



Ashly

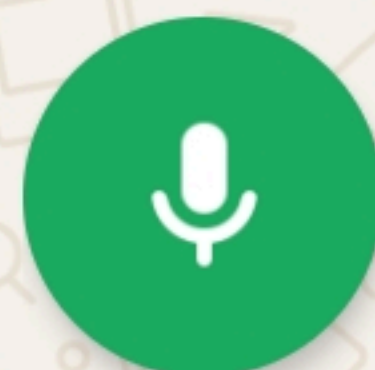


Yesterday

Stop interfering with my life. Sending flowers to my old workplace and contacting my partner's workplace to get to me is not caring. It is intrusive, inappropriate, embarrassing, mortifying, even. I have already made it clear that you are not to contact my past or current employment, and do not EVER contact Shahrads or his workplace ever again. The fact that this still needs to be said is ridiculous. Shahrads is understandably angry, and so am I. Do you have any idea how this comes across? It is not thoughtful. It is not concern. It is boundary-crossing behaviour that is veering into stalker-like territory. It is completely unacceptable. I do not want anything from you except distance and respect for my boundaries. That is it. I did not want you turning up here. I did not want you suddenly reappearing in my life after 15 years, especially not to behave exactly as you have. You are 57 years old. You should know better than to behave like this. Instead, you have shown the entitlement, emotional immaturity, and self-absorption of someone far younger and far less accountable. This has not brought me closer to you. It has pushed me further away. Every time you push, interfere, nag, or refuse to give



Message





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This has not brought me closer to you. It has pushed me further away. Every time you push, interfere, nag, or refuse to give me space, I want less and less to do with you. You are not respecting me. You are not respecting my boundaries. There is no justification for that.

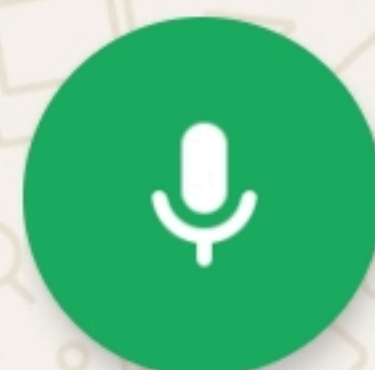
And to be clear, I do not want to hear any version of "I wouldn't have to if you would just..." No. You are not entitled to my time, my responses, my attention, my presence, or access to my life. You are owed nothing. I don't have to do anything, I don't need to just do what you want.

I gave you a chance. I tried to be vulnerable and talk to you about what was happening in my life, and you immediately made it about yourself. When I sent you pictures of my life, you brushed past them so you could focus on what you wanted to talk about. That is not a communication issue. That is self-centred behaviour. You even tried to encourage me to quit my profession because it was "too hard," as though you have the right to encourage me to quit something I have pursued for years. Yes, it's hard. Anything worth having is worth fighting for. Why would you have even said that?!

You also pressured me to have you here again when I was already telling you that my life this year was too full, and you



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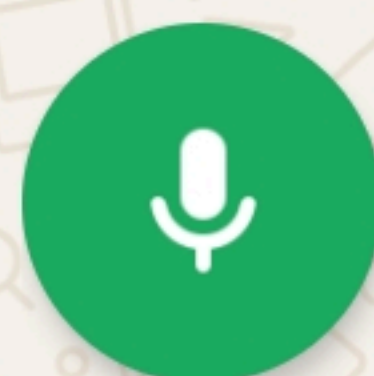
You also pressured me to have you here again when I was already telling you that my life this year was too full, and you even attempted to invite yourself to my house. Let me make this unmistakably clear: there is no way I will ever give you my address. If you cannot respect basic boundaries now, there is no reason to believe you would respect them then. I do not trust you to have that information.

If I had wanted to talk to you, I would have responded. That should not be difficult to understand. Silence is an answer. Distance is an answer. No response is an answer. Your refusal to accept that does not make your behaviour more justified. It makes it more inappropriate.

The reality is that you continue to make this about you, your wants, your feelings, your urgency, your access. You, you, you. It has always been about you. My life does not revolve around you, and I am not here to manage your emotions, indulge your entitlement, or accommodate your drama. I gave you a chance, and you behaved like a child. You could not manage your emotions, you had what was essentially a tantrum, and you turned what could have been an opportunity into yet another display of immaturity and drama. I do not want drama in my life.



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This is not me speaking as a psychologist. This is me speaking as an adult woman who is long past wanting to deal with this kind of behaviour. If you have reached 57 without learning basic respect for boundaries, accountability, and self-restraint, then I have no reason to believe that is going to change now. Especially if you're quitting therapy and "cutting" everyone out. It's so toxic and immature.

So read this carefully: do not contact my workplaces again. Do not contact Shahrads workplace again. Do not send gifts. Do not try to force your way back into my life through pressure, persistence, guilt, or intrusion. Back off. If you want to send me things to WhatsApp, if and when I ever feel inclined, I will look then.

2:28 AM

nationalseniors.com.au

<https://nationalseniors.com.au/news/latest-news/sad-truth-behind-family-estrangement>

↪ nationalseniors.com.au

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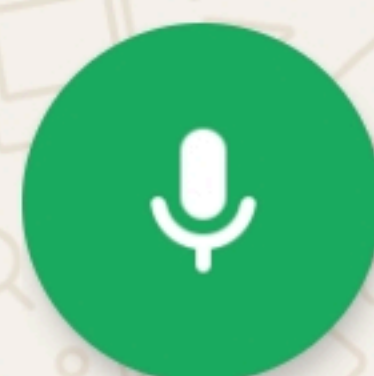
2:33 AM

www.yourtango.com

<https://www.yourtango.com/family/when-adult-children-go-no-contact-usually-because-parents-had-painful-traits>



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**nationalseniors.com.au**<https://nationalseniors.com.au/news/latest-news/sad-truth-behind-family-estrangement>

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2:33 AM

April 16, 2026

Ok, you have forgotten who you are talking too, so tone it down.

So I thought sending you a gift (flowers, plants, gift baskets) to your work like a lot of people do would be thoughtful & acceptable, I just wanted to do something nice and give you the plant I was going to give you when I was there in November, but I had to return it to the florist because I didn't think we were



Message





Ashly



Ok, you have forgotten who you are talking too, so tone it down.

So I thought sending you a gift (flowers, plants, gift baskets) to your work like a lot of people do would be thoughtful & acceptable, I just wanted to do something nice and give you the plant I was going to give you when I was there in November, but I had to return it to the florist because I didn't think we were going to get together.

However because of your high & mighty attitude and still dealing with your so call childhood trauma you had a negative reaction.

As far as contacting Shahrads, well thats what people do is contact friends & family to make sure someone is well & good when you don't hear from them. He didn't seem upset and said nicely that he did not want to get in the middle of our life circumstances.

If I wanted to know where you live I would know!

Just look at all that I already know. I don't seek that information because of my granddaughter which you are withholding her from me for 15 years which is known as grandparent alienation which you know that and in conjunction with estrangement from



Message





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years which is known as grandparent alienation which you know that and in conjunction with estrangement from me, your mom, and others.

You have made it perfectly clear your discontent with me, by saying "This relationship means more to you than me!" (Twice) and multiple other things that a therapist should know even on a personal level not to do. So rest assure I will never return there.

By the way, you talk about me having anger issues, go back and read things and see who is presenting anger and vulgar language.

One more thing you ripped your mom about her drinking issues which was only beer, but what about you when we met at Fitzzy's, you put away 5 - 6 Long Island Ice Teas, that's rather hypocritical.

I told you I don't need anyone and I don't need you especially being hostile. I wanted to know you, your life experiences and to know Zoe, but in a more personal way and not in a lifeless environment of WhatsApp or texting or emails, so you too are guilty of being selfish & self centered.

My quest to know my granddaughter doesn't stop and I don't have to be



Message





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My quest to know my granddaughter doesn't stop and I don't have to be there to accomplish this. When she has turned 18 years old I will pay a private investigator to find her and give her a folder with information, which will include how to reach me if she wants to talk or not, it will be up to her with no pressure, no risk from your point of view and no laws broken.

I offered several times to do therapy with you for you, for us, to reunite all of us as a whole.

If you don't want anything to do with me that's your prerogative. I tried and a mistake from both of us caused this rift again.

Communication or lack of can make or break any relationship.

So go protect your peace and be afraid to put in the effort to work through this situation.

You need help, I have real strong concerns about your ability to do your job, the position you are in because of Unresolved Childhood Trauma with me that you have mentioned and how you have been dealing with me. I have all the screenshot of our WhatsApp conversations, texts, emails. In addition I have all your TikTok rants that support what I am saying. Then there is your



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what I am saying. Then there is your therapist (Nicole?) who lives at

Address removed for privacy & security who if court order would have to reveal knowledge of Unresolved Childhood Trauma.

So, I am going to build a website and present our story there and include all the information I have along with the 11 page letter I wrote to you and all the supporting files that's on the thumb drive to try and explain to you what happened in our lives to try and reconcile, but obviously you have not healed.

After creating the website and storyline with all information including travel information to show how hard I was trying I'm going to send a brief email message and a link to this website to all Family Law Attorneys, Psychologists, Mental Health Facilities, and current employer. They can determine if you qualified and capable to perform what you are trained to do, are you able to be Objective & Unbiased.

I know this will definitely end our relationship or whatever you want to call it, but I'll except that in hopes you get the true help you need so you don't possibly injury other individuals & families because of us. In addition, maybe it'll make you a better therapist. Good bye and Good Luck!



Message





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**You**

What is grandparent alienation? -
Relationships Australia Queensland
<https://share.google/SPhXImgUoSd5GwVt8>

Fuck off.

1:00 AM

I'm about to block you for good.

1:00 AM

You are harassing me. And this behaviour is exactly why I cut you out of my life.

1:00 AM

You

Ok, you have forgotten who you are talking too, so tone it down.

...

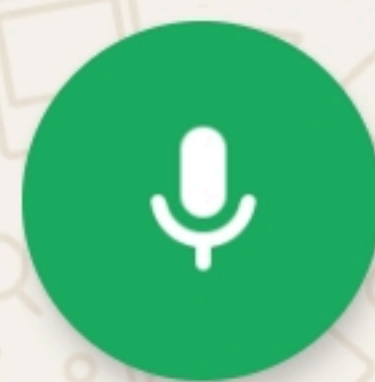
I don't want this shit. You chose to do it. It's very simple. Leave me alone. There is nothing that I need or want from this. You're exhausting, chaotic, and toxic. I don't care why, I don't care about what you want. I do not want to get to a point where I need to file a complaint with the police.

Calling me high and mighty, telling me to remember who I'm talking to? You're nothing to me.

If you ever try to contact my child, I will go to the ends of the earth to have you arrested and deported from the country. She wants nothing to do with you. I have now made it very clear. Do not contact



Message





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Good bye and Good Luck!

<https://www.facebook.com/share/1DKdJtqjY8/>

Edited 4:22 AM ✓✓



You deleted this message 4:33 AM



You deleted this message 4:38 AM

Never Told You:

1. He was scared of being as loved, every single day.
2. Every time he acted strong, he was hiding his own broken pieces.
3. He sacrificed dreams you'll never hear about, just to build yours.
4. His love was loud in actions, even when his words were low.
5. He carried burdens alone, so you would never feel them.
6. He worries about you more than he ever admits.
7. He notices your growth, even if he doesn't say it out loud.

David Hodges

David Hodges. 17 likes · ...

[facebook.com](https://www.facebook.com)

4:43 AM ✓✓

Passive-aggressive behavior is an indirect expression of hostility, anger, or resentment, where a person acts out negatively through passive measures rather than open confrontation. Common examples include sarcasm, intentional procrastination, backhanded compliments, the silent treatment, and stubbornness. It is used to avoid direct conflict while undermining others. Key Characteristics and Signs:

- "I'm Fine" Lie: Verbally denying anger while behaving in a hostile manner.
- Intentional Inefficiency/Sabotage: Leaving tasks undone, purposely doing a poor job, or "forgetting" to do things to express resentment.
- Backhanded Compliments: Remarks



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- Backhanded Compliments: Remarks that seem polite but carry a hidden insult.
- Sullenness or Silences: Using the silent treatment to punish or communicate disapproval.
- Victimhood: Avoiding responsibility by portraying oneself as the victim of circumstances or other people's unreasonable demands.

Why People Act This

Way: Passive-aggression is often a defense mechanism stemming from a fear of direct confrontation, fear of rejection, or an inability to express emotions openly. It allows the individual to express frustration while maintaining "plausible deniability," meaning they can claim they didn't mean any harm if confronted.

How to Handle It:

1. Recognize the Pattern: Identify that it is not about you, but a reflection of the other person's inability to communicate.
2. Stay Calm and Direct: Refuse to engage in the game. Calmly address the behavior by stating what you observe ("I noticed the report wasn't finished").
3. Set Boundaries: Clearly communicate expectations and the



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3. Set Boundaries: Clearly communicate expectations and the consequences of inaction.
4. Avoid Enabling: Do not take over their undone tasks out of frustration; this only encourages the behavior.

If passive-aggressive behavior is causing significant stress in relationships or work, consulting a therapist can help in developing more constructive communication habits.

8:32 PM ✓✓

This manipulative tactic is known as narcissistic baiting or provocation, where a person deliberately taunts you to elicit a reaction, only to label you the "enemy" or abuser when you finally react. Your reaction to this relentless prodding is often called reactive abuse or a provoked reaction.

Key Aspects of This Tactic:

- Narcissistic Baiting: Poking and pushing you emotionally or physically until you reach your limit.
- Reactive Abuse: A response to prolonged, intentional manipulation. The abuser manipulates you to act out, then uses your reaction to claim you are the aggressor.
- DARVO: A tactic standing for Deny,



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- DARVO: A tactic standing for Deny, Attack, and Reverse Victim and Offender, where they deny their actions, attack you for reacting, and pretend they are the victim.
- Goal: The goal is to make you look crazy, unstable, or irrational, allowing them to avoid accountability while putting you on the defensive.

Recognizing this behavior as intentional provocation rather than your own failing is crucial to protecting yourself.

8:34 PM ✓✓

Manipulation is a deceptive or unfair psychological tactic used to control a person's behavior, emotions, or thoughts, aiming to gain personal power or advantage. Manipulators often exploit weaknesses, using tactics like guilt-tripping, gaslighting, and the silent treatment to force victims into acting against their own best interests.

Key Aspects of Manipulation

- Goal: To gain control, power, or a specific outcome.
- Methods: Using emotional blackmail, threats, charm, and lying.
- Impact: Victims often feel pressured, anxious, guilty, or confused.
- Contexts: Can occur in personal relationships, the workplace, or social



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- Contexts: Can occur in personal relationships, the workplace, or social situations.

Common Signs of Manipulation

- Gaslighting: Making someone question their own reality or memory.
- Guilt-Tripping: Making the victim feel responsible for the manipulator's feelings or actions.
- The Silent Treatment: Withholding affection or communication to punish the other person.
- Lovebombing: Showering someone with excessive affection, then withdrawing it to control them.
- Playing the Victim: Avoiding responsibility by acting as the injured party.

How to Deal with Manipulation

1. Set Firm Boundaries: Clearly communicate what behavior you will not tolerate.
2. Recognize the Behavior: Identifying the tactic reduces its power over you.
3. Create Space: Take time to evaluate situations rather than reacting immediately to pressure.
4. Seek Support: Discuss the situation with trusted friends, family, or a



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4. Seek Support: Discuss the situation with trusted friends, family, or a professional.

8:34 PM ✓✓

Ostracism is the intentional exclusion, rejection, or ignoring of individuals or groups, often causing significant psychological pain, decreased self-esteem, and feelings of helplessness. It functions as a social mechanism to enforce conformity or punish individuals, manifesting through silence, exclusion from meetings, or being ignored. Key prevention strategies include fostering inclusive environments, open communication, and active bystander intervention.

Signs of Ostracism

Ostracism can be overt or subtle, often leaving no physical bruises but causing deep psychological distress. Common signs include:

- Social Exclusion: Being left out of meetings, emails, social gatherings, or team lunches.
- The Silent Treatment: Coworkers or peers refusing to spe... [Read more](#)

8:37 PM ✓✓

A lack of communication is the primary catalyst for the breakdown of relationships, teams, and productivity, leading to assumptions, resentment,



Message





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- Avoidance: People physically moving away or avoiding eye contact.
- "Invisible" Treatment: Being treated as if you are not present.

Types of Ostracism

Ostracism can be categorized by its context and intensity:

- Workplace Ostracism: Specifically, being ignored or excluded by colleagues or superiors, which reduces morale and increases turnover.
- Social/Relational Ostracism: Being shunned by friends, family, or social groups.
- Cyberostracism: Being ignored in online environments, such as not receiving replies in group chats or emails.
- Physical vs. Verbal: Ranging from total silence (no verbal communication) to "cold-shouldering" (ignoring presence).

Purpose and Impact of Ostracism

While historically used in ancient Athens to banish political threats for 10 years without formal trial, modern ostracism often acts as a social control mechanism.

- Purpose: To punish, control, or align members with group norms.
- Psychological Effects: It triggers the



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- Psychological Effects: It triggers the same brain regions as physical pain (anterior cingulate cortex), causing immediate distress.
- Long-Term Consequences: Can lead to depression, anxiety, social anxiety, low self-esteem, and feelings of unworthiness.

How Ostracism Works in the Workplace
Workplace ostracism is often an "invisible" form of bullying. It works by systematically lowering a person's sense of belonging and self-worth.

- Reduced Productivity: It lowers employee morale, engagement, and job satisfaction.
- Consequence of Power Dynamics: Often used to isolate, weaken, or drive out individuals who do not conform.

Preventing and Combating Ostracism
Combating ostracism requires proactive efforts to build inclusion.

- Cultivate Inclusion: Leaders should develop supportive environments where all members feel valued.
- Open Communication: Address exclusion directly but constructively.
- Buddy System: Ensure new team members are welcomed and connected.
- Normalize Support: Encourage team



Message





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- Normalize Support: Encourage team members to support those who appear isolated.
- Awareness: Educate teams on the severe impact of social exclusion.

8:37 PM ✓✓

A lack of communication is the primary catalyst for the breakdown of relationships, teams, and productivity, leading to assumptions, resentment, and profound misunderstanding. When individuals stop communicating, they create their own narratives, fostering distance rather than resolution. It destroys trust in personal relationships and causes project failures in workplaces.

Key Aspects of Communication Breakdown:

- Assumptions Replace Facts: When communication fails, people stop seeking truth and start assuming, leading to misinformation and conflict.
- Resentment Grows: Unspoken frustrations, rather than overt conflicts, slowly dismantle intimacy and trust.
- Workplace Consequences: Poor communication causes missed deadlines, increased project failures, and decreased morale.
- The Silence Cycle: High stress and conflict can cause people to



Message





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• The Silence Cycle: High stress and conflict can cause people to withdraw, creating a cycle of further disengagement.

How to Overcome the Breakdown:

- Active Listening: Focus on understanding the other person's perspective, not just waiting to speak.
- Be Direct and Clear: Avoid vague communication and ensure the message sent is the one received.
- Stop Assuming: Ask questions and seek clarity immediately rather than building stories in your mind.
- Practice Vulnerability: Speak up about feelings, even when uncomfortable, to bridge gaps of loneliness or frustration.

Effective communication is described as the "oxygen" to any relationship or organization, and its absence brings a rapid decline in connection.

8:47 PM ✓✓

April 17, 2026

Stitch This pt.1&2, and one other - Do you remember?

2:59 AM ✓✓

May 17, 2026

Psychology Board
Ahpra

Message





Ashly



arrested and deported from the country. She wants nothing to do with you. I have now made it very clear. Do not contact me or is again. Do not ask someone else to either.

You make threats to achieve your goals at any cost is exactly what makes you abusive. There is a term for what you're doing, and it is called coercive control, which carries a maximum penalty of 15 years in prison.

1:11 AM

Actually, I think I will make a complaint to police so they are aware you have been told to stop harassing me. If you post anything private about my life, I will be forced to confront this with the police and escalate this to court. You're a very dangerous, unwell person.

1:13 AM

Look at the fucking stress you've already brought into my life. Why the fuck would I want anything to do with you.

1:16 AM

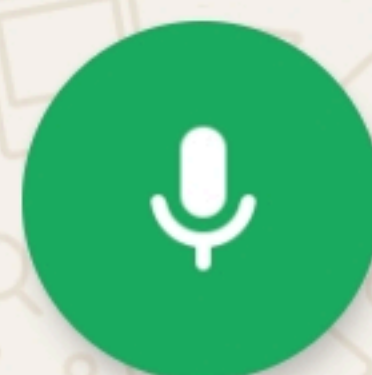
What does it say about you that I had to drink to be near you?

1:19 AM

I wrote this letter when you sent the first package as part of a therapeutic process. I thought long and hard about sending it and I felt like not much good would come from it for either of us. But given that you are threatening me, which by the way you have no grounds



Message





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But given that you are threatening me, which by the way you have no grounds or basis or evidence in which to tarnish my reputation or try to impact on my registration and career. They will see you for what you are, a very extremely unwell man who is trying to manipulate and coerce to get his way. I have not operated outside of the scope of my skills and training, nor have I done anything that would breach the code of conduct professionally.

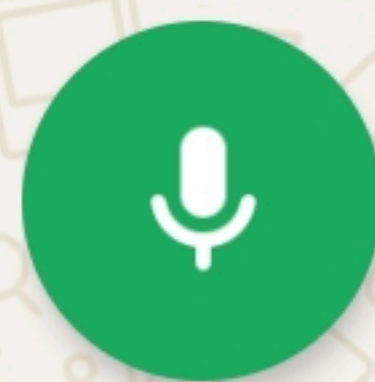
Dear David

I have become aware that you are stalking me, trying to ascertain where I am with the intention to come to Australia to find me. This is me making it very clear, you are not welcome at my home. In fact, this is the last communication you will ever receive from me. I am writing to make it absolutely clear: you have no place in my life now, nor ever again. You ceased to exist over ten years ago. I want no visits, no phone calls, no letters, no messages through other people. I want no presence of yours in my life, and I will take every measure necessary to protect myself and my child from you.

You have had many opportunities to



Message





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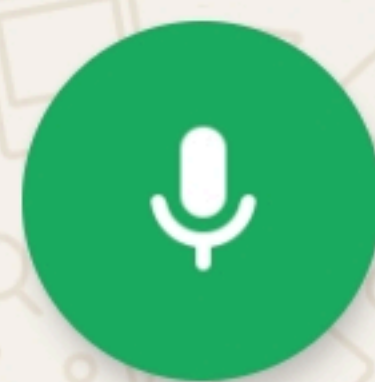
You have had many opportunities to do better; many moments where you could have chosen love, kindness, or accountability - but you didn't.

From my earliest memories, you were a source of pain, fear, and instability.

- At three years old, you hit me in the face — a formative moment that told me my father's hands were not for safety or care, but for violence.
- At five years old, I was urinating in trash cans because I was too terrified to go to the bathroom at night. That kind of fear does not come from nowhere; it comes from living in a home where danger feels ever-present.
- At seven years old, you picked me up by the throat and slammed me into a wall — a moment of such physical dominance and rage that it burned itself into my body memory - over doing something that I learned from you when you role modelled calling women bitches and black people the N word.
- At nine years old, you beat me for something as petty as eating the last ice cream and leaving a window



Message





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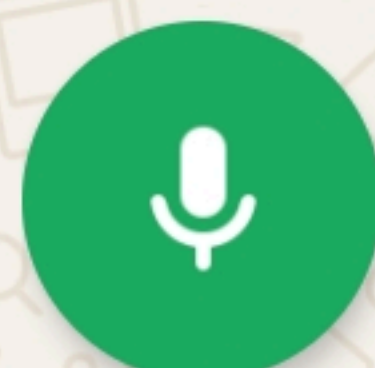
- At nine years old, you beat me for something as petty as eating the last ice cream and leaving a window open. The next three years were hell on earth in foster care, living in 7 different homes. Why, because you refused to acknowledge your own cruelty, rejected therapy, and would not address the goals from CPS. You even tried to pressure my mother into putting me up for adoption. Do you know that even today, I have issues around food, and insisting everyone “ask” first before eating something in the house.

Between the ages of four and nine, I have vivid, unshakable memories:

- Peeing all over myself in your truck because I was more afraid of asking you to take me to the toilet than of losing my dignity.
- Being pulled over your legs with my pants down as you pretended like you were going to spank me several times, only to stop and laugh at my humiliation as I flinched each time, before actually hitting me.
- Sitting in the truck reading a library book — my escape from you — and when I didn't laugh at your jokes



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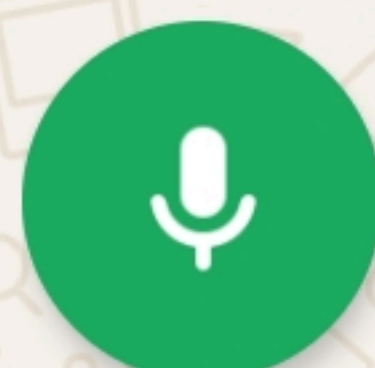




- Sitting in the truck reading a library book — my escape from you — and when I didn't laugh at your jokes or give you attention, you ripped it from my hands and threw it out the window. The rest of the day was ruined by my fear that I'd never be allowed to borrow from the library again.
- You pegged a cell phone at my head, slamming it into the door next to my ear, with the phone shattering into pieces you threw it so hard. Imagine if that would have hit me?
- You slammed the kitchen door so hard it busted off its hinges and hit my mother in the face, causing her skin to crack open and bleed.
- I remember my mother under your financial control, having no money, but at least when she had a little, she shared it with me.
- I remember my mother drinking heavily because she was drowning in pain and misery, with no way out — pain you directly caused. You prevented her from being the mother I desperately needed.



Message





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prevented her from being the mother I desperately needed.

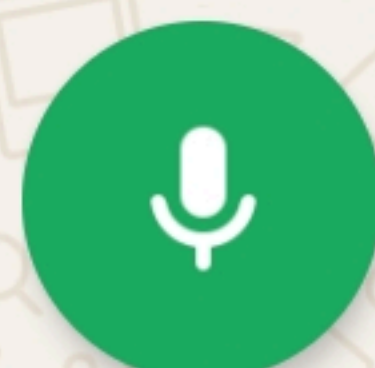
- I was raped in my own home because you allowed strangers to live one bedroom away from me.
- I remember my mother complaining of pain after sex, and all I could hear was you whining.
- You made sexualized comments about my girlfriends, making me deeply uncomfortable to ever bring them around you.
- I remember the pain of my first birthday in foster care, my first time, and each time, seeing my mom in that tiny room at Child Services.

When I came home at twelve, the abuse hadn't stopped — it had simply evolved.

- I remember you telling me "I might not be able to hit you now, but I can make your life a living hell."
- At fourteen, you demanded that I accept your infidelity and respect your decision to cheat on my mother. You tried to force me to meet your mistress. When I refused, you exploded — kicking a glass table



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mistress. When I refused, you exploded — kicking a glass table until it shattered around me, then slamming a hardback Bible into my head. The irony of using something symbolic of morality and love as a weapon was not lost on me.

- At eighteen, you told me that I was a whore. That was not love; it was cruelty...humiliation....degradation.

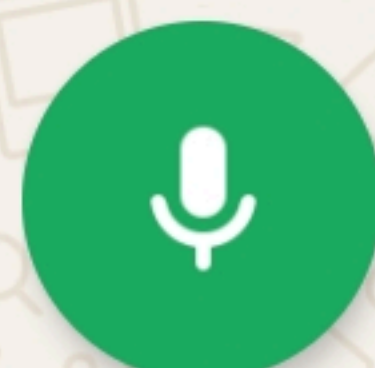
And at every opportunity, you would comment on my weight... right up until the very last time I saw you before I left for Australia

Even as an adult, you continued to prove that you were unwilling — or incapable — of being anything other than manipulative and abusive.

- When you nearly died, I visited you, hoping that perhaps you might finally see the value of reconciliation and change your ways after seeing your one and only granddaughter. But even then, you used the moment for control and narcissistic power plays.
- At twenty-five, when I confronted you about your abuse after you hurt your girlfriend and went to jail, you told me she deserved it. Then I asked



Message





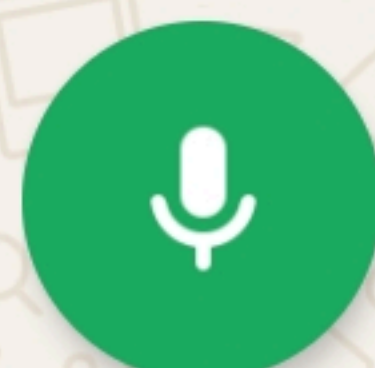
told me she deserved it. Then I asked you if you really believed that... and whether you would ever take any accountability. When I asked you whose fault it was that you beat your own kid as a small child, you blamed me too.

And when I finally told you that you no longer had a place in my life, you didn't just let go — you retaliated. You attempted to ruin my business, discredit and ruin my reputation, calling me vile names and sharing our dirty laundry where potential clients could see it. And then you went on to JUSTIFY this by saying "If I would just let you" If I would just talk to you...if I would just let you see or talk to Zoe... and even now... you wouldn't be stalking me If I would JUST do what YOU want... Well, you have no power, no authority over me anymore and you don't get to have what you want JUST BECAUSE YOU WANT IT. You crossed the ultimate line: you threatened to kidnap my child because I was trying to protect her from you.

Your actions caused profound, long-lasting emotional and psychological harm. As a child, you took away my sense of safety and belonging. You made my home a place of fear. You taught me that love was conditional,



Message





Ashly



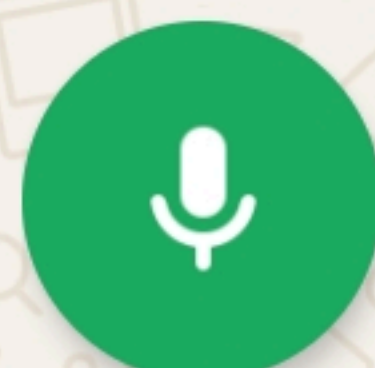
Your actions caused profound, long-lasting emotional and psychological harm. As a child, you took away my sense of safety and belonging. You made my home a place of fear. You taught me that love was conditional, that anger was love's constant shadow, and that trust was dangerous. I learned to live in hypervigilance, reading every tone, every shift in your mood, and now my partner's, ready to defend or hide myself at a moment's notice, or worse, to escalate a small nothing into a huge something because it feels safer to pick and control a fight, than it is to suddenly be a victim, like I was from your physical and emotional violence.

This kind of childhood rewires a person's brain. It changes how they relate to others, how they see themselves, and how they navigate the world. I grew up with:

- Chronic anxiety and hyperawareness, always scanning for danger.
- Low self-worth, because my father's words and actions told me I was undeserving of kindness.
- Distorted ideas of love and relationships, because my primary example was a cycle of violence.



Message



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Ashly



relationships, because my primary example was a cycle of violence, control, and betrayal.

- Emotional suppression, because speaking up often meant escalation and more abuse.



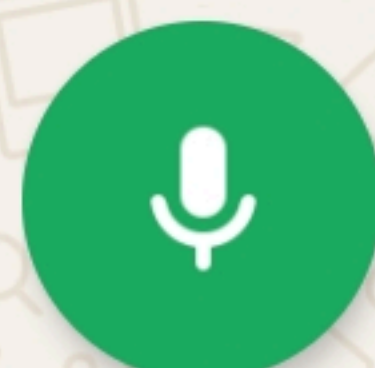
- Emotional suppression, because speaking up often meant escalation and more abuse.
- Trauma responses so deeply ingrained that even years later, I had to work to feel safe in otherwise normal situations.
- My ability to emotionally regulate in times of fear, stress, overwhelm diminished; all of which deeply impacts the most important intimate relationship I have ever had and my ability to parent my daughter calmly, lovingly and peacefully. You taught me to respond to everything with anger, rage, humiliation, condescension.

And because you only cared about yourself, I became a people-pleaser, a doormat, and someone who constantly needs reassurance and validation that I have value, meaning and purpose.

As an adult, I have carried the weight of that damage into my relationships, my parenting, and my own mental health. I have had to teach myself boundaries you never respected. I have had to unlearn the belief that my existence is inherently wrong. I have had to face the truth that the person I wanted most



Message





Ashly



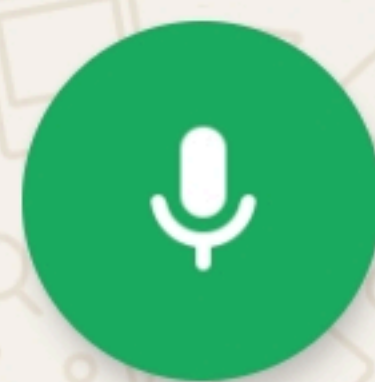
the truth that the person I wanted most to protect me was the person I most needed protection from.

The only attribute of yours that I can remember with admiration was your work ethic. It is the only attribute that I will ever positively attribute to you that I have as well from and because of you.

Please note, I don't hate you; but I do pity you. I feel truly sad for you that you grew in such an awful way that you had no role model yourself. For that, I am so deeply sorry as I was fortunate enough to come to Australia and get my education into human behaviour and trauma. Because of my education, I feel a tremendous sadness and pain that you were robbed of love and normalcy too. I do believe you probably thought you were doing the best you could -- until I think about the fact that I was 3 years old the first time I can remember you hitting me. That should have been a wake up call for you but you chose ignorance instead of insight. So while I feel sorry for you, you also had free will to choose to do better by whatever means possible -- but you didn't and it has cost me dearly. Having you in my life at this point brings no value to it; in fact, it will be a constant reminder of the pain you caused. Therefore, if you truly care



Message





Ashly



will to choose to do better by whatever means possible -- but you didn't and it has cost me dearly. Having you in my life at this point brings no value to it; in fact, it will be a constant reminder of the pain you caused. Therefore, if you truly care about me as you proclaim, then respect my final request - leave me alone. For once in my entire life, respect this and let me go as I have you. This is not about revenge or punishment. It is about survival and healing. I cannot allow you to have any more access to me or my family.

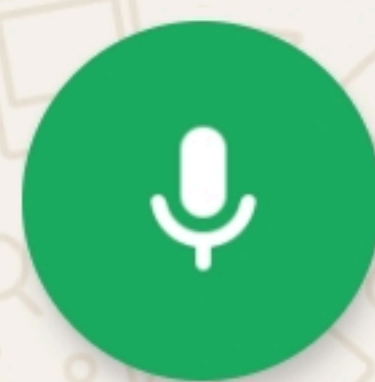
In summary, this is the final goodbye.

You will not have my forgiveness in life, nor in death. All I can hope for you is that you find purpose in meaning in the final remaining days of your life. Perhaps try volunteering....giving unto others without expectation of them doing unto you in return. Maybe there you will find some measure of absolution for yourself.

Do not contact me again in any way. If you attempt to, I will take whatever legal action is necessary to protect myself and my child. If you ever do get another visa and come to Australia, if you show



Message





Ashly



and my child. If you ever do get another visa and come to Australia, if you show up at my door, I will immediately call the police and advise you are harassing and stalking me.

Venia non vi peti nec imperio dari potest, nec contra voluntatem dabitur.

Ashly

Edited 1:27 AM