

DEEP WOUNDS

- ~ "You should have been a boy." (Said to me 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 put 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.
- ~ Your 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 used 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