



Whitney @



Hope you've had a good Saturday!

May 22 3:43pm

:)

May 22 3:43pm

I have. Been doing a lot of stuff ive been meaning to do. Website stuff, emails... How about you?

May 22 3:43pm

Well I thought it was pretty good, went out with Tara to beachy pier area here and thought we had fun but Johnny got really upset on the way home and he's still miffed and imo is being really overly sensitive

May 22 3:45pm

grrrr. well dont let it ruin your nice time. im sure Tara had a blast

May 22 3:45pm

He called me a gaslighter in the uber because I said it was fine if Tara napped and then j didn't like the video he put on to try and keep her awake

May 22 3:45pm

he calls you a gaslighter a lot

May 22 3:46pm

I thought that was out only disagreement the whole time but by the sounds of it he felt constantly slighted all day

May 22 3:46pm



Yeah it's really offense

May 22 3:46pm

youve never gaslit me. i dont think you are the type

May 22 3:46pm

But Tara had a great day

May 22 3:46pm

My mom was a horrible gaslighter I think it's evil

May 22 3:46pm





Whitney @



im really bummed that johnny cant just be happy you guys had a nice day

May 22 3:56pm

this is a choice

May 22 3:56pm

I guess it wasn't nice for him

May 22 3:56pm

but he chose for it to not be nice

May 22 3:56pm

I did get woken up by his snoring from like 330 to 530

May 22 3:56pm

And was kind of annoyed about it this am

May 22 3:56pm

you know how sometimes you just wake up and decide youre going to have a bad day?

May 22 3:57pm

But then Tara took a rare morning nap and it was fine

May 22 3:57pm

I think he just wants me to appreciate him more for stuff, which I can do

May 22 3:57pm



yea. thats easy

May 22 3:58pm

He says I'm thinking just about me, but I puke my brains out everyday and have had major preggers struggles

May 22 3:58pm

uhhhh yea

May 22 3:58pm



Whitney @



uhhhh yea

May 22 3:58pm

like... thats kind of allowable

May 22 3:58pm

So like if I forget to be all appreciative it's because I'm barely managing being functional

May 22 3:58pm

do you think you always only think about you?

May 22 3:58pm

I know that i am very selfish

May 22 3:58pm

No

May 22 3:58pm

so then hes wrong

May 22 3:59pm

I think about my kid a lot

May 22 3:59pm

yea hes probably jealous. guys get so jealous of kids

May 22 3:59pm

But I do get miffed at him for some stuff

May 22 3:59pm

Like we are still nowhere on getting my visa sorted out

May 22 3:59pm

I still have done all the content and made all the money

May 22 3:59pm

yea. without you he would have to be working wherever he was before

May 22 4:00pm

I think he's just really sensitive and needs lots of cuddles

May 22 4:00pm





Whitney @



I think he's just really sensitive and needs lots of cuddles

May 22 4:00pm

so if hes not going to do that, he should be putting in time

May 22 4:00pm

Well o feel like it's a fair trade

May 22 4:00pm

ok well thats good

May 22 4:00pm

Which may be why I don't always thank him for stuff like that

May 22 4:00pm

Because he doesn't thank me for the money even time he uses it

May 22 4:01pm



You know?

May 22 4:01pm

hahaha right

May 22 4:01pm

totally

May 22 4:01pm

So like of he watches Tara for an hour so I can nap, after I as slept up by Blackhawk down snore levelz

May 22 4:02pm

its ok. it will work itself out

May 22 4:02pm

I didn't thank him for that

May 22 4:02pm



Whitney @



I didn't thank him for that

May 22 4:02pm

hahahaaha

May 22 4:02pm

well are you going to have to thank him when its his kid?

May 22 4:02pm

I appreciated it but I forgot to say thanks

May 22 4:02pm

I probably should have but you know it's a small thing imo

May 22 4:02pm

thank you is just a word

May 22 4:02pm

Oh man I dunno

May 22 4:02pm

Like I said he's sensitive

May 22 4:02pm

yea....

May 22 4:03pm

Which is a nice change in a lot of ways

May 22 4:03pm

Taras dad is the opposite

May 22 4:03pm

Bit it's like 2 extremes

May 22 4:03pm

right... suuuper sensitive vs not sensitive at all

May 22 4:03pm

Yeah

May 22 4:04pm



Yeah

May 22 4:04pm

I guess I can manage this but I think he needs to keep in mind that I can barely handle shit right now

May 22 4:04pm

yea. maybe you can remind him

May 22 4:04pm

Because I still have to work, even tho it's w less pressure now

May 22 4:04pm

like... he needs to be extra careful with you

May 22 4:04pm

And I haven't felt this shitty physically in years

May 22 4:04pm

I dunno maybe

May 22 4:05pm

I'll have to try it but I don't want to fight more today

May 22 4:05pm

I'm probably heading to bed soon since it's 10

May 22 4:05pm



you dont need extra pressure

May 22 4:05pm

you guys both can lift eachother up

May 22 4:05pm

i hope you sleep good

May 22 4:06pm

<3

May 22 4:06pm

Yeah we just have to work it out

May 22 4:06pm



2021-05-23 White noise



Whitney



Yea. But you didn't fumble. But yes :)

May 23 3:09am

I'm feeling ok, I just hope Johnny isn't so strung out today

May 23 3:09am

Hahaha yea

May 23 3:09am

I hope so too

May 23 3:09am

It's 9 and I'm letting him sleep in so he has less to be upset at me about

May 23 3:09am

Oh man that really sucks

May 23 3:10am

I don't love that.

May 23 3:10am

I'm just going to remind you a million times that it's not your job to prevent people from being upset. I think maybe if I remind you enough you might start remembering. You are good and awesome and if he's upset that's not your fault

May 23 3:12am

It really isn't your fault

May 23 3:12am

We all choose how to feel.

May 23 3:13am

Yeah it's alright

May 23 3:21am



Whitney @



Well Johnny finally talked to me and last night I had tried white noise to block out his snoring

May 23 6:30am

And he now accuses me of trying to pull "mkultra shit" on him

May 23 6:30am

Fucking unreaalllll

May 23 6:30am

He can get bent

May 23 6:30am

Wut?

May 23 6:31am

That's really ducking weird

May 23 6:31am

Is he super paranoid? Does he seriously believe that?

May 23 6:32am

It's not hard to understand why someone wouldn't be able to sleep with snoring

May 23 6:32am

It was fucking white noise

May 23 6:32am

He basically accused me of intentionally torturing him

May 23 6:32am

That's ridiculous

May 23 6:33am

Seriously wtf

May 23 6:33am





Whitney



It's insane

May 23 6:33am

Is he for real?

May 23 6:33am

That's really worrisome

May 23 6:33am

I am such an idiot for letting myself get pregnant

May 23 6:33am

Men are retarded

May 23 6:33am

Yeah I know

May 23 6:33am

Man I'm sorry

May 23 6:33am

I mean yesterday I thought we had a fine day until the uber when he lost it

May 23 6:33am

And then he unloaded on me before bed

May 23 6:33am

And I was will g to move on

May 23 6:34am

But that shit is just crazy

May 23 6:34am

Yes

May 23 6:34am

I don't need shit like that, he can grow up

May 23 6:34am

Super super in

May 23 6:34am



Whitney @



Super super insane

May 23 6:34am

Not even something that is tolerable. If he thinks that for real- he can leave

May 23 6:34am

I'm gonna tell him that

May 23 6:35am

It's beyond

May 23 6:35am

Yep

May 23 6:35am

And if he hasn't gotten rid of his room- he should go there

May 23 6:35am

Rid

May 23 6:35am

And if he doesn't go there, don't let him get rid of it. Keep paying for it

May 23 6:36am

You can't be left without an out. This is really really insane

May 23 6:36am

I had it on for literally 20 minutes

May 23 6:36am

He says it gave him nightmares all night

May 23 6:36am

So fucking insane

May 23 6:37am

He's a 41 year old grown ass man

May 23 6:37am

Well then he's a lu

May 23 6:37am





Whitney



Well then he's a lunatic

May 23 6:37am

Yea

May 23 6:37am

I'm sorry

May 23 6:37am

If you ignore these signs it's only going to be worse the more it snowballs. I'm not saying you should get rid of it but he needs to know this shit is not something you will tolerate

May 23 6:38am

You set what is allowable

May 23 6:38am

I am sending you so much good energy. This really sucks so bad

May 23 6:39am

He called down and now I'm mad and he's telling me to act like an adult. The fucking nerve

May 23 6:55am

Omg.

May 23 6:57am

You aren't crazy

May 23 6:58am

Don't let him make you think you're crazy. Please

May 23 6:58am

He's insisting we have a conversation about this with Tara in the room

May 23 7:00am

And says the only reason it's bad is because I'm upset

May 23 7:00am

No

May 23 7:01am





Whitney @



No

May 23 7:01am

And that I'm not being an adult because I'm mad

May 23 7:01am

It's bad bcz he did something really fucked up and now he's trying to act like he didn't

May 23 7:01am

And your taras mom and he can insist all he wants but you don't have to engage.

May 23 7:01am

I think you should tell him to leave. He can't be allowed to talk his way out of this. He needs to see that it's not acceptable and there are consequences. If he really thinks you were doing mk ultra shit, he should actually check himself in somewhere

May 23 7:03am

Tara and I are upstairs now

May 23 7:03am

And if he's lying as a way to manipulate you, then he needs to leave

May 23 7:04am

I'm afraid he's going to see that I give you strength and try to get between us. Guys do that you know

May 23 7:04am

Don't let him know you tell me stuff

May 23 7:04am

"Calm" Johnny says I'm responsible for his bad dreams all night because I played white noise for 20 minutes

May 23 7:05am

You

I'm afraid he's going to see that I give you strength and try to get between us. Guys do that you know

Yeah I know





Whitney @



You

I'm afraid he's going to see that I give you strength and try to get between us. Guys do that you know

Yeah I know

May 23 7:05am

I'm telling you that's insane talk

May 23 7:05am

I am really pretty concerned about this. The only place this ends is bad if you can't turn it around

May 23 7:07am

I believe in you ❤️

May 23 7:07am

He's trying to tell me I'm insane now this is worrying for sure

May 23 7:09am

I do t understand how you are the one who is insane

May 23 7:10am

Does he realize what he said you did?

May 23 7:10am

He said you were doing mk ultra shit on him!!!!

May 23 7:10am

You can tell him you guys are fighting too much and you need space. He needs to go stay at the other place

May 23 7:12am

Well now he's trying to talk his way out of it

May 23 7:12am

Yea and he will too

May 23 7:13am

He needs to feel consequences

May 23 7:13am



Whitney @



He needs to feel consequences

May 23 7:13am

I'm serious. I would tell him to leave. You guys can talk tomorrow

May 23 7:13am

Yeah but I need someone to watch Tara for the steve interview

May 23 7:16am

So ok here the thing. If I tell you this stuff, and he keeps talking his way out of it, you won't tell me anymore bcz you know what I'm going to say. I won't ever judge you for your decisions. You are smart and I know you know what's best. Ok? I want to support you in any way you need.

May 23 7:16am

Fuck.

May 23 7:17am

I can't wait for Jan to get there

May 23 7:18am

Can you tell me if he acknowledges that his mk ultra comment is insane? Does he really believe that or did he just say it? If he just said it, he HAS to know how fucked up that is. You will not allow him yo manipulate you. He is just not mature enough. He has to evolve and do it fast or he's going to lose you and he needs to KNOW this. I'm talking LOSE you. Like... I don't want you dead

May 23 7:20am

Well as someone who was psychologically tortured growing up

May 23 7:21am

And who knows what that's like

May 23 7:21am

It's the most offensive thing he could say to me

May 23 7:22am

Yes





Whitney @



Yes

May 23 7:22am

Nobody should be talking to you like that. Nobody. I'm not kidding. He knows this yet he is doing it.

May 23 7:23am

Aren't you supposed to be his everything?

May 23 7:23am

This is all so crazy

May 23 7:25am

It is :(

May 23 7:25am

I mean him demanding to talk to me then and there when a sitter comes in thirty minutes in front of my kid

May 23 7:26am

My kid had to see me fight w her dad before

May 23 7:26am

I'm not doing that to her again

May 23 7:26am

Poor baby doesn't need to see that

May 23 7:26am

I'm really deeply offended

May 23 7:26am

Yes as you should be

May 23 7:26am

That he thinks that's pk

May 23 7:26am

And that it was only me being upset that made it weird per him

May 23 7:26am

It's absolutely ridic

May 23 7:26am





Whitney @



Search

Cancel

May 23, 2021

HE SAID THE THING

so he is allowed to say something super fucked up and you're not allowed to react?

8:27 AM

Yeah that's basically how he left it

He left like 10 minutes ago i think

8:32 AM

Where did he go?

8:32 AM

I hope that sitter still come a at 2 or I have to cancel everything

I'm guessing to his old house

8:32 AM

Good



Whitney @

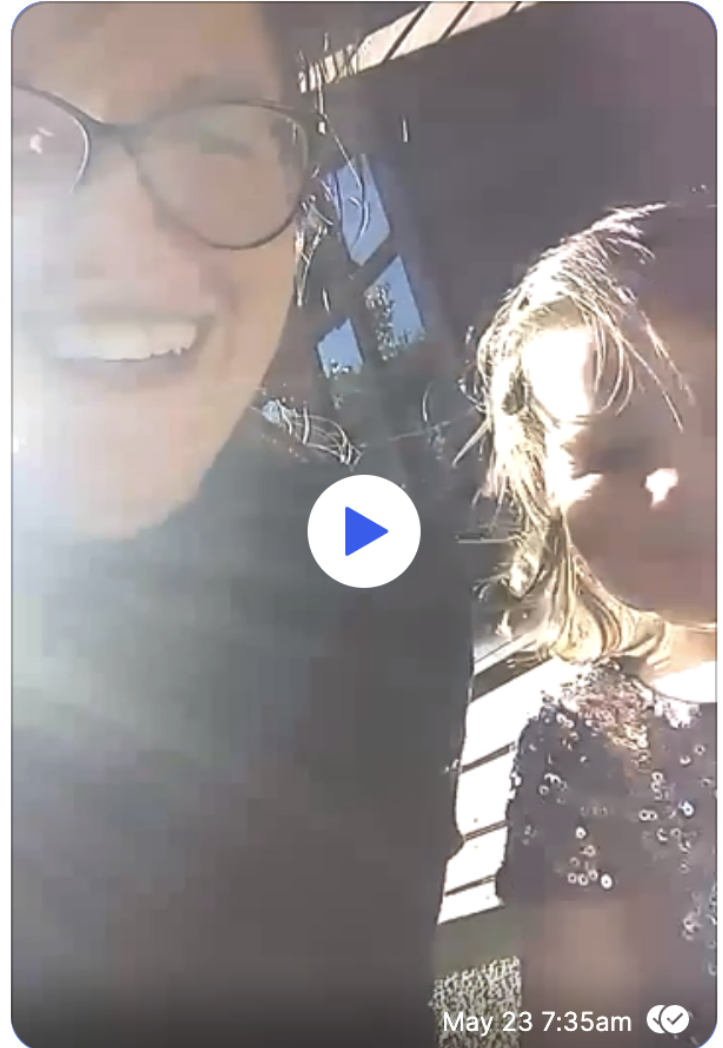


I'm such an idiot for putting her through this

May 23 7:35am

I feel awful about that

May 23 7:35am



Don't feel awful. She's with you. She loves no matter what and it will all strengthen her

May 23 7:36am

She will probably be like ok I'm never going to do that fighting thing. Or maybe it can stop and she can see how much better everything is. It all helps her grow. She picked you

May 23 7:37am

Yeah I dunno

May 23 7:42am

I miss Chile really bad

May 23 7:42am





Whitney @



I know :(

May 23 7:42am

I feel like we should go back but we cant

May 23 7:42am

When Jan gets there you guys can figure out what's best

May 23 7:43am

Yeah I'd she wasn't coming I would probably go to the US for a bit

May 23 7:45am

But I don't want to fuck her over

May 23 7:45am

Aw man

May 23 7:46am

I'll talk to her about it

May 23 7:46am

In that case lol

May 23 7:46am

We both have stuff to do here in wales

May 23 7:46am

Yes

May 23 7:46am

Even if Johnny is being a butthead, Jan and I have stuff to do

May 23 7:46am

Yes

May 23 7:46am

So I'll talk to her about it

May 23 7:46am



Whitney @



I wouldn't do something like that without asking you first. And I've been ill for the past week and I'm only just getting over it so snoring may have something to do with that. I haven't complained once whilst you've been coughing through the night while you've been ill over the past few weeks. You tend to treat ephemeral issues as though they're going to be the same forever in this respect.

May 23 8:42am

That was Johnnys response to the white noise

May 23 8:43am

Being on

May 23 8:43am

Be being ill was me almost having to go to the hospital btw

May 23 8:43am

thats pretty lame considering how great of a response he obviously thinks it is

May 23 8:43am

I think I'm just going to ignore him for a while and focus on the stuff I have to do today

May 23 8:43am

yes thats probably best.

May 23 8:44am

Is that a reasonable response to a 41 year old man waking up to hear white noise on

May 23 8:44am

No

May 23 8:44am

hahahahaa

May 23 8:44am

no

May 23 8:44am

Lol





Whitney @



My response would be that he hugely overreacted to white noise being on

May 23 8:45am

wtf is he talking about. here? I wouldn't do something like that without asking you first.

May 23 8:45am

But idk if that's even worth sending

May 23 8:45am

He was asleep how was I supposed to ask him

May 23 8:46am

ask him if it was ok to turn it on????

May 23 8:46am

is that what he means????

May 23 8:46am

Yeah

May 23 8:46am

omfg

May 23 8:46am

That's what he says was the only right thing to do

May 23 8:46am

hahahahahahaha

May 23 8:46am

I really just want to tell him to grow up

May 23 8:46am

im sorry. yes

May 23 8:47am

he really does need to grow up and he needs to do it fast. What the fuck is he waiting for?

May 23 8:48am



Whitney



are you still doing ryans show?

May 23 9:07am

I just asked to cancel because Johnny came back and says I have now turned into my mother and I'm not the person he knew because I don't agree with him about the white noise machine

May 23 9:17am

omfg

May 23 9:17am

He's packing a bag, I guess he's heading out

May 23 9:17am

good

May 23 9:17am

I'm probably going to give Jan a call instead of going on w Ryan

May 23 9:17am

good

May 23 9:17am

Because idk if I really want to go live in 40 minutes

May 23 9:17am

let him leave. this is another attempt at manipulation

May 23 9:17am

He keeps saying he's never seen me like this before but it's because I'm not backing down because it's crazy talk

May 23 9:17am

it is absolutely crazy talk. its insane

May 23 9:18am

its ok to just take some space.

May 23 9:19am



Whitney @



its ok to just take some space.

May 23 9:19am

he came there to try force you to back down knowing that you have this stuff going on today and you "need him to watch tara" during your interview with steve. steve will understand if you cant do it.

May 23 9:21am

You

he came there to try force you to back down knowing that you have this stuff going on today and you "need him to ...

That's exactly what he's try8ng to do

May 23 9:22am

im so glad you see it

May 23 9:22am

It's really nasty and disappointing

May 23 9:22am

I hope he gets over it

May 23 9:22am

it is very disappointing

May 23 9:22am

But he can fuck off for a while

May 23 9:22am

I am honestly shocked by it

May 23 9:25am

And that he expects me to back down over this

May 23 9:25am

It's obviously insane

May 23 9:25am

yes

May 23 9:25a





Whitney @



yes

May 23 9:25am

And then compare me to my mom when I've told him multiple times how offensive that is to me

May 23 9:25am


omg thats a new level that i forgot about

May 23 9:26am

Well he just did it a bunch

May 23 9:26am


so he knew that would upset you. When you are having arguments, its ok to argue but when you say stuff on purpose to intentionally hurt the other person, thats bad

May 23 9:28am 

Yeah

May 23 9:28am

theres a difference between arguing and trying to hurt the other person

May 23 9:28am 

Obviously

May 23 9:28am





Whitney @



i dont think the distinction is obvious to a lot of people

May 23 9:29am

But this whole thing of him being like you've never been like this before, I've never seen you make that face before

May 23 9:29am

like johnny obviously doesnt know the difference

May 23 9:29am

I'm honestly just dumbfounded that this is happening

May 23 9:29am

Over a white noise thing

May 23 9:29am

did you tell him that hes never seen it before bcz youve always backed down and youre not backing down and so thats maybe why he hasnt seen it before?

May 23 9:29am

"ive never seen you make that face before" omg thats really kind of nasty

May 23 9:30am

well... this is my face. it does a lot of things

May 23 9:30am

like what is the fucking implication?

May 23 9:30am

He's trying to make me think I'm like my mom

May 23 9:31am

He says I'm not the same person anymore blah blah

May 23 9:31am

does he want you to think youre crazy?

May 23 9:31am

Whatever I don't want to deal with this kind of shit

May 23 9:31am



You

May 23, 2021

does he want you to think youre crazy?

Unless I agree with him about a fucking white noise machine, yeah

10:31 AM

you guys are barely getting to know eachother

Whitney

He says I'm not the same person anymore blah blah

this is just so dumb

10:32 AM

We had a really intense energy and spiritual connection

I'm pregnant and he's going to be a dad

He needa to grow up

And decide if being right about a dumb white noise thing matters that much to him

10:32 AM

you keep saying its about a fucking white noise machine but i cant quite get over the mk ultra thing.

10:33 AM

Well that's what spawned that comment

Well just know he said it as sensory deprivation

ie torture

So he still thinks that

10:33 AM

its just batshit insane and im not even being loose with the words. like... is he really thinks that he needs help.

10:34 AM

That honestly freaks me out

That he's convinced that's the case

10:34 AM

WOW

well then he needs to go

10:34 AM

Well he packed a bag

10:34 AM

i hope he goes.

10:34 AM

I'm just super put off by the whole thing

10:34 AM

bcz if he thinks you would do something like that, then whats to stop him from doing other crazy stuff? I mean that sounds dramatic but this whole thing is pretty insane

10:35 AM



Whitney @



Well that's what spawned that comment

May 23 9:33am

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May 23 9:33am

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May 23 9:34am

bcz if he thinks you would do something like that, then whats to stop him from doing other crazy stuff? I mean that sounds dramatic but this whole thing is pretty insane

May 23 9:35am



Whitney @



I think that may be what he wasn't expecting

May 23 9:35am

It's extreme and over the top

May 23 9:35am

WOW

May 23 9:35am

He'll either figure out that that's true or he won't

May 23 9:35am

ok yes but what about you?

May 23 9:35am

can you deal with someone like that? Even if he figures it out "this time"

May 23 9:36am

I'll survive

May 23 9:36am

I'm just an idiot for getting pregnant

May 23 9:36am

well it's not too late to do something about that. Just an idea

May 23 9:36am

You

can you deal with someone like that? Even if he figures it out "this time"

I dunno I can't really wrap my head around the whole thing right now

May 23 9:36am

i know

May 23 9:36am

im sorry

May 23 9:36am

It's alright

May 23 9:36am





Whitney @



Btw I think I figures out the deal w johnny

May 23 3:01pm

how obvious it is

May 23 3:01pm

*figured

May 23 3:01pm

You

how obvious it is

Yeah it's insane

May 23 3:01pm

tell me

May 23 3:01pm

I think he got insanely stressed and might be having a crisis

May 23 3:01pm

He wanted a family so bad he said but he misses his bachelor life

May 23 3:02pm

He got mad at me earlier because he said I go to bed when toddlers go to bed

May 23 3:02pm

I.e. Tara

May 23 3:02pm

But when you have babies, you sleep when they sleep

May 23 3:02pm

yea. duh

May 23 3:02pm

I told him the other day he should maybe rethink going to bed at 3 and 4 am when the babies here

May 23 3:02pm

And he got upset and said I was controlling him





Whitney @



And he got upset and said I was controlling him

May 23 3:03pm

I thought it was a reasonable suggestion

May 23 3:03pm

it is

May 23 3:03pm

and he responded like a rebelous teenager

May 23 3:03pm

did he ever drink a lot?

May 23 3:03pm

I think what he thought family life was like and what it is actually like is really different and it's stressing him out

May 23 3:03pm

No not in like 20 years

May 23 3:03pm

yes but he did at one time?

May 23 3:04pm

But his life before was work at a hotel, write some when he had time, grow weed

May 23 3:04pm

I think he thought he really wanted this but he's not ready to let go of that

May 23 3:04pm

And the sleep thing is the easiest thing for him to freak out over

May 23 3:04pm

He can't handle being woken up the "wrong" way

May 23 3:05pm

yea. and thats understandable. Its totally understandable.

May 23 3:05pm





Whitney @



yea. and thats understandable. Its totally understandable.

May 23 3:05pm

He's never had to do this before

May 23 3:05pm

But the way he is dealing with it is not

May 23 3:05pm

And so him freaking out on me for disrupting his sleep isn't about the white noise, it's about how his old life is really disrupted

May 23 3:05pm

You

But the way he is dealing with it is not

Well for sure

May 23 3:05pm

I just don't think he realized what he was asking for and now it's here

May 23 3:06pm

Whitney

And so him freaking out on me for disrupting his sleep isn't about the white noise, it's about how his old life is ...

that is probably totally right

May 23 3:06pm

My pregnancy is hard, it's not nice like he thought

May 23 3:06pm

yea

May 23 3:06pm

I'm super sick most of the time

May 23 3:06pm

My kid has been feisty w him lately

May 23 3:06pm



Whitney @



but thats where if he wants to have a fantasy fucking life he can step up and be a man

May 23 3:06pm

I think it's reality clashing w his expectations

May 23 3:06pm

You

but thats where if he wants to have a fantasy fucking life he can step up and be a man

Yeah he's going to have to figure it out

May 23 3:07pm

But honestly I'm going to tell him I'm not dealing with him until he apologizes

May 23 3:07pm

He needs to figure this out on his own I think

May 23 3:07pm

And decide what he wants

May 23 3:07pm



so he needs to figure out how to be emotionally mature enough to figure out how to cope. bcz i dont think you have time to be waiting around for him to figure it out at a snails pace

May 23 3:07pm

I could tell him this stuff but idk if he'll be receptive

May 23 3:07pm

He was super nasty before he left today

May 23 3:08pm

aw man thats so sad

May 23 3:08pm

Kept telling me I'm like my mom and shit

May 23 3:08pm



Whitney @



but you are right. he needs to figure it out himself

May 23 3:08pm

he wont hear you saying it

May 23 3:08pm

I mean shit has been way more stressful for me

May 23 3:08pm

And my situation here is more stressful

May 23 3:08pm

Than his is

May 23 3:08pm

so when he says youre like your mom, he doesnt even know your mom. hes imagining what he thinks your mom is like. thats not even an accurate thing to say

May 23 3:09pm

Like my visa stuff is up in the air bc he dropped the ball on that shit

May 23 3:09pm

is he saying youre like his mom? is that what he really means?

May 23 3:09pm

I'll start trying to work it out tomorrow I guess

May 23 3:09pm

He kept calling me a gaslighter

May 23 3:09pm

And that I'm trying to fuck his head up

May 23 3:09pm

Anyway, he needs space and time away

May 23 3:09pm

i think that word needs to come off the table or you need to have a talk about what gaslighting is

May 23 3:09pm





Whitney @



Maybe family life isn't for him

May 23 3:09pm

you arent trying to fuck with his head though. hes fucking with his own head

May 23 3:10pm

But I'm having his kid, he'll need to figure it out

May 23 3:10pm

I tries to have that talk about what it means earlier

May 23 3:10pm

And he kept talking about how he had seen the movie the term comes from

May 23 3:10pm

And how I hadnt

May 23 3:10pm

And I was like alright not right now

May 23 3:10pm

Not doing this today

May 23 3:10pm

i mean... i know i am 100% of your side so i am biased, but i just dont see you doing any manipulation like he thinks you are

May 23 3:11pm

omfg

May 23 3:11pm

It's because I think he got way too stressed

May 23 3:11pm

so bcz he saw a movie, he knows????

May 23 3:11pm

jesus

May 23 3:11pm





Whitney @



It exploded in the uber yesterday

May 23 3:11pm

Lol yeah

May 23 3:11pm

youre right. well good. atleast he took the time away

May 23 3:11pm

But before we got in the uber, we'd walked for 3 hours, I started to cramp

May 23 3:11pm

and maybe he will figure some stuff out.

May 23 3:11pm

i think he shouldve taken time away last week

May 23 3:11pm

He wanted to go farther on the beach, Tara fell and got upset because she cut her palm and was bleeding

May 23 3:12pm

He was mad we didn't go far enough he said today

May 23 3:12pm

omfg seriously

May 23 3:12pm

this is so insane

May 23 3:12pm

i cant even

May 23 3:12pm

He got mad that we slowed down on the way because o picked a flower for tara

May 23 3:12pm

And I was sitting down because I'm fucking pregnant and it's been rough

May 23 3:12pm





Whitney @



yea. yes.

May 23 3:13pm

He clearly doesn't realize that having kids means you need to be adaptable

May 23 3:13pm

right

May 23 3:13pm

And that plans change and have to change

May 23 3:13pm

You have to work around them

May 23 3:13pm

whats his sign?>

May 23 3:13pm

What you want stops mattering

May 23 3:13pm

Taurua

May 23 3:13pm

Taurus

May 23 3:13pm

oh geez

May 23 3:13pm

well damn

May 23 3:13pm

I mean he's also ultra sensitive

May 23 3:13pm

12th house Venus on the ascendant

May 23 3:14pm

i dont know many guys so im not very good with astrology on men bcz all i know is based off of people i know

May 23 3:14pm





Whitney @



He has Chiron and the sun in the 12th too

May 23 3:14pm

But Claudios older son I despise is a Taurus

May 23 3:14pm

They get stuck in their ways

May 23 3:14pm

Anyway, he will either grow up or he won't

May 23 3:14pm

I'm cool either way tbh because I already lived thru hell w claudio

May 23 3:15pm

Trying to make it work for tara

May 23 3:15pm

Im so glad you seem to be feeling ok about it

May 23 3:15pm

Not worth it

May 23 3:15pm

nope

May 23 3:15pm

not at all

May 23 3:15pm

I don't put up w that shit anymore

May 23 3:15pm

good

May 23 3:15pm

I'm not doing that to myself again

May 23 3:15pm

That's why I'm cool w it

May 23 3:15pm





Whitney @



Because I know that trying to force it and giving my all when the other person isn't all there is shit

May 23 3:16pm

bcz you hold yourself back when you put up with nonsense like that

May 23 3:16pm

I obviously prefer he figures it out

May 23 3:16pm

yes

May 23 3:16pm

But the big lesson w Claudio was that I know I can do it by myself if I have to

May 23 3:16pm

And that my kid and next kid will be fine whatever he does

May 23 3:16pm

yep. you can do anything

May 23 3:16pm

Does

May 23 3:16pm

That was a hard fucking lesson to learn

May 23 3:20pm

Eli left about an hour ago. I'm a bachelor

May 23 3:20pm

I bet it was

May 23 3:20pm

I thought for a long time that if I just gave more it would get better

May 23 3:20pm

So awful

May 23 3:20pm





Whitney @



So Johnny just came back

May 23 3:41pm

And I told him to go home

May 23 3:41pm

He started ranting about how white noise is mk ultra

May 23 3:42pm

Wow!!!!

May 23 3:42pm

Is he going insane????

May 23 3:42pm

I told him to get out and go to the other house and he says he won't and that I can't order him around

May 23 3:42pm

Ummmmm

May 23 3:43pm

He needs to leave

May 23 3:43pm

He started by being like have you ever researched white noise

May 23 3:43pm

Do you know what the main book on mk ultra is called

May 23 3:43pm

Oh has he seen a movie about it?

May 23 3:43pm

I was like I didn't know that

May 23 3:43pm

And he said well that's because you didn't research it

May 23 3:44pm

And I tries to cut it off right there

May 23 3:44pm





Whitney @



This is so dumb

May 23 3:45pm

Wow

May 23 3:45pm

He obviously needs space. Why is he back?

May 23 3:47pm

He apparently thought I was ready to apologize to him

May 23 3:47pm

Lol

May 23 3:47pm

I don't want to be around him tomorrow

May 23 3:47pm

He's trying to blame all of this on hormones

May 23 3:47pm

Pregnancy hormones

May 23 3:48pm

So now is he refusing to leave?

May 23 3:48pm

Silly

May 23 3:48pm

Yeah

May 23 3:48pm

He won't leave the house

May 23 3:48pm

Bcz that's dumb. If you guys need space- he needs to leave

May 23 3:48pm

He has somewhere to go

May 23 3:48pm





Whitney @



You don't

May 23 3:48pm

This is bullying

May 23 3:48pm

He refused twice so

May 23 3:48pm

I told him he's not sleeping in here w me

May 23 3:48pm

And he knows it

May 23 3:48pm

Well it's either I call the cops or I dont

May 23 3:48pm

I don't like this

May 23 3:49pm

It's lame

May 23 3:49pm

You specifically asked for him to leave and he's refusing.
That's isn't being a loving partner

May 23 3:50pm

No matter how wrong he thinks you are

May 23 3:50pm

He's trying to say I'm the crazy one

May 23 3:50pm

Even if you are!!!

May 23 3:51pm

He should give you space if you ask for it

May 23 3:51pm

I felt much better without his energy here

May 23 3:51pm





Whitney



What if he really is losing it

May 23 3:51pm

He might be

May 23 3:51pm

This is an unfortunate situation

May 23 3:52pm

I might ask a dudes opinion

May 23 3:52pm

Yea.

May 23 3:52pm

Is Ryan live rn

May 23 3:53pm

No

May 23 3:54pm

Not on Rokfin

May 23 3:54pm

Oki

May 23 3:54pm

Oh it's Sunday, he's usually really busy

May 23 3:54pm

Dunno tho I mean Johnny insists on having the breakdown

May 23 3:55pm

Yea but I'm sure if you text he can decide if he has a bit of time for you

May 23 3:55pm

But it's clearly him

May 23 3:55pm

Yes

May 23 3:55pm





Whitney @



It's not you

May 23 3:55pm

Yeah o asked already

May 23 3:55pm

Ryan I mean

May 23 3:55pm

I'm just worried he'll do something crazy

May 23 3:55pm

The refusing to leave bit has me unsettled sort of

May 23 3:55pm

Can you text him and tell him you are worried that he isnt respecting your request to leave and that you really wish he would leave?

May 23 3:56pm

I guess but he is clearly ultra stressed and not handling it well

May 23 3:56pm

Are you saying you are afraid he will kill himself

May 23 3:57pm

I have no idea

May 23 4:02pm

He just sent me this

May 23 4:02pm

I am sorry that I insinuated that you were gaslighting me and that we've argued like this. It's made me very sad. But I'm not going to spend the night in a bedroom that smells of cat piss as punishment. I'll be downstairs if you want to drop the go and actually want a rational conversation. You can't act like this over something so small, it doesn't make sense and I think there's a lot of other obvious stuff going on here which could be talked through. You're cutting me off and that's so sudden and extreme, can't you see that?

May 23 4:03pm





Whitney @



Something so small?

May 23 4:03pm

Yeah I know

May 23 4:05pm

I let him have it

May 23 4:05pm

For that lol

May 23 4:05pm

Even if all of this is hormones, this isn't how he should be responding

May 23 4:05pm

EVEN IF

May 23 4:06pm

He wants to argue over signal I'm just going to bed

May 23 4:13pm

Ok please sleep good and follow your instincts. If things get bad, call his friend to come get him if you want want the cops coming

May 23 4:14pm

Don't want

May 23 4:15pm

I don't have his number unfortunately

May 23 4:15pm

Well then cops it is. If necessary

May 23 4:16pm

This is so dumb

May 23 4:19pm

He is projecting like a mad man I am so over it

May 23 4:19pm

2021-05-24



Whitney @



I can't believe he wants to talk even though he knows you haven't slept

May 24 5:25am

Don't stress about the article.

May 24 5:28am

I'm worried he's going to push you too far again

May 24 5:28am

He's trying

May 24 5:30am

I may just go walk around

May 24 5:31am

Does he want you to break?

May 24 5:31am

I got up at 240 bc Tara woke up

May 24 5:31am

And he came up too

May 24 5:31am

I knew she would wake up early

May 24 5:31am

Oh Jesus

May 24 5:31am

And we had an interaction and it stressed me out and I couldn't go back to sleep

May 24 5:31am

Tara went back to bed but then woke up at 5

May 24 5:31am

And we had the pediatrician lady doing a house visit check up today

May 24 5:32am



Whitney @



At 9

May 24 5:32am

Aw man

May 24 5:32am

So I was doing that and Tara and I were fine and happy

May 24 5:32am

He got up and made some snide remark about me

May 24 5:32am

Omg

May 24 5:32am

And then his shit started to affect me

May 24 5:32am

But I kept it together for tara and this lady who came over

May 24 5:32am

I tried to sleep afterward and couldnt

May 24 5:33am

I thought it was because I hadn't really eaten much so in was stepping out to get food and he complains loudly about how I'm ignoring him and being awful as I go out the door

May 24 5:33am

And I explain how I haven't slept I need to eat etc and it just went downhill

May 24 5:33am

This is so bad

May 24 5:34am

He knows all of these factors and he continues to push

May 24 5:34am

I really feel like I can't talk to him today without a third party because he is gaslighting me and forcing me to talk when I am not well and he knows I'm not well and that's abusive

May 24 5:34am





Whitney @



And I'm not doing that

May 24 5:34am

He needs to hear how he's being an ass from someone else

May 24 5:34am

You are smart to know this. I'm so sorry 🙄

May 24 5:35am

Did you get some food?

May 24 5:36am

None of this is good for you or little baby inside

May 24 5:36am

Did you talk to Jan?

May 24 5:37am

You

Did you get some food?

Yes

May 24 5:39am

Good

May 24 5:39am

Now you need sleep

May 24 5:39am

You

Did you talk to Jan?

And yes, it helped but it was at like 4 am

May 24 5:39am

I still can't sleep

May 24 5:39am

I'm pretty upset

May 24 5:39am



Whitney @



Want me to tell you a super boring story to help you fall asleep?

May 24 5:39am

That I asked for space and he refuses

May 24 5:39am

I have lots of them

May 24 5:39am

Haha no

May 24 5:39am

I am totally with you in that

May 24 5:40am

I might just walk in the park until I'm super tired

May 24 5:40am

This is really unacceptable

May 24 5:40am

I have my passport. Say the word and I'm there. He can't bully you through me lol

May 24 5:43am

Well he just came up here while I'm trying to sleep

May 24 5:54am

And told me how I'm destroying everything and torturing him

May 24 5:54am

I had to scream at him to stop

May 24 5:54am

Yep

May 24 5:54am

This sucks

May 24 5:54am

So now bcz you've screamed, he can make you think you're the crazy one





Whitney @



This all started from you and Tara having a nice time on the beach and him being upset that you didn't walk further. It has escalated into this bcz you won't bow to his demands. It's absolutely insane

May 24 6:02am

Yeah I know

May 24 6:03am

This blows

May 24 6:03am

I'm just going to walk around and calm down and then I'll probably call Taras babysitter

May 24 6:03am

She offered to let us stay there

May 24 6:03am

If he won't leave, I guess we should

May 24 6:03am

Oh that's great!!!!

May 24 6:04am



Whitney @



I just got back

May 24 8:21am

youre great too

May 24 8:21am

was it good?

May 24 8:21am

Yeah it was really nice and empowering

May 24 8:21am

awesome!!!!

May 24 8:21am

I guess he's asleep by the looks of things

May 24 8:25am

Debating whether or not to head elsewhere w Tara for the evening

May 24 8:25am

he finally burned himself out

May 24 8:26am

so what do you think he will be like when he wakes up

May 24 8:26am

I don't know about that, he may just be moping up there

May 24 8:26am

He will probably refuse to back down some more

May 24 8:26am

well i would hope he has slept

May 24 8:26am

do you think he has slept at all?

May 24 8:27am



Whitney



bcz if he really is having a breakdown thats not good

May 24 8:27am

and in that case i would think leaving would be best

May 24 8:27am

but you sound good so thats <3

May 24 8:27am

Yeah he slept a bunch, but when he is super depressed he sleeps and mopes

May 24 8:28am

sounds fun

May 24 8:28am

But if he's going to harass me again tonight after Tara is in bed or something, I will make sure we sleep elsewhere tomorrow

May 24 8:28am

Because the last several times I've tried to sleep, that has happened

May 24 8:29am

yea and obv you need sleep

May 24 8:29am

Yup I have been awake almost 12 hours now

May 24 8:30am

will you be able to sleep now?

May 24 8:30am

I can always nap in Taras bed actually

May 24 8:30am

I need to eat something probably

May 24 8:30am

Otherwise it keeps me up

May 24 8:30am



Johnny threatens to kill himself in front of Tara



Whitney @



Oh yea you have to get Tara. Sometimes it's hard to remember how much later it is there

May 24 11:15am

He's threatening to kill himself

May 24 12:04pm

He said it in front of tara

May 24 12:04pm

I knew he would

May 24 12:04pm

It's another control thing

May 24 12:04pm

So then tell him he needs to be checked in somewhere

May 24 12:05pm

God I'm sorry you are going through this.

May 24 12:05pm

I believe in you. You will do the right thing

May 24 12:05pm

The fact that he waited until Tara got home to pull this is super fucked up

May 24 12:06pm

I don't know what to do at all

May 24 12:12pm

I go downstairs and he tells at me and says I'm the bad guy

May 24 12:12pm

And that I've ruined everything and his life

May 24 12:12pm

He's trying to manipulate you into doing what he wants, right? Either you do this or I will kill myself. Is that what he's saying?

May 24 12:12pm





Whitney @



He's trying to manipulate you into doing what he wants, right? Either you do this or I will kill myself. Is that what he's saying?

May 24 12:12pm

You have ruined nothing

May 24 12:13pm

this is happening bcz you didn't back down and admit you were wrong for turning on a white noise machine.

May 24 12:14pm

You

He's trying to manipulate you into doing what he wants, right? Either you do this or I will kill myself. Is that what ...

He wants me to admit that I have tortured him for the last 2 days

May 24 12:14pm

Omg

May 24 12:15pm

You

this is happening bcz you didn't back down and admit you were wrong for turning on a white noise machine.

Yeah I know

May 24 12:15pm

You asked for space

May 24 12:15pm

He tortured himself

May 24 12:15pm

He really did

May 24 12:15pm

He still insists even now it was wrong for me to not research it

May 24 12:15pm

And ask him first

May 24 12:15pm





Whitney @



I am at a loss here

May 24 12:15pm

Really truly

May 24 12:15pm

So it is best to have space right? Bcz this isn't going to get better unless you give in to him

May 24 12:16pm

He shouldn't be trying to manipulate you like this

May 24 12:16pm

You don't deserve it

May 24 12:16pm

He insists he is not

May 24 12:16pm

It is absolutely him manipulating you to say he is going to kill himself unless you admit to torturing him

May 24 12:17pm

It's insane

May 24 12:17pm

See he thinks you are torturing him as a response to his actions bcz what he does is manipulation therefore you must also be doing manipulation

May 24 12:19pm

I'm just going to focus on putting Tara to bed but I'm really concerned about after

May 24 12:19pm

Poor baby

May 24 12:19pm

Give her lots of love

May 24 12:19pm

Justifying his actions and accepting his apology



Whitney @



We sort of talked

May 24 1:28pm

It's still a mess but he's calmed down

May 24 1:28pm

But he doesn't even know what day it is or what day things happened and stuff

May 24 1:28pm

Are you worried

May 24 1:28pm

Is he telling the truth or is he acting?

May 24 1:29pm

Well we got to the point where we could agree that the source of the problem is him having been stressed the past few weeks because he feels like I have been withdrawn

May 24 2:20pm

Because I was really sick and stuff

May 24 2:20pm

Like I would get nauseous if he tried to hug me in bed and stuff because the nausea would get triggered via claustrophobia feelings

May 24 2:21pm

thats good

May 24 2:21pm

And it wasn't like that before but I had tried to explain it's because I was ill but the lack of closeness made him stressed and anxious

May 24 2:21pm

Because before it wasn't like that

May 24 2:21pm

But the pregnancy has been really super hars

May 24 2:21pm





Whitney @



But the pregnancy has been really super hars

May 24 2:21pm

Hard

May 24 2:21pm

its progress.

May 24 2:22pm

Yeah I'll take it

May 24 2:23pm

<3 that was probably hard

May 24 2:23pm

2021-05-29 Trip to London



Whitney @



We just got to the hotel

May 29 11:42am

i love hotels

May 29 11:42am

Johnny is super anxious and blaming me for everything again

May 29 11:42am

im so jealous

May 29 11:42am

oh geez

May 29 11:42am

Traveling and hotels stresses him out

May 29 11:42am

I think Tara and I are just going to have a good time ourselves

May 29 11:42am

maybe you can have a little talk about trying really hard not to ruin everything

May 29 11:42am

I'll wait until later

May 29 11:43am

But when he gets stressed he throws it all on me and it sucks

May 29 11:43am

well you and tara will DEFINITELY have a good time

May 29 11:43am

that does suck big time

May 29 11:43am

Yeah it's fine

May 29 11:43am





Whitney @



Ok this is a mess

May 29 12:08pm

Oooooohhh no

May 29 12:09pm

Dammit

May 29 12:09pm

Johnny cannot control anxiety

May 29 12:14pm

At all

May 29 12:14pm

I hope he learns

May 29 12:15pm

What is he anxious about? It doesn't seem like there should be anxiety.

May 29 12:18pm

This is seriously awful

May 29 12:41pm

Poor tara

May 29 12:41pm

That sucks so much

May 29 12:41pm

He doesn't have to do this

May 29 12:41pm

Can he nap and you guys go out?

May 29 12:42pm

This might be your last big normal trip. I hope it can get better quick

May 29 12:43pm

It's crazy, I have to be around him and let him tell me everything is my fault and how I felt and dis things I didn't do





Whitney @



That's what he insists needs to happen

May 29 12:44pm

He can insist. Put him in a taxi and tell him to go home

May 29 12:44pm

He is a grown up

May 29 12:44pm

I can't do this every time he gets stressed out

May 29 1:05pm

It's seriously insane

May 29 1:05pm

Yep. You totally don't need this

May 29 1:05pm

He's on anti anxiety meds but tbh he might need more

May 29 1:05pm

Hmm

May 29 1:05pm

Well you've seemed great all day. I would know if you weren't doing good. So I doubt this is your fault

May 29 1:07pm

It really seems like when Tara gets too much attention he starts to act like a baby

May 29 1:07pm

I felt fine was just tired near the end of the trip and expressed that

May 29 1:08pm

But he insists I was awful and super negative and responsible for all the anxiety now causing him to freak out

May 29 1:08pm

And you're pregnant. So if you are tired and even if you are out of control, guess who gets to be that way. You

May 29 1:08pm





Whitney @



He needs to fucking stop it

May 29 1:09pm

He's the one freaking out! You have no control over how he feels. We are all responsible for our own emotions

May 29 1:09pm

He is always trying to play the blame game. It's not even necessary

May 29 1:10pm

I need help

May 29 1:44pm

I'm really not well now

May 29 1:44pm

What can I do

May 29 1:45pm

Want to talk

May 29 1:45pm

I'm here. ❤️

May 29 1:45pm

I need help

May 29 1:46pm

Do we know anyone in london

May 29 1:46pm

Ummmmm I might

May 29 1:46pm

Yes

May 29 1:46pm

My good friends daughter used to live there and I can absolutely call her

May 29 1:47pm



Whitney



My good friends daughter used to live there and I can absolutely call her

May 29 1:47pm

She's got a ton of people there and I trust her completely

May 29 1:47pm

Tara and I probably need to go somewhere else

May 29 1:47pm

I am broken

May 29 1:47pm

He wouldn't stop pushing

May 29 1:47pm

Ok.

May 29 1:47pm

Can you go to another room for the time being?

May 29 1:47pm

He kept yelling even as I'm trying to put my kid to bed

May 29 1:47pm

Go to the lobby and get another room

May 29 1:47pm

I'd have to pay for it, I only have cash and idk if it's enough

May 29 1:48pm

I can call and pay for it if you need

May 29 1:48pm

I have money

May 29 1:48pm

I will book it

May 29 1:48pm

Tell me where you

May 29 1:48pm





Whitney @



Tell me where you are

May 29 1:48pm

Then you just have to go down and get the key

May 29 1:48pm

I think it's called the cophorne Tara hotel in London

May 29 1:48pm

Is that what you want me to do?

May 29 1:48pm

Gimme a sec

May 29 1:48pm

Ok

May 29 1:49pm

im on the page io can book a room in 2 seconds

May 29 1:50pm

or lets have you go somewhere else

May 29 1:51pm

otherwise he might see you

May 29 1:51pm

Tara already wants to sleep

May 29 1:51pm

I just don't know

May 29 1:51pm

well thats ok. she can sleep and you can move her

May 29 1:52pm

I am not really functional right now

May 29 1:52pm

lets just get you a room there?

May 29 1:52pm





Whitney @



just to get you out

May 29 1:52pm

I feel suicidal again

May 29 1:52pm

This is awful

May 29 1:52pm

can we get you out of the room?

May 29 1:53pm

Tara had to see all of this I asked not to so that in front of her so many timea

May 29 1:53pm

i know. its not right

May 29 1:53pm

I am so devastated

May 29 1:53pm

im so so sorry

May 29 1:53pm

im holding you so hard

May 29 1:53pm

He just kept telling me what a monster I was, I fought I was ok

May 29 1:53pm

*thought

May 29 1:53pm

you are not a monster

May 29 1:53pm

Like I really don't understand

May 29 1:53pm



Whitney @



It's room 817

May 29 2:19pm

It's insane down there

May 29 2:19pm

oh yea?

May 29 2:19pm

Johnny found us in the elevator and is losing it

May 29 2:20pm

well im going to have to call hotel security if he doesnt leave you alone

May 29 2:21pm

Tara just locked her milk bottle in the sage fml

May 29 2:22pm

Safe

May 29 2:22pm

is johnny not in the room?

May 29 2:22pm

dont let him in

May 29 2:23pm

No but I had to block him on signal

May 29 2:23pm

ok i have contact of my friend who is from london. he moved to california bnut he has lots of people there

May 29 2:24pm

Can you tell me whats up when yoe get tara settled?

May 29 2:31pm

I have a money issue

May 29 2:44pm



Whitney @



I have like no cash left

May 29 2:44pm

Ok

May 29 2:44pm

so... let me buy you a digital visa?

May 29 2:45pm

ummmmmm do you need money right this second?

May 29 2:45pm

No but tomorrow we will

May 29 2:46pm

ok... i will look into it.

May 29 2:46pm

What a mess

May 29 2:56pm

Tara looked her milk in the safe lol

May 29 2:56pm

hahaha can you call down and get them to open it?

May 29 2:56pm

i would call but i cant

May 29 2:56pm

nobody is answering

May 29 2:57pm

Yeah I did but we have to wait

May 29 2:57pm

Did you book for one night

May 29 2:57pm



Whitney @



Johnny left London to go back to Cardiff

May 29 3:26pm

Good

May 29 3:26pm

So we're just here

May 29 3:26pm

This is a mess

May 29 3:26pm

Well he sealed his fate

May 29 3:26pm

since hes gone can you stay in that room the rest of the time?

May 29 3:27pm

No

May 29 3:27pm

ok dude was an asshole. no charger

May 29 3:28pm

but they have services.

May 29 3:29pm

It's alright I have to buy one

May 29 3:29pm

i bet we can get you one.

May 29 3:29pm

but i dont want your phone to die tonight

May 29 3:29pm

im worried

May 29 3:29pm

I just need money for tomorrow

May 29 3:29pm





Whitney @



May 29 3:29pm

I'll just turn it off

May 29 3:29pm

It's at 46

May 29 3:29pm

I mean, it was awful

May 29 3:29pm

I know. im so so so sorry

May 29 3:30pm

i wish i could hug you so much right now

May 29 3:30pm

He's still sending me stuff

May 29 3:33pm

im so mad at him

May 29 3:33pm

i cant believe he would do this

May 29 3:34pm

He can't control his anxiety it sucks

May 29 3:35pm

yea well he cant do this

May 29 3:35pm

God he is such a baby

May 29 3:36pm

yes

May 29 3:37pm

i think i found a way to send you money

May 29 3:38pm



Whitney @



Oh man

May 29 3:43pm

What a mess

May 29 3:43pm

Ok well

May 29 3:43pm

its ok we will figure this out

May 29 3:43pm

He's supposedly returning tomorrow

May 29 3:43pm

Since he knows we have No money

May 29 3:43pm

this is so dumb

May 29 3:44pm

Tara was supposed to go to this zoo theme park, she was all excited

May 29 3:44pm

i feel so sad for her

May 29 3:44pm

Now I have no idea because he has the ticket on his phone

May 29 3:44pm

oh he will come back tomorrow expecting everything to be fine im sure

May 29 3:45pm

i know theres other ways to get you money. there has to be like western union or something there

May 29 3:45pm

Yeah but tomorrow is a Sunday

May 29 3:46pm

And Monday is a bank holiday





Whitney @



And Monday is a bank holiday

May 29 3:46pm

yea but the money transfer places are open all the time

May 29 3:46pm

i hope anyways

May 29 3:46pm

Ok but I didn't bring my passport

May 29 3:46pm

do you have an id?

May 29 3:46pm

I just have my chilean id in my wallet

May 29 3:46pm

nothing?

May 29 3:46pm

It's in spanish

May 29 3:46pm

well... that might work

May 29 3:46pm

it has your name

May 29 3:46pm

And an expired us license

May 29 3:46pm

Well we need to make sure it works before you send anything

May 29 3:47pm



Whitney @



we will figure this money thing out

May 29 3:50pm

I'll survive

May 29 3:51pm

I don't know of my relationship w Johnny will though

May 29 3:51pm

i know

May 29 3:51pm

I insisted on a third party mediator or couples counsellor and he exploded

May 29 3:51pm

well thats it

May 29 3:51pm

i mean

May 29 3:51pm

im not trying to tell you what to do

May 29 3:51pm

but you know this is not acceptable

May 29 3:51pm

And just said everything bad about me he could think of, criticizing how I care for Tara etc

May 29 3:52pm

Yeah I know

May 29 3:52pm

yea thats not ok

May 29 3:52pm

But he projects so much

May 29 3:52pm



Whitney @



yea well stop making excuses for him

May 29 3:52pm

you are used to being abused

May 29 3:52pm

I would have to say yes your right it's all my fault to move on

May 29 3:52pm

you dont deserve it

May 29 3:52pm

I'm not doing that

May 29 3:52pm

i wont allow it

May 29 3:52pm

it is actually my LITERAL job to protect you

May 29 3:52pm

You're wonderful thanks

May 29 3:53pm

I am pretty upset but I should save my charge

May 29 3:53pm

So I'm going to shower and try and sleep

May 29 3:53pm

Ok. well i will try and figure stuff out please please yes

May 29 3:53pm

please be calm

May 29 3:53pm

everything is going to be ok

May 29 3:53pm

dont let his words ring in your head. You are amazing. You are so good. OK? you are going to be ok. So many people are supporting you. We've got you





Whitney @



Yeah I just am so sad Tara may not get to go to this thing tomorrow

May 29 3:55pm

She was really excited

May 29 3:55pm

i know. but it will be ok. she will be alright

May 29 3:55pm

Yeah...

May 29 3:55pm

What time is check out here tomorrow

May 29 3:55pm

im sending you lots of love ok?

May 29 3:56pm

ummmm

May 29 3:56pm

Thanks :)

May 29 3:56pm

noon

May 29 3:56pm

but i can call and pay]

May 29 3:56pm

i can do that. thats easy

May 29 3:56pm

Ok

May 29 3:56pm

the cash part is the only hard thing

May 29 3:56pm

Idk when Johnny will return or what the deal is

May 29 3:57pm





Whitney @



lol

May 29 6:50pm

k sleep good!!!

May 29 6:50pm

Can't sleep

May 29 8:22pm

Omg

May 29 8:22pm

I was JUST

May 29 8:22pm

Johnny sent me a message, he realized he fucked up really badly

May 29 8:22pm

Going to text you

May 29 8:23pm

Good for him

May 29 8:23pm

Why what happened

May 29 8:23pm

i was going to text you what i think

May 29 8:23pm

so you could wake up and see it

May 29 8:23pm

i wrote it out

May 29 8:23pm

Alright

May 29 8:26pm

Btw tomorrow I may need help w Tara more than anything

May 29 8:27pm





Whitney @



yea.

May 29 8:30pm

so i noticed you didnt ask to see what i wrote

May 29 8:30pm

you know what i wrote

May 29 8:30pm

Oh I thought you were going to send anyway

May 29 8:33pm

I was waiting for it

May 29 8:33pm

do you want to see it or do you want to wait

May 29 8:33pm

Now is fine

May 29 8:33pm

ok....

May 29 8:33pm



Whitney @



Yeah I understand

May 29 8:35pm

goof

May 29 8:35pm

This is the message he sent

May 29 8:35pm

good :)

May 29 8:35pm

I wish I could say what I need to say but I can't. There is something wrong with me. There has been for a while. My mind is too fuzzy to even describe how I feel. I'm so scared, and angry, and anxious, and stupid. I've had a day of extreme panic attacks and I've not been rational at all, and it completely scares me. I love you and Tara so much that I feel like I could explode with my fortune to have you both in my life. And our child will be so awesome. I'm not sure if it's chemicals, bad medication, anxiety or what but I'm a bundle of fear and I can't stop myself saying the stupidest shot that I don't believe at all. I'm so lost in it. I'm not sure what to do. I don't want to cause you or Tara suffering but I really need your help. I really am so sorry.

May 29 8:35pm

I am going to tell him we are only staying together if he gets serious help

May 29 8:36pm

And he needs to spend a week or two at his old house

May 29 8:36pm

I'm going to make him go to a shrink or something

May 29 8:36pm

And if that doesn't work, yeah it's over

May 29 8:36pm

yea well whatever you think is best. But he won't be able to keep doing this

May 29 8:36pm





Whitney @



we wont let it happen

May 29 8:36pm

vanessa knows

May 29 8:36pm

i know

May 29 8:36pm

If he realized he has a problem, maybe there is hope and I will try one more time

May 29 8:36pm

jan knows

May 29 8:37pm

But that's it

May 29 8:36pm

we won't let it keep happening

May 29 8:37pm

Thanks

May 29 8:37pm

It can't keep happening

May 29 8:37pm

I agree

May 29 8:37pm

nope

May 29 8:37pm

Everything you wrote is really true

May 29 8:37pm

yes

May 29 8:37pm

And if I hadn't seen that message from him it's be over

May 29 8:37pm





Whitney @



thats the thing

May 29 8:38pm

thats what they always fucking do

May 29 8:38pm

they realize when theyve gone too far and they worm their way back in

May 29 8:38pm

like children

May 29 8:38pm

regardless of anything at all- we need to do something about this money thing. He needs to just give you that bank account. its yours now. he can go open another one.

May 29 8:40pm

i wont accept anything else

May 29 8:40pm

its perfectly reasonable to demand that. immediately

May 29 8:41pm

You know what? Johnny's response is bullshit

May 29 9:07pm

It's standard abuser style bullshit. Seriously

May 29 9:07pm

That's what a wife beater says. "I don't know there's just something wrong with me! I just get so crazy"

May 29 9:08pm

You have a point

May 29 9:08pm

I'm going to try and sleep

May 29 9:08pm

Ok

May 29 9:08pm



2021-06-05 Johnny Leaves after fight when Jan arrived

2021-06-15 Johnny comes back home

2021-07-15 Johnny leaves again



Whitney @



Search

Cancel

Jul 15, 2021

He just left

For a few days he said 9:16 AM

thats great! 9:16 AM

I got home and he unloaded on me 9:16 AM

not great 9:16 AM

And packed a bag ans left

I didnt really say anything 9:16 AM

he got mad bcz you left and he woke up wrong. yet another thing you did wrong im sure 9:16 AM

Tbh i didnt really know how to respond to him 9:16 AM

You are strong. 9:17 AM

I said i wanted to eat and i had an interview in an hour 9:17 AM

eat and tell me about it when you want. Im sorry it happened. :(9:18 AM

He says i treat him like shit and im awful basically and i have problems and me being depressed has ruined everything for everyone, that i have pushed him away and treat him like an employee

Can you email catherine and tell her ill have to do 330 tomorrow 9:23 AM

you know this isnt true




sure

instead of 430, right? 9:23 AM

Yeah 9:23 AM

ok

2021-07-22 Social Services

 Whitney @   Cancel

Jul 22, 2021 Ok 3:03 PM

Social services was here earlier
I had to cancel my meeting w ryan
Hes really screwed some ahit up and wont take responsibility
and is being an irrational douche about the mess he made
3:03 PM

He's good at all of that 3:03 PM

Now tara is barred from the 2 nearest daycares
Because of how he handled this shit 3:04 PM

When you said he was yelling at them on the phone I was
thinking that was not great

When he finally calms down, he's going to try to make you think
you are upset with the situation and not him 3:05 PM

Hes already doimg that
Or trying to
Ita just dumb 3:05 PM

Yea. 3:05 PM

2021-08 Whitney leaves the UK