved while being treated badly. I learnt a warped version of love. (I also acknowledge your care of me and many kindnesses and moments of love from you mum. These are the things until recently I have clung to in order to avoid the pain of all the other times and it is the other times I am talking about in this email).

Maybe you feel that all mothers have the right to judge, manipulate, criticize, ignore and in the past yell at and hit their children under certain circumstances. I cannot agree with this. I have denied for so long what it really felt like to be your 'daughter' I felt like you owned me, controlled me and that I HAD to do everything you wanted, when you wanted it done.

I do not feel you wish me a life of my choice, or freedom. I do not feel you are accepting of my choices when they do not align with your own viewpoints. I don't feel you want to hear about my experience due to the fact that you never bring it up or want to talk about it. Much of what I refer to comes from when I was a child and it is still affecting me now.

I have noticed you don't even want to apologize for your behaviour and your part in what happened to me when I was young, and feel you have nothing to even apologize for. This indicates to me that you don't see anything wrong with what you have done and are therefore perfectly capable of treating me in the same way again and again and justifying it to me and to you.

I am becoming more comfortable with my choice to exclude people from my life who wish to treat me badly and then continue to justify it to themselves.

I feel that beliefs and emotions that are within me come from somewhere. From what I have learnt about myself recently these came from my environment mostly from when I was very small and many of these things have their causes with you and dad. Granted the reason many of them are within you and dad are to do with your parents and your own harmful childhoods. Much of the 'negative' emotion came from you merely due to spending more time with you.

Your desire to control us and for us to do what you wanted, when you wanted, immediately, worked due to my fear of your anger, threat of violence, punishment, or your withdrawal of love and approval so we would do what you wanted. For example there were many times when you got

annoyed at feeling you were the only one cleaning up the house and you would periodically sit us all down give us a 'stern talking too' project feelings at us that we were 'bad', 'ungrateful', 'unhelpful' which would raise guilty feelings in me and I would do extra to make it okay and clean up for you. I suggest maybe you were correct, the problem was the threats that were projected at us and your sadness and anger that instead of feeling yourself, you put on to us, this was the issue that was wrong as it made us responsible for your feelings, your sadness and anger.

The expectations and demands you had upon me were exhausting. Your lack of love and concern for me were devastating. Everyone and everything always felt more important than I was.

Your tactics of withholding 'love'/approval, of manipulating us through taking things away we liked - reward and punishment- taught me fear of punishment and to obey you at all costs. My sense of self is actually my sense of what you wanted me to be, what you thought to be 'right' and 'good', not who I truly am as God made me.

You created emotions within me and then made me feel they were my fault. You and dad taught me to be self punishing in order to gain your approval and avoid punishment from you.

2

When I got angry, instead of allowing me to get to feeling the grief underneath this, you punished me and got angry at me, like the time I was angry and then you slapped me across the face and slammed the door 'locking' me in my room till I was 'sorry', anger was unacceptable to you as a form of control and punishment.

I have never felt 'safe' to express my emotions openly, I felt I was not 'allowed' to be emotional unless you approved. 'Happy' and 'fine' was the expected (default) setting for me. Often when I have been emotional about something I have been shut down, dismissed, or you attempted to explain it away, intellectualize or justify what had happened rather than just allowing me to feel what I felt. An example of this was when I broke up with S___ and I was distraught. I remember feeling that it was not okay to cry with you. Often I would cry alone and I remember you coming up the stairs to see me and feeling that I had to stop crying and seem 'okay' for you. I feel you often felt uncomfortable with the feelings us crying brought up in you. I feel that often we want our children to feel 'happy' and have it 'better' than we did and so we try 'helping' them when actually it would be better to just let them be and in this case grieve.

I feel you didn't want to feel your grief so there was no opportunity to release mine. I feel I wasn't allowed to cry after the year of 'singing the blues' (even then I felt I had to do it alone) and this still affects me now.

I was a child in your care. I was totally dependent on you and dad when I first came into the world and I was deeply affected by the environment I was born into. I felt everything from that time, you and dad controlled my environment and the emotions you directed towards me I absorbed. Feelings inside me did not come from nowhere. They have a cause and many of those causes originated from actions you and dad took when I was small. I absorbed everything without questions. I gravitated to dad more than you when we lived with dad, as to me it felt like he needed me more. It also felt like he liked me more than you did.

Your lack of desire to 'protect' me from Jenny, M___ and abusive people and to believe them over me caused a lot of damage, self-doubt, lack of self esteem and lack of self confidence. Even now I am looking for validation and approval for almost everything. I do not feel like I am okay. My sense of self is so squashed and shaped by your demands and expectations that I be the person you approve of. The threat of violence from you at a very young age was a very effective tool in

controlling me. The fact that you believed Jenny without even asking us and punished us what felt like 'on demand' if Jenny said so made it very difficult to trust you and afraid to tell you what was really going on due to the fact that you wouldn't believe me. That you didn't trust yourself and your own feelings about what was right for us has created a lot of similar feelings in myself and I see the negative effects these have had on the little ones in our care first handily. I am also remembering more of my own experiences vividly and seeing where my beliefs and feelings have originated from around various things.

I do feel you and dad were directly responsible for things that happened to me due to your unhealed emotions. If you had worked through some of the emotions and beliefs then I feel some of the events would not have happened. They happened to bring up stuff within you as I feel children reflect their parent's unhealed emotions. And I have experimented with this and see a direct correlation.

An example of this is being sexually abused by M____. I feel that both you and dad created this event and we acted it out. You both have denied sexual injuries, beliefs and feelings around sex and sexuality and this caused M____ to act out these things with us girls. This seems to be something 'not to talk about' in our family and I feel it is something very worth talking about as it affects all of us

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and the responsibility of it even happening lies with you and dad. M____ does not remember it at all, I have asked him and he has no recollection of it. And S____ does not want to talk about it as I have said in a previous conversation. Due to the fact I____ has also been sexually abused and I think you said you have too? I would really like to deal with the issue so that it does not have to span another generation. I can see how what has happened to me has affected I____. I feel it is possible to stop this cycle by releasing the feelings in me. I do not feel it is easy and I am resistant to truly allowing all the pain, anger, fear and grief to come up but I do feel if I can release the feelings in me then I____ will be able to grieve and hopefully not repeat things I have done and decisions I have made because of this event. I don't feel I was allowed to do this and I still feel that there is a projection that somehow it was my fault and I 'deserved' it or that it is my problem and I should just get on and deal with it quietly. (I do have to deal with it no-one else can do that for me now, but what you could do if you wanted to is look at what in you created it in the first place and the role you had in it due to the perpetrator being your son). It has had a very negative impact on me and my relationships and I am seeing the effects it has on my relationship with Pete and I would like to actually be able to have a relationship with him that is not affected by these things. At the moment our relationship is totally affected by this - negatively.

Though I do not feel anger is justifiable I do have anger in me at how I was treated and what happened to me, that could have been prevented and was not. And I do find it hard to not blame you for some of it as I know that it didn't 'need' to happen and you did create emotions, beliefs within me that I am now attempting to extract and release. I find this challenging and often prefer to be angry rather than feel the terrors and deep grief I have locked up in me around these things. I have also chosen to direct anger at others including you. That you feel you have no responsibility for what has happened to me just makes it harder.

I feel that I want less from you now than I ever have. A year or so ago I wanted you to come along with me and be close and 'together'. I can see that is not going to happen unless I come back 'as I was'. I will never be as I was again. I feel most of my life bar recently I have listened to and absorbed your opinions and thoughts very readily. I don't feel you really want to know me and though you have felt you have known me, I suggest you have known parts of me but not actually

who I actually am fully - never how I have felt about things and often even not what I've truly thought.

I am aware of many things now that I had previously been in deep denial about thinking that it was 'best that way' but I have found that each thing that I leave un-examined and un-felt affects my life negatively and so I am looking at all the things that happened to me and seeing how they are affecting me now. I find it difficult mostly to actually work through and release them but I feel that will be a process and that I can do it but it may take longer than I first expected.

I have felt over the past while that when I have said how I have felt I have been met with anger, minimization, condensation, irritation, and justification amongst a whole lot of other things (often not said aloud).

I don't feel children are born 'bad' 'wrong' with emotional injuries that are individual to them, and I don't feel I brought these in from 'another life' as I remember them happening this life. I feel they were created in me by the environment I grew up in, a big part of which were yours and dad's unhealed emotions and beliefs. I can see correlations between parents and children and I can see clearly what I emotionally create in the children in our care through unhealed emotions and denying and projecting my emotions rather than owning them. I also am figuring out why I choose to behave in certain ways and it all links back to when I was a child and things that happened to me. Though you cannot change these things in me you did create them.

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I hold a lot of fear within me due to the way I was treated when I was small. I also hold a lot of anger and pain with various events that happened to me.

Due to the fact that growing up I was so caught up in what you (and dad, to a lesser degree) thought and felt, your attitude and demands on me, and taking on your beliefs as my own, I never learnt to feel my own self and I had no good sense of myself as an individual. I felt so terrible about myself without your constant approval. I have moments when I still feel this.

When I say what has happened to me and how I felt about it I have been met with feelings of, bewilderment anger, rage, dismissal, trying to convince me I am wrong, I just have to 'deal with it' like you have.

I have been made liable for your feelings, blamed for making you upset. I have found it interesting the reactions and feelings that have come towards me.

Most of my life I have chosen to remember the good things and there were some lovely things that happened in my childhood. I am grateful for your kindness, physical care and the many monetary and beautiful gifts you have given to me over time. You have been extremely generous over the course of my life and I am really grateful.

There are also things I am angry about at times and underneath deeply sad about and these are what I want to 'talk' about in this letter as they are part of me also.

Until recently I have focused on all the 'positive' experiences and made them 'super positive', my childhood was not all 'lovely', and often even in the 'good times' the feelings did not feel 'good' for me. I have never felt safe to express my emotions openly in our family and often when I have I have been shut down, ignored, dismissed or it has been attempted to explain it away, intellectualize it, justify it, met with defensiveness or false beliefs around emotions including the fear of 'wallowing' in them and being selfish and self absorbed. A fear that emotions are 'bad' and 'wrong' has been created in me rather than just being allowed to feel what I felt as it was, when it came up. I have especially never felt you have allowed me to feel sad about an action either you or dad have taken. You have either ignored it, been dismissive, defensive, justified or gotten angry.

I feel there has been a lot of expectations, demands and neediness from you towards me as I was growing up. I feel that I had a 'job' of making you feel good. I did this without even thinking about it. I have done so many things in my life for your approval, for you to like me, think I am great. but inside it has not always felt great because I am doing them to get something often not because I really just love doing it or want to do it. By doing what you wanted, when you wanted, how you wanted I gained your approval and feelings of being a 'good girl', I craved your approval and would do all sorts of things to get your attention and 'proof' of 'love' because I didn't feel I actually had it. You were so invested in me and my life emotionally that when you said anything at all I would believe you or do what you wanted over what I desired. This was an emotional weight that I carried without realising it a lot of the time. It also created it to be difficult for me to have a relationship with any other person, man or woman because of the ties that I had and actually still do have with you emotionally even now. I feel this was something you created to avoid feeling feelings in yourself. I feel you used us kids to avoid your issues with men and allowed Jenny to play the role of 'husband' which was a hugely damaging relationship to both you and to us.

The thing is, I feel that you were highly invested in us as children and adults. You expected, demanded and needed a lot from us and I gave it to you. It has not been until recently that I actually did not listen to you and what you think is best and actually made my own decisions about things. It still causes me huge anxiety incase you don't approve or agree with me. I feel you instilled in me that you knew what was best for me and I believed this and became what I thought you wanted and what you thought was 'best'. I was not born to be what you wanted. I was born to be myself, make

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my own choices and discover who I am and come to have a healthy relationship with a man of my own without always needing approval from you as a parent. I feel that the relationship you created with me was wrong as it didn't allow me to develop a healthy sense of myself, I feel a huge sense self-doubt and lack sense of self due to the dynamic you created with me.

It has been difficult for me to ever have a relationship with a man or a friendship with a woman due to many beliefs and feelings you hold towards both women and men and also towards relationships. The relationships with men I have had have been seriously affected by the experiences I have had with you. Your anger at men and how you have been treated and your desire to control men has been passed down to me. The beliefs and expectations you hold towards men I also have and I realise I have little experience on how to love myself, a man, or others. The consequences of these things have been serious illness, herpes, vaginal problems and extremely unhealthy relationships with men in the past. An example is my relationship with Sam. I was expected to be able to 'run the household' but I wasn't able to make choices about staying at Sam's place or what I wanted to do with him when I wanted to. You controlled and manipulated me to do as you desired or to prevent me doing what you feared. The problem was it created anger, lack of self assurance, and feelings that I was incapable of making 'big' decisions without your approval.

Decisions that you made during my childhood have deeply affected me and created a lot of fear, doubt, and beliefs within myself that I can't do things by myself, I am wrong, bad, flawed, in some way. I feel it is wrong to create a relationship with your daughter/child that is to meet your emotional needs. I don't think it is uncommon, but i do feel it is wrong and has a lasting negative affect until that person disengages the emotional links which I am not finding an easy task.

I have often felt completely overwhelmed and consumed by your and dad's emotions. My own feelings have not been 'as important' or have been set aside to make you feel 'good' or 'better'. Often your lack of communication, anger, withdrawal have all left me feeling afraid, burdened and

responsible. I feel both you and dad let me down when it comes to helping me to have a healthy sense of myself, self esteem and creating healthy boundaries in our family.

I feel you have often not been truthful and have withheld what was really going on. (Maybe sometimes to 'protect' us? Though I don't feel it did). An example is the skiing trip you wrote constant cards to K____. MP__ knew what was going on more than us. You said to us that nothing was going on with you and K____ and I believed you, it was a sort of shock when actually that wasn't true. Often MP__ knew more than we did about you and what was going on. It created feelings of uncertainty, confusion, distrust, fear to be told something by someone else and not by you personally. I stuck up for you and then found out that you had actually lied or withheld information from me.

I feel I have been made liable for your feelings as a child. I have been the person who makes sure everyone is okay when mum isn't. I was the 'go-between' the 'happy' one. I have played that role and liked it because it made me feel special, but what I have realised is that it was wrong to have been made to do that. Since not doing it as much I realised the reasons I did do it and the pain I have been avoiding. I was not born to make you feel good, or to make things 'better' or okay. It has happened for as long as I can remember and when I was younger I had no idea of how to keep a distance between your and my feelings, I only knew that it seemed like I was 'good' and 'loving' when I agreed with you, commiserated with you and tried to make you feel 'better'. I had no sense of what was healthy and what was not. I feel now I was not made by God to be someone to cheer their parent/s up. That is not my 'duty' or my role. It has been my role because you and dad created it that way and I feel that is wrong. I don't feel you gave any thought of what this may have been/be like for me emotionally. As a child I was defenseless to know that you were setting up this dynamic

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with me. I knew only to seek love and I didn't understand until recently how flawed your version of love was and how much it has inhibited my growth personally and in relationships with others.

When I was a child I felt you were really angry and had a lot of rage and fear which you often chose to take out on us either actively or through projecting it at us. I feel P____ (Drysdale) reflected you perfectly with this. As a child every time you were angry or afraid I did not feel loved in those moments. What I felt was that I was not lovable, that I was not loved, that I had personally done something wrong and that I 'deserved' the anger projected at me. I didn't understand why you were angry and you never actually explained, I didn't understand a lot of things intellectually, but I *felt* everything. I learnt how to avoid your anger how to please you so you would not get angry (it didn't always work). I feel that you created fear within me due to the anger that was projected out of you. And that is one of the reasons I am terrified of angry women.

The feelings of 'deserving' punishment and anger were reinforced by you often. For example when we did things you didn't approve of, or that made you frustrated and annoyed often we would then 'hurt' ourselves, we would have accidents and you would say 'the fairies got you' you would also threaten us with this 'watch out, or the fairies will get you.' What I feel now is that you would rather have us harm ourselves than feel what you were feeling. I learnt from this that I 'deserved' to be hurt and that it was 'inevitable' that I would be punished and harmed for doing the 'wrong' thing.

We are all feeling beings and we interact at a soul level all the time. I am wanting to understand this more and understand what I am feeling and where it comes from.

This is about learning how to feel. Feeling is something I have denied for a long time and now I am 're-learning' how to do this.

For the first time probably ever it doesn't matter that we think different things, I don't feel the need for you to agree or 'come along with me' on this journey. I appreciate you for who you are mum. I also want a different relationship with people now. I want to be True and honest and open and grow in my desire to love, I want to feel I can be my self with the people I spend time with and talk to. I do not claim to be good at it or to be loving all the time but I am learning and finding a new way for me.

To me it feels painful but also like finally I have found a way I can actually know myself and God that is practical, do-able and works. It is about love, that is it, it is that simple. Do I truly want to grow in love for God, myself and others or do I choose not to love. It is a choice I make each moment. Often I choose fear over God and Love or anger over loving myself and others - these are all things i need to examine and feel emotionally as to why I want to do these instead of love. As I reflect and become more self aware I realise things that are not loving within me that I did not recognize before, it is a process. It does not excuse my behaviour when I am not loving to someone ever. I am beginning to trust God's laws and find out about how they work and they are an immediate feedback system.

I find it really difficult when you don't want to know about me and are completely *lacking in recognition* for all that you have said and done in the past. When I confront these things in you and you get upset, angry and defensive, as you have done numerous times I find it hard to continue talking to you.

I feel you want the following things from me:

- That I never speak up about how your actions and emotions have impacted on my life and my feelings about myself, that I accept them, understand you and FORGET.
- Acceptance, approval and validation as a parent

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- 1 - That I live a life you approve of
- 2 - That I squash my true nature in favour of a character and personality that you approve of
- 3 - That I absorb your treatment and negative emotions towards myself without comment or protest of any kind.

I feel that until you address these things, especially the the part you played in the abuse that happened to me as a child and your tacit approval with M___ sexually abusing me that it is going to be very difficult for me to have a relationship with you.

I feel if when in future we do speak, or if I see or hear from you, these issues should be the first that I speak with you about. If it is clear at that time you don't want to address these issues, I feel it is best to stop speaking with you until you do.

I feel that though you insist that you 'love' me, your actions towards me have proven otherwise. I feel you want me to go back to how I used to be, or just to be 'nice', 'make things okay' and leave the past behind and get on with the future. I feel to move forward I need to know all of my life, acknowledge the past and my entire experience first then naturally I will move forward.

I feel you have not really known what to do with me so have ignored me, been angry, dismissive, manipulating, controlling and dishonest. I do not believe these are aspects of love, and it either indicates you have no idea about love or that you are lying when you have said you love me.

I feel that some of the time due to your own harmful childhood, you actually seem to believe that you are justified in treating me the way you do and your desire to control me *is* love. Often I feel you lie to yourself or try and skip over things that have happened and what is really going on to avoid pain and justify it to yourself that these are all my issues and I will eventually 'work it out'. I don't feel this is *real* love. Real love is allowing of others to follow the path they desire. It never attacks, judges or ignores as you have done. Real love doesn't use fear as an excuse to bully, real love doesn't use the people it supposedly loves in order to avoid their own pain. Real love listens, desires to right wrongs, it is humble enough to admit mistakes. I don't feel you really love me and your actions at this time prove that you don't desire to grow enough in order to really love.

I want to be involved in relationships with people who love and want to love in a real way. Relationships that are based on truth with people who want to find out more about themselves and actually know me for who I am, not what they want, expect, demand or need from me.

Eloisa

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Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

Re: letter

30 November 2012 8:45AM

Dear Eloisa

In response to your letter I wish to share the following

In the past I have had some deep regrets about some aspects of my mothering and my life in general. At the time I did the best I could but came up short.

In the past decades I have reflected on these regrets and I have learned a lot. Indeed if I had my life again I would do some things very differently in my mothering and in other life choices I made.

I am deeply and wholeheartedly sorry for any pain and suffering you have experienced. I apologise unconditionally.

I hope as your mother we can move beyond this

There is nothing more I want to say on this matter

I love you very much
Love Mum

On 19/03/2013, at 2:03 PM, Robin Owens wrote:

[Dear Eloisa](#)

The last months have been heartbreaking for me.

You talk about "easier". Easier for me would have been to delete your emails before reading.

Instead I have spent the past months reflecting on our communication over the past year. I have come to see that we sit in very different places. You have a distinct set of beliefs and values about emotions and how to process them, and about family and how to bring up children et al. I perceive that you have strong beliefs and values. I see that these differ in many areas from my beliefs and values. I am in no way judging you for your choices. I accept that you have chosen to take on these beliefs and values - I respect this.

However, I have made very different choices in my beliefs and values in relationship to family and life in general. I would very much like respect from you for my beliefs and values, even though they are different to yours.

My increasing silence over the past year is in the face of the expectations, assumptions and fictional stories I feel you have been making about me. This seems to me to be lacking in respect.

My way of processing my emotions is my own method of self - reflection and at times I consult with someone who is detached and neutral to the issue and relationship, ie a counsellor or psychologist or someone in that position. From what I understand in your email it would seem to me, looking from my point of view, that it could be very helpful for you to process all these issues you have with me with a neutral person. In my belief system I do not feel as if it is appropriate for you to process your issues about me, with me. This is what I believe. It has got nothing to do with pretending everything is OK or changing the subject. I know you are suffering and I am sad about that but in my way of thinking you would benefit from talking this through with another and taking full responsibility for the process.

Which brings us to your way of doing things being very different to mine. How do we respect each other? I cannot go along with your view of things being laid upon me and I would ask for respect for our differences. Where I was 10 - 20 -30 -40 -50 years ago is very different to where I stand now. I have moved on and I have dealt with and processed a lot of stuff.

I love you and I always will. If you want an open loving relationship with me have it, but you will need to accept me as I am and not expect me to be what you want me to be.

I have thought a lot lately about the beginning of the Serenity prayer;

"God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference "

I love you very much

love Mum

Eloisa Lytton-Hitchins <eloisalh@gmail.com>

To: Robin Owens <robinowens@me.com>
response to march email
10 April 2013 3:42PM

Hi Mum

Thanks for this email. I haven't really known what to say in reply to you. I hear you feel disrespected and that we have little in common re beliefs and values and that I ought to seek outside help and not actually talk with you about the issues I have that I feel concern you. I hear that you feel I have made up stories about you and have expectations of you and have made assumptions about you.

I feel differently to this. I am not sure what assumptions I have made about you, or what stories I have 'made up' as the 'stories' I feel you refer to were my very real feelings. I agree that I do have expectations on you, though I am not sure the expectations I know I have of you are the same as what you feel I have of you. I am open to specifics and clarification if you wish to give them.

In regards to 'respect' for you. I don't feel that I disrespect you mum, I see we feel differently about many things and surprisingly I am perfectly okay with that (I didn't used to be okay with it, but I am okay with it now). I observe though that when I speak about my thoughts, experiences and feelings that you seem to become very uncomfortable with that and choose to no longer engage with me and you ignore me and sever contact with me without much explanation about why or what has upset you.

I am sure you have experienced how hard this is when people don't communicate about why they are doing what they are doing. In my experience it is much easier when people tell you how they feel (even if it doesn't feel 'nice' in the moment) than when they ignore you and either expect you to work it out or for you to change and 'make it better'. I would rather know how you actually feel than have to guess or censor myself to be accepted.

I do agree that I need to take full responsibility for my process and that no one else can do that for me. I don't agree not to talk about how I feel and about events with the people who were involved. I do hear though that you don't want to hear about my feelings about 'past issues' and I can respect your free will about that.

I wont write to you or contact you unless you contact me as it is pretty difficult for me to not talk about the things that are coming up for me with those who they concern as they are what I generally think about first when I see or speak to that person. I realise you don't want to bring these up again and that is okay with me. If you ever do want to talk I am more than happy to do so.

I will keep on working through what I can and I look forward to a time when things are possibly (more positively) different between us.

I feel more sad than I can possibly describe.

Thanks for the line from the serenity prayer.

Eloisa

Eloisa's Comment

I had noticed in a conversation with mum if I didn't mention anything that was going on between us, my emotions or feelings towards my childhood, us, her and our relationship, that she responded 'better' to me.

I felt afraid to keep bringing things up and at times I went back to the usual conversation and didn't say anything that would make mum 'upset'. We had a 'lovely' conversation in that all our addictions were met and we 'got on' with each other. I wondered if I should just do this to 'keep the peace' in future.

I also wanted some 'mum attention' having not had any for ages, I wanted her to 'love'/approve of me and to convince myself that what I was feeling was 'wrong', I still wanted her to give our kids stuff - I equated things & material 'gifts' with love - and I wanted to feel like we still had some stuff in common. In the moment I got what I wanted and it felt 'good' for a small time. I wanted our relationship to be healed and for mum to be what I had so hoped she was.

Unfortunately it didn't last long and very soon afterwards all the same unresolved issues were still there and coming up again and again, as they do, it all felt fake and terrible and all I had done was pro-long the pain and internalize it again for a little bit of gratification as I had done so often before.

This was a process I went through of going back to the addictions, liking it, getting a little more sensitive, or realising something more and feeling yucky and like all the surface was what I thought I 'wanted'. The words said were what I wanted to hear, but so often the feelings and actions didn't match up. It still felt so bad inside of me all the time and that something was really off with our relationship, so over time I could less and less keep interacting in the superficial way that had used to 'work' so well - or so I had thought.

Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

Re: kids

12 April 2013 3:25PM

Great that is helpful will leave the strawberries to themselves and just help them around the corners

Great re icebreakers will have fun with that and will write soon

P___ leave mon for ak and tues for uk. He looks great and is going well

Will be in touch wow Izabella is writing just got letter

Love mum

Sent from my iPhone

On 12 Apr 2013, at 16:49, Eloisa Lytton-hitchins <eloisalh@gmail.com> wrote:

Hi Mum

Sounds fun re planting and your garden

Strawberries can either be left and will naturally grow shoots where the 'bud' is on the runner if left alone and 'plant themselves' or you can put the runner where you want it to go. otherwise when little roots have grown on the runner you can cut them off and plant them where you want them. Great things are growing in your garden it sounds nice.

re ice breaker:

mostly leggings needed.

Each a little different.

T___ still has in pretty good condition the last lot so a couple or one of each would be fine - leggings and top (she says she wants lots) but she has some good stuff so doesn't need lots. T___ size is 7-8 still.

Charlie and Archie's leggings get trashed so new leggings are always welcome, They have some tops in good nick.

C___ legging size 7-8 but top 5-6 still.

A___ leggings 5-6 and tops 3-4

They have the lovely jackets you sent and they are still fitting and really good, so no need for those things.

Thanks mum,

I look forward to your clarification email, I feel clarification is very worthwhile and very helpful in avoiding assumptions

love
Eloisa

Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

hi

12 April 2013 10:41AM

Hi Eloisa

thanks for email of thursday and it is well worth clarifying things I feel so will reply soon

Re winter and icebreaker would love to get kids some icebreaker so please can you let me know sizes as wow I___ has got so tall- loved pictures on blog and also can you let me know what is most useful in icebreaker ie leggings and ???

Went to Hahei last weekend and got some orchid cuttings and have just planted them out My strawberries are sending out runners everywhere and do i actually cut them off and plant them I remember you doing them at M___ and J___s but forget what to do My garden is great I am growing silverbeet spinach and kale for green juice so it is good and they are great in salads

Love Mum

Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

hi

23 April 2013 9:55AM

Dear Eloisa

I do want to talk about specifics and seek clarification. YOU MEAN A LOT TO ME AND TO ME OUR RELATIONSHIP IS WORTH IT

I think a very relevant part of your last email is this;

"In regards to 'respect' for you. I dont feel that I disrespect you Mum. I see we feel differently about many things and surprisingly I am perfectly okay with it. (I DIDNT USED TO BE OKAY WITH IT BUT I AM OKAY WITH IT NOW)

This made me made me realise how traumatised I have become in our conversations on the phone in the past year and I feel this has come from the months when YOU DIDNT USED TO BE OK WITH IT

I am happy to hear your feelings. However I feel often you have cluttered this up with blame, judgement and disrespectful accusations.

For example

when I said I was sorry you said I was not

when I said I love you you said I did not

when I said I dont remember or was not aware of situations in your childhood you thought I was lying

There have been a number of these sorts of things happening and I have become increasingly QUIET as what can I say to this??

What I see is that IN MY OPINION you have not been just telling me your feelings but also loading up your expression with judgement, blame and disbelief in what I say

I have pondered about the Tsunami conversations. I know you are concerned. I do not have a problem with your expression of that concern. I didnt ever take it lightly as you accused me of. On the other hand I dont feel to move yet and I cannot do something that is not right in my heart. So I feel that I have been disrespected and I need to get over it and be open to to you talking about your feelings in your new phase of respecting me.

As I said I am not asking you NOT to express your feelings to me but I emphasise that to take responsibility for our own processes is important for all of us.

I feel that you have twisted what I said to you re seeking counsel and I wonder if you have understood what I am saying. I am not saying you should seek out counsel. I KNOW you dont do it that way. I used this as an example of how I see it when one is overwhelmed with emotions and complex issues I would seek neutral guidance. I used this example to explain our differences. I know you dont follow this method and your feelings and processes are different. I can listen to your feelings but they are not my responsibility. I

can apologise for the things I have done wrong and the mistakes I have made I am deeply sorry. I can listen to your feelings but I began to feel abused by the rest of it. I am being honest with you and yes I am uncomfortable when you judge/ abuse me or misconstrue my words

I dont understand what you mean by that "I choose to ignore you and sever contact with you" I thought you had severed contact with me On a number of occasions you have said variations on you wont write to me or contact me unless you contact me or you dont want to communicate and you dont want to chat. As far as I understood if I dont have the right response I am in the rubbish bin. I am damned if I do I am damned If I dont. I am desperately trying to work this out between us and I thought you didnt want to chat. I long to have conversations on the phone but I felt the deal was we have to work this out first.

Talk to me about your feelings by all means. I feel it is great to email as I can read your emails over many times to seek to understand what is happening between us. It is really important to me to take as much time as we need to reach a positive and healthy flow of communication that can tolerate the challenging things and our differences There has been a huge amount of change in both of us and I think it does take time to adjust

I am also more sad than I can possibly describe and as I said it is heartbreaking what has been happening between us. I love you Eloisa. I want to sort this out. As you said WE FEEL DIFFERENTLY ABOUT MANY THINGS AND SURPRISINGLY I AM PERFECTLY OK WITH THAT and AS I SAID IN MY LAST EMAIL I ACCEPT AND RESPECT OUR DIFFERENCES AND I AM CONFIDENT WE CAN SORT THIS OUT

Love and hugs and I pray for understanding between us

Love Mum

Eloisa Lytton-Hitchins <eloisalh@gmail.com>

To: Robin Owens <robinowens@me.com>

Response to April email

25 April 2013 9:08AM

Hi Mum

In reply to your email, I feel like everything that has been going on between us has somehow been turned upon me as my fault and that you don't actually see that you have done anything to cause any part in what has taken place between us.

I hear you have felt traumatized, abused, judged and that I misconstrued what you have said, along with the other comments you made in your previous email about me making up stories, assumptions etc. I don't doubt your feelings but many of them I have not actually done to you mum though you felt that way.

I have not abused you in any way, I have not actually ever disrespected you (though you felt disrespected) I just had a different opinion to you and found it hard that you didn't want to have my opinion which now is okay with me. What I feel from your comment is that you are blaming me for things.

The feelings that you mention are very much the feelings that I receive from you and which you have acted out towards me in the past - such as you physically abusing me by hitting me when I was a child on more than one occasion, your tight control on my life that has led me to believe that I don't actually have free will and had to do what you wanted me to do when you wanted me to, etc and I am happy to give you more specific examples if you want them. (I have already done so in my very first letter to you, but I am happy to state them again.)

Your comment that you need to 'be open to [me] talking about [my] feelings in [my] new phase of respecting [you].' I feel is quite a good comment and sums up where our relationship is at this time.

This is how it feels to me mum, If I 'respect' you and you feel i am respecting you then we can have a relationship. If you feel I don't respect you then we can't and you go 'quiet'. I feel you are angry when you feel disrespected by me. What I feel from you is that you were actually angry at me and that it is a technique that was used when I was a kid to manipulate me and which you are still using.

The issue I have had is that I have taken on your opinion of me and as long as I live by that false opinion and believe the opinion you created of me then we have a (seemingly) perfectly 'okay' relationship. The thing is mum over the last while I have been really looking at what is going on for me and my opinion of myself is growing and I don't feel the way you feel about me. So really it is going to continue to be challenging for us to have a relationship until your opinion of me matches mine, which at this time it doesn't which is demonstrated by your actions towards me and the feeling in you that you can attack me and I will take it/absorb that attack - which I have done in the past and still am doing at the present time.

I think you think your opinion of me is better than it actually is. The feelings and actions/behaviour I receive from you do not match your words.

The rest of your email I have answered in pink below

On 23/04/2013, at 9:53 AM, Robin Owens wrote:

Dear Eloisa

I do want to talk about specifics and seek clarification. YOU MEAN A LOT TO ME AND TO ME OUR RELATIONSHIP IS WORTH IT

I think a very relevant part of your last email is this;

"In regards to 'respect' for you. I dont feel that I disrespect you Mum. I see we feel differently about many things and surprisingly I am perfectly okay with it. (I DIDNT USED TO BE OKAY WITH IT BUT I AM OKAY WITH IT NOW)

This made me made me realise how traumatised I have become in our conversations on the phone in the past year and I feel this has come from the months when YOU DIDNT USED TO BE OK WITH IT you are blaming me for not talking to me for over a year mum. That because I traumatised you then you wont speak to me. My letter to you was open to talking to you as long as you would talk with me about issues in my past/childhood which you blatantly said you did not want to talk about on more than one occasion both in your

emails and our last telephone conversations. Thus I said to you that I did not want to talk to you until you were willing to talk about what happened to me in my childhood.

Even now I don't feel you actually want to do that. Why I feel this is if you truly did I feel you would have called me and asked about it which you haven't and in fact even in your emails at no time have you even given the slightest indication that you are interested in what happened to me as a child. You say you are willing to listen to me but this feels like you are 'doing me a favour' not actually genuinely desiring to know what happened to me.

I am happy to hear your feelings. However I feel often you have cluttered this up with blame, judgement and disrespectful accusations.

For example

when I said I was sorry you said I was not I don't feel you are sorry still mum for many things you have done to me in the past as you are continuing to do them to me now - your actions haven't changed so I don't see how you can be sorry. From my experience when we are really sorry we are really sorry and never repeat the thing we feel sorry about. If we continue to do the same things then there is obviously a reason for us doing so and the issue has not been worked through.

when I said I love you you said I did not I said I have not felt loved by you and I still don't mum. you tell me you love me. In fact you tell me you unconditionally love me but your actions do not demonstrate love to me. You get angry and upset at me when all I did in the first place was tell you how I feel and felt about certain circumstances that happened to me in my childhood and actions (some violent) that were taken by you towards myself. I feel love is different to care and material support mum. You did care for me and support me physically and love me by looking after me when I was small etc. The feeling of love from you towards me mum has not been consistent or strong most of my life. That is how it has felt for me.

when I said I dont remember or was not aware of situations in your childhood you thought I was lying I felt that you were probably often out of body and not present when we were small so it doesn't surprise me that you don't remember but you didn't even want to know about what did happen when I brought it up. I suggest also that you don't want to remember some of the things that happened to us as children just like you don't remember a lot about your own childhood and teenage hood - or at least whenever we have asked you about it you have always said you do not remember so either you have blocked it out or you are lying, which is what I feel about you not remembering our childhood.

Also you did know that something happened sexually with Li__ and La__ but from what you said it didn't sound like you fully investigated that and I suppose I just wondered why. For me I would have talked to the parents and all the kids and tried to find out as much as I possibly could as well as look at why I would attract that kind of event to be acted out through my children. You said you tried to keep us away from them unfortunately it didn't really help because your own son abused your daughters and you still seem okay with that.

When S___ first told you about M___ sexually abusing her at your's and K___'s wedding you acted in exactly the same way by not talking about it and pretending it didn't exist. You didn't ask me about it, in fact you didn't mention it at all. You said you were sorry when it came up around the Jenny break up but even then you didn't ask what happened or genuinely seem concerned or interested. And this happened again when I brought it up with you a year ago you wanted nothing to do with it, you didn't ask me what happened in

fact you were not at all interested and I got the feeling that it was my issue that I needed to work through by myself.

You even suggested this when you said you had had to work through issues from your childhood on your own - I felt this could have been around abuse though you will need to clarify this for me. Even if you were not abused W____was (maybe not literally sexually by Grandad but his intention was to rape her) and I feel that sexual abuse is an intergenerational injury in our family. I am surprised that it has never been talked about. I wouldn't be surprised if it is happening with some of the cousins also. S____ for example is being abused by her parents and everyone accepts that.

There have been a number of these sorts of things happening and I have become increasingly QUIET as what can I say to this?? I feel that part of your quietness was that you were/are angry and part is similar to when I was a child and it is a way of controlling and getting me to do what you want me to do by ignoring me until I change to what you want.

What I see is that IN MY OPINION you have not been just telling me your feelings but also loading up your expression with judgement, blame and disbelief in what I say I don't feel this mum. I hear you feel judged, blamed and I don't believe you, but I did not judge or blame you I was just saying what had happened and that you actually created some of it through your unhealed emotions. The Law of Attraction brought you many many opportunities to heal the injuries that you have and you chose not too which caused harm.

That is not blaming you that is just how God's law of Attraction works. Unfortunately when there are children involved they are affected by this which we were. Even if you don't believe in that it is scientifically proven that a child's environment and parents affect the child for their entire lives and what happens in both the physical, and emotional environment acutely affects a child. For example your anger and rage that was directed at us has created a huge amount of fear and grief that we now have to release (when we choose to) this is just a fact, I am not blaming you, it is just how it is.

I have pondered about the Tsunami conversations. I know you are concerned. I do not have a problem with your expression of that concern. I didnt ever take it lightly as you accused me of. mum you made jokes about it and I felt you were condescending towards me On the other hand I dont feel to move yet and I cannot do something that is not right in my heart. I agree. I only talked to you about this as I was concerned for you and felt afraid of losing my mum. I don't feel so distressed by this as God is my real mum (still have issues to work through to truly believe this) and realise I was coming from a place of fear. You are quite capable to make your own decisions and it just highlighted in myself how much I feel I am responsible for you, which in actual fact I am not. So I feel that I have been disrespected I still don't see how I disrespected you by trying to let you know you could be killed by a tsunami and saying I felt you minimised the event. You have been told by scientists that you are on a tsunami strip and could get washed away, do you feel disrespected by them too? I suspect not so why do you feel I am being disrespectful? and I need to get over it and be open to to you talking about your feelings in your new phase of respecting me.

As I said I am not asking you NOT to express your feelings to me but I emphasise that to take responsibility for our own processes is important for all of us. Yes taking responsibility for my own process is very important. You actually did say you did not want me to express my feelings to you mum in stating that you did not want to bring up issues from the past as

you saw little point in talking about them. You said this on both on the phone and in your emails. I feel that clearly indicates that you do not want me to share my feelings with you.

I feel that you have twisted what I said to you re seeking counsel and I wonder if you have understood what I am saying. I am not saying you should seek out counsel. You are changing what you actually said here mum. You actually did say to me that you felt it could be useful for me to talk to someone neutral. I didn't have any objection to what you suggested and I feel that talking to someone can be really helpful at times and I may well do so at some point. I KNOW you dont do it that way. I used this as an example of how I see it when one is overwhelmed with emotions and complex issues I would seek neutral guidance. I used this example to explain our differences. I know you dont follow this method and your feelings and processes are different. I can listen to your feelings but they are not my responsibility for some things mum you created the cause so I feel you do have a responsibility for those particular things, just as I have a responsibility for all the things I have created in others through my choices to harm rather than love. It is like war, we are all responsible for wars due to the unhealed emotions we have around fear which causes rage and then from rage we attack. We can kid ourselves that it is someone else's problem but while we harbour and live IN fear and rage we have some responsibility..

I can apologise for the things I have done wrong and the mistakes I have made I am deeply sorry you say this but what exactly are you sorry for mum? This feels like a blanket statement and that things are suddenly all okay. Are you sorry because we don't have a nice relationship? and how can you be sorry for things you did that you say you don't even remember. I suppose I just don't really believe you are sincere with your apology.. I can listen to your feelings but I began to feel abused by the rest of it.

I am being honest with you and yes I am uncomfortable when you judge/ abuse me or misconstrue my words I feel you are saying that it is all about me, which is what you have said for my entire life, that it is my problem and I have to sort it out and you have taken little personal responsibility for your actions and what you have created emotionally and done to emotioanally harm me.

I dont understand what you mean by that "I choose to ignore you and sever contact with you" I think I answered this above, but to say it again I said I was happy to discuss the issues that I raised with you and you were quite clear you did not want to talk about 'past issues' with me as you didn't see any point in doing so. The feeling I got was you wanted to move on and things to be nice. I thought you had severed contact with me On a number of occasions you have said variations on you wont write to me or contact me unless you contact me or you dont want to communicate and you dont want to chat. As far as I understood if I dont have the right response I am in the rubbish bin. I just wanted to discuss issues with you mum I am damned if I do I am damned If I dont. I feel you feel quite angry about this.

I am desperately trying to work this out between us and I thought you didnt want to chat. I don't think this is true mum. you have taken little action in over a year to sort this out and that to me isn't the behaviour of someone who is 'desperate' to sort it out. You have contacted me and begun to actually say some things only after I contacted you when the feelings in me are wanting my mummy. The thing that is being highlighted to me about this is that when I blame myself and take the emotional responsibility that I am to blame and have done something wrong towards you then you contact me and actually literally state these things to me as you have done in this email - that I (eloisa) have abused, disrespected, judged you etc.

I long to have conversations on the phone but I felt the deal was we have to work this out first.

I never made a 'deal' with you about anything and wouldn't part of 'working it out' be to talk about it? I feel this is just an excuse to justify your actions or more inaction over the last year. I feel if you were really honest about why you have not contacted me that some of the feelings would be because you felt anger towards me. This is what I have felt from you mum.

Talk to me about your feelings by all means. This feels like a one way street to me mum and I don't see much point in talking to you about things that you have shown very little interest in hearing about. I feel it is great to email as I can read your emails over many times to seek to understand what is happening between us. It is really important to me to take as much time as we need to reach a positive and healthy flow of communication that can tolerate the challenging things and our differences I feel this is also a good way to avoid the feelings that are coming up and not address the real issues. To be honest I don't have much desire to spend a lot of time with you mum as you are not very nice to me and treat me badly. Also I don't want to spend time with people who are so restricting and controlling - by this I mean that it feels that I am 'allowed' to talk about some things and not about others. This does not feel like a healthy relationship to me.

There has been a huge amount of change in both of us and I think it does take time to adjust I agree there have been changes mum.

I am also more sad than I can possibly describe and as I said it is heartbreaking what has been happening between us. I love you Eloisa. I want to sort this out. As you said WE FEEL DIFFERENTLY ABOUT MANY THINGS AND SURPRISINGLY I AM PERFECTLY OK WITH THAT and AS I SAID IN MY LAST EMAIL I ACCEPT AND RESPECT OUR DIFFERENCES AND I AM CONFIDENT WE CAN SORT THIS OUT I hope so, but to be honest mum as I said earlier until your opinion of me matches my own opinion of me which is growing in a positive direction it is going to be very difficult for us to have a relationship.

From
Eloisa

Love and hugs and I pray for understanding between us

Love Mum

Eloisa's Comment

There was no response to the above email and it was not spoken about again.

When I next spoke to mum and I attempted to speak with her about things that we had in 'common' and see how it went. It went 'great', but I still felt terrible inside.

It seemed that each time I said what I actually felt, actually what was going on and the stuff unresolved between us that she got upset at me, blamed me, turned

everything around on me, sounded like I was exhausting her and 'did I really have to bring it up again, hadn't we already talked about that?' And that was what I began to realise I was not going to get what I 'wanted' from mum.

She isn't interested in resolving the issues between us at the moment. And I wanted to try and make her rather than feel how terrible and unloved I felt by my mum.

On 5/06/2013, at 1:06 PM, Eloisa Lytton-hitchins <eloisalh@gmail.com> wrote:

Hi Mum

Thanks for the icebreakers. They are so great and the kids love wearing them. Really grateful for you sending them.

You are moving! How do you feel about that? wondering why you have chosen to do so and where you are thinking about going too?
It sounds exciting.

Hope your quilting time went well in Australia.

Love
Eloisa

Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

Re: thanks

22 June 2013 8:23AM

Hi Eloisa

Wow amazing I___ is six today !

Am catching up with stuff as being away and doing house maintenance has somehow taken over

I have put in a new wood stove as other one was smoking and hopeless a mistake from the start so now have new free standing one like M___ s. Will light it tomorrow. Whole corner of house near fire looks clear and light always was a bit dark and seething. gas heater died too so new one goes in next week and am having outside bits sorted so by time I sell house will be great

I just had an epiphany re house after P__ left. It is time to move. P__ will go flatting when he returns and I feel this house is too big now plus maintenance by sea is excessive and I don't want that anymore Also I want to live on the ground floor and walk outside

I am excited about the next phase. Of course I have the odd wobble and go oh no Moving However I want to build a simple house. So would love to find a house on big section smaller than lifestyle block that I could live in and subdivide the section and build my house but who knows it may be that I go live somewhere and build somewhere else re land I build on I will fill it with trees as don't want lawn just vege garden and fruit trees and the rest in forest a small one

I will stay around Tauranga on the outskirts. Don't feel to go elsewhere but I won't be at the mount will always come over for walks but want to live with country near by

So I will put house on market after M___ and J___'s wedding and after P___ is back so I have a few months to live with new bits here which will be great and also I am getting rid of a lot of stuff I don't need anymore which is liberating and it is good to have time for that

So will call later today to talk to the birthday girl

Love and hugs Mum

Sent from my iPad

Robin Owens <robinowens@me.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

Re: land and waterless garden info

26 July 2013 5:30PM

Dear Eloisa

Oh my goodness how wonderful you have gone to so much trouble thanks so much I will read it all over the weekend

I am sure I will have lots of questions so will call you about that

Yes I agree totally I could establish a food forest right away as I have already decided on no grass and all trees and food stuff and flowers as I love flowers so its so inspiring to have all this as my starting point

THANKYOU so much for taking the time to do this

Haven't had a chance to go land looking yet

Love mum

Sent from my iPhone

On 26 Jul 2013, at 18:22, Eloisa Lytton-hitchins <eloisalh@gmail.com> wrote:

Hi Mum

I said I would send through info about food forests, waterless gardens and other interesting ways to set up low maintenance 'garden's' that you can also eat from etc. I have put lots of links below, if you cut and paste them into your browser they should take you there. There are really great ideas and pretty easy to set up also.

It is exciting thinking about some land and designing what you want to do with it. Depending on what you find will influence the decisions you make. But on any land you could set it up to basically look after itself by creating great water management - swales, ponds, systems to slow water down and retain as much water on/in the land as possible, fertility systems - to improve soil and feed all the insects and intelligent life etc and other things.

Our blog for the land and projects we are up to at the moment is below.

The following links are about fertility/living systems and waterless garden projects. (also a link about the ethos behind it)

<http://kyabra.blogspot.com.au/2013/01/waterless-garden-project.html>

<http://kyabra.blogspot.com.au/2013/01/living-fertility-systems.html>

There is more on our blog too that you can investigate if you wish. Go to the 'Home' page and you can look at the archives down the right hand side if you want to .

A friend of ours is at present designing a waterless garden 'tub' in a number of sizes. I will send it through when we have the information and he has it up and running.

This is an awesome video on a guy who has a super awesome garden based on woodchips. It is really good and it works. Tie it in with the waterless concept on a large scale it is even better.

<http://www.backtoedenfilm.com/>

A link to Food forests by Geoff Lawton - more on this on the internet if you are interested just google it, it is really cool and I reckon on a small bit of land it would be great to create a food forest from the start, design it in well and then you will not actually have to 'care' for it like a traditional garden as it will take care of itself and feed you if you wanted it too. It can be done on a small or large scale. The post on our blog for the waterless garden is going to end up a 'mini' food forest demonstration.

http://www.youtube.com/watch?v=QG_vRG66wkA

This is a really cool thing Geoff Lawton is doing - greening the desert

<http://www.youtube.com/watch?v=xzTHjlueqFI>

This link is to Geoff Lawton's website he does really great stuff with land, water management and planting, food forests etc:

<http://permaculturenews.org/author/Geoff%20Lawton>

I'm happy to chat with you about any of this if you want more information or specifics/ideas etc. Let me know. Otherwise enjoy researching if you choose too.

Sorry this is a long while coming since I mentioned it on I _____'s birthday.

Hope all is well,

Eloisa

Eloisa's Comment

I spoke to mum once more a couple of months later just before my brother got married to say I wasn't going to go to the wedding because of the outstanding issue of sexual abuse that was still unresolved in our family. I didn't hear from my mum or contact her again at all for about a year.

Eloisa Lytton-Hitchins <eloisalh@gmail.com>

To: Robin Owens <robinowens@me.com>

follow up thoughts to our recent conversation

3 July 2014 8:38PM

Hi Mum

I have been thinking about our last conversation a number of weekends ago and had some follow up thoughts.

I felt that you see the way the relationship is between us as my fault. You say you don't but it feels that way on the receiving end. It feels like you blame me for how it is between us and you are frustrated/angry about it. (Frustration is anger).

I found it interesting that you have no desire to speak with me at all about anything personal, that you don't want to share yourself or really know me, and you don't have too. You keep saying you are sad and upset yet it doesn't feel like you actually don't want to do anything about it.

You said that you 'can't trust me'.

You don't feel safe speaking with me and maybe only would with a mediator. This felt pretty full on - like you feel I am dangerous or something? Though you wouldn't give me any real detail on why you feel this way.

You said that I 'judge' you, don't listen to you, and a whole heap of other things along these lines. I do not question that this is how you feel, but have you ever thought that maybe they are *your* feelings and I am not actually doing these things 'to you'?, it is just that when we speak on certain subjects or issues these feelings *are exposed in you*. I suggest this to you as when I mention them, you withdraw, your voice becomes measured and you become very 'careful' with your responses. On many subjects I am asking to find out and make sense of my own feelings and the family injuries that affect me also - such as asking if you had been sexually abused. I am not sure what you think I am going to do with this information but I recognise a fear in you about that.

I felt manipulated and that you twisted my words to turn everything onto me and that it is my fault. You are expert at doing this and in the past I have agreed with you. I don't any more. I see it for what it is, manipulative, bitchy and nasty.

I find it interesting how 'guarded' you are about family and your own personal feelings. I don't see how our relationship can get any worse than it is right now and I don't understand why you try and control the conversation so strongly unless you have a heap of issues that actually are not resolved that you desire to avoid and not feel about.

I also find it interesting that you feel that it is so 'complicated'. You made the comment that I see things 'so simply' and when I asked you how you saw things and the possibility of us moving forward and healing this relationship you didn't actually have any ideas and spoke to me about how great the differences are between us rather than possibilities of healing.

I feel that while you keep focusing on what *I have done to you* that things are going to never change. You blame me for the hurt and frustration you feel and the pain that you are experiencing. You have always done this to me and you taught me from an early age to take the blame and punish myself for things that often I didn't even do in the first place but it enabled you to avoid your feelings. This has been very damaging for me personally. I

see now though that it is the only way our relationship actually worked also. Now that I am seeing what does belong to me and what belongs to you, the relationship has crumbled to nothing. Me blaming myself was a way that you could avoid feeling the emotions that my very nature and being in your life exposed that I suggest you don't want to feel about even now.

I have taken on this role for you mum most of my life and on some issues I still do it. But since our last conversation I realise that it is not all my fault. I am not to blame here.

I feel you have treated me badly since I first spoke to you about M_____ sexually abusing me. It is interesting how defensive you are about it, how little love, compassion or concern you showed/show towards me. You don't have to feel any of this, for me but I would prefer you to be honest about it rather than fake.

When you spoke to me about being sorry for what you had done to me as a child you wouldn't even tell me what you were sorry about. I question why. If you were genuinely sorry I suspect you would remember in detail the incidents and want to do everything you could to heal those including discussing them with the person you had done them too if you had the opportunity.

I feel it is easier for you to look at me and tell yourself that 'you can't trust me', that we have such differing belief systems that we cannot have a relationship anymore (this may be the case at this time but it doesn't have to be this way forever), rather than looking closely, carefully and honestly at your choices, behaviour and feelings towards me and your part in how the relationship is between us.

I do feel that it is simple to heal the relationship. It does not always feel *easy* but it is simple.

If you are interested, my idea to experiment with on how to do this is as follows:

Firstly for each of us to be honest with ourselves about how we really feel, owning and feeling that so that it is not put onto the other person. Then being truthful with the other party in the relationship about how we feel so that the relationship is based on real things rather than facade 'niceties' (by being real I don't mean emotionally dumping on them all your unhealed feelings but I do mean when you feel angry say you are angry about it and then you can find out why, rather than passively aggressively raging at me and telling me you are not angry when it is blatantly obvious that you are - (why else do you not speak to someone for two years especially when I am not raging at you constantly and have wanted to speak with you about the issues that stand between us) The issues are emotional and have a lot of hurt in them, but I suggest if we loved that we would discuss them, thrash them out, feel about them and discuss them some more until we healed them. It is not always easy and it doesn't always feel 'good' but it does create more real interactions, understanding and closeness in my experience.

While you remain in denial and angry at me/or in general, about things it will be very hard to move from where the relationship is at now.

I am open to discussion and speaking to you about any of these things if you would like to.

Best Wishes

Eloisa

Eloisa Lytton-Hitchins <eloisalh@gmail.com>

To: Eloisa Lytton-Hitchins <eloisalh@gmail.com>

Cc: Alan Drysdale <alandrys29@hotmail.com>, Robin Owens
<robinowens@me.com>, jcoxtaylor@hotmail.com

'gifts'

27 July 2014 5:33PM

Hi Mum, Dad, and Jackie,

The children received the gifts you sent for I____'s birthday this year.

I don't feel comfortable receiving 'gifts' from you guys for the kids (or me) at this time. They don't feel like real gifts, they feel like they have strings attached (emotionally).

I feel you have a lot of emotional 'hooks' & investment into I____, C____ and A____ as 'your' grandchildren (as you have with me as 'your' daughter) and that part of the reason for sending them things is to reinforce these attachment with them.

It feels ikky to me.

Your actions demonstrate that you don't really want to have anything to do with me, you don't contact the kids or us in any way except at birthday's or sometimes Christmas, and I question your intentions and motives. Your actions towards me demonstrate you don't want to deal with the issues that are still unresolved between us and the gifts often feel like a bribe with the kids.

I feel to return any gifts you send to any of us at this time.

Just wanted to let you to know so you don't waste time, money or effort in the future.

Best Wishes

Eloisa

Eloisa's Comment

I chose to call Mum a year later (just before sending the email above dated 3, July, 2014) - to 'give another chance to love me' - it didn't work out as I had hoped, I didn't realise at the time this is what I was doing, I had convinced myself it was to discuss other stuff. It was later that (with some help) that I realised what my motivation for the call actually was.

It was interesting though as after two years mum still wants nothing to do with me, preferring to not discuss the issues that are still outstanding between us - she adamantly claims that this is not the case, but her actions demonstrate to me the truth. She sees no way to resolve our relationship. I do, though it will take effort and a sincere desire to release personal pain by both parties.

I also could see and feel much more clearly my demands, expectations and useless 'hopes' and what was actually going on with mum being manipulating, condescending and attacking of me. I felt so deeply sad and realised I am never going to 'get' what I want from my mum, as mum doesn't want to give it, in fact she feels she already loves me totally unconditionally, I feel her actions and words demonstrate this is not true.

I wrote the above emails and have not heard back from her since, I doubt I will hear from her anytime soon, her choice is to ignore and dismiss those who don't do what she wants rather than sort it out for real.

I also have made no contact as I think it is pretty plain to see that I need to get on with feeling the sadness I have and any other feelings, re-educate 'little Eloisa' about what love really is. 'Little Eloisa' is still hoping her parents will love her for real and demonstrate that to her. I feel deeply sad that things between me mum and dad couldn't have been different, but they aren't.

I feel I now have the tools and means to sort out the pain on my end and now that is all that is left to do. We will see where we go from there. I also realised that I would not accept the type of treatment I receive from my family from any other person as much as I allow it from 'family' members. This indicates I have work to do on releasing family beliefs and feeling that it is 'okay' to be abused by family members, in fact think it is 'normal' and have a higher tolerance for it as I was groomed and conditioned to accept it.

**** * * * ****