

From: Gillian Olivia Witter  
Date: Thu, Sept 15, 2022, 6:52 a.m.  
Subject: Sharing My Thoughts  
To: Dad

Dad,

I do not care that Mom is upset with me anymore. Her opinion means very little, compared to before. Nothing I do is ever ok in her eyes, I am ALWAYS blamed, and I have stopped trying. She will never be happy because she is not happy with herself. She drowns herself in her home life because she refuses to acknowledge her hurt and pain. That's her choice.

If Mom is upset, she'll be upset or find a reason to be upset. That is her personality and has nothing to do with me. I do not care anymore. I lost my respect, care and love for my Mom the moment she yelled at me for no reason was my tipping point of tolerance.

Dad, I am a sensitive soul. I deserve kindness and gentleness. Not harshness or abusive behaviour. I have a good heart and I operate from a positive kind approach to everything I do. I am a wounded healer. I can only take so much emotional abuse from Mom to the point where I stopped caring. Part of my healing/therapy is to acknowledge all the hurtful things Mom has said to me that has made an impact on self-respect and self-esteem which the root of my depression. As well as not being allowed to express my sadness or anger from since I was a kid. All of this has a direct impact on my relationship with managing money, romantic, and platonic relationships.

Words have power. Mom is a master manipulator, controlling, a big bully, revengful, jealous, narcissistic, insecure, mean, and hurtful. That was all formed from her life experiences and I have compassion for her in that regard.

I will not tolerate or let it affect me the same way as her bullying and vindictive remarks have affected me in the past. I accept and love who I am, who I've become, and who I am becoming.

I have spent most of my life trying to be perfect and I am not. No one is. I have spent most of my life being blamed, yelled at, or argued with, or talk down to. Mom can't do something nice or supportive then, in the same breath say something mean or hurtful and think it's ok. It's not ok.

As soon as my heart stopped caring, so do my actions. I feel so much freedom from her burdens. I decided that she doesn't behave this way and get access to be apart of my life. She lost that privilege. And although she helped, supported me to get me here, she is gravely mistaken that her behaviour is ok because she is my Mom. NO!!!!!!! That's not the way it is anymore. She needs to take accountability for her behaviour. If not, she will be alone and lonely.

Dad, I'm different now. I've changed. And if there is any chance to reconcile this Mother-daughter relationship, it will need to be her to make the change and approach. I am also tired. I am tired of all of this. I am tired of being her emotional dumping ground and punching bag. I'm tired and at my limit.

When I leave, she will regret it, if she doesn't take steps to reconcile. That's why all my exs have returned in my life. I will not come back or turn back and she will lose the very thing she invested her heart and soul into. Perhaps she needs to hear that from you to help her realize that her behaviour is not ok. However, I am not holding my breath because of her stubbornness and old ways of thinking. The world has and is changing and being at home in a corner is not going to protect her from facing herself, thoughts, and behaviour.

I've been doing my very best and heal myself at the same time. I am not perfect yet perfection is constantly expected from me. So, you're comment "Don't give her anything to complain about." As I said, regardless of all the ways I done my best, it will NEVER be good enough because she feels she is not good enough. And that's not my responsibility or burden to carry. As I've said, I will do my best and I am human and will make mistakes and that's ok.

I will live on happily.

Thanks for reading.

Here are some very distinctive memories of things Mom has said to me since I've been home. Hopefully, reading them all together may help you to understand that I've had enough. Just because I need a place to live for now, doesn't give ANYONE permission to say these hurtful things to me:

Earliest hurtful memory:

I was 5 years old and being a fussy kid one morning when doing my hair. I remember her being very rough with me and saying "Sit still or we are going to be late. You are going to be the late little nigger." I will NEVER forget this moment. I even remember the song that was playing on the radio. It was the moment when my little Gilly brain said "I'm not good enough.", "I am different.", and something is wrong with me since I didn't know what nigger meant until I was older.

Here are some remarks from just since I've been home:

DEEP WOUNDS

~ "You should have been a boy." (Said to my by Mom twice and Fern on Mom's birthday)

~ "I wanted to kick you out and change the locks because I don't like your depressive mood."

This really impacted me because I have done my best to help her understand depression over the years.

~ When I caught Daniel cheating, Mom said "That's what happens in marriages.", yet she didn't tolerate it from you, yet I need to out up with it?

- ~ When I was going through my separation with Daniel, Mom asked me "What am I suppose to tell the family?". I said "Tell the truth."
- ~ Saying "I'm a damn selfish child." because I didn't give her some of my ice cream and pie at Auntie Marilyn's.
- ~ Putting Rawle's needs ahead of me. I was really upset when I said I want to spend time with her when I came home for Trinidad and then she allowed Rawle to stay the entire time. I had not been home after 2.5 years.
- ~ At Christmas, she said "I don't want you to talk to Rawle. When you are angry you are aggressive." Who isn't? And I had every right to be angry.
- ~ Yelling and swearing at me for moving her cordless phone that I didn't touch.
- ~ Negative comments about spelling and grammar, knowing that's a tender challenging thing for my brain. I accept my limitations and slight dyslexia.

## PUTDOWNS

- ~ You're too much.
- ~ You're overwhelming.
- ~ You're doing too much and it is making me feel bad.
- ~ You're not doing enough and being lazy or didn't throw out the garbage.
- ~ You're being extra.
- ~ You have no butt.
- ~ You're arms are really fat.
- ~ You've gained weight.
- ~ You've lost weight.
- ~ There are spelling mistakes.
- ~ You're selfish.
- ~ You're too aggressive.
- ~ You put too many vegetables in when you cook.
- ~ Shaming me for whatever food that was new or different than what she is use to.
- ~ Shaming me for putting my days worth of water on my bedside table.
- ~ "Are you purposely trying to show off?" - this is when I dressed nicely.
- ~ "I don't like your pictures for your website."
- ~ "I don't like your therapist's hair or outfit."
- ~ the fridge is too full
- ~ there's not enough food
- ~ You should do it this way or that way.

These were said just in the last year, you can imagine other hurtful things that came up over 43 years.

I needed to share this today. It was therapeutic to write this all out.

🙏 Thank you for reading. 🙏

Soulfully yours,

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