



Ashly



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>

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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>



Message

