





Johnny Vedmore

online



Because I love you.

10:19 AM

i dont want to make you the bad guy

10:22 AM ✓✓

maybe it sounded like that but thats not what i meant

10:22 AM ✓✓

what i meant was, you - up unti last night - rarely took responsibility for your side of things and deflected blame

10:22 AM ✓✓

which to me was really worrying because it means that those things are all likely to keep happening until you do

10:23 AM ✓✓

i have problems too and ive tried my best to own up to them

10:23 AM ✓✓

but for a long time, what happened in the uk, you said it was all me or external things and denied responsibility - then when i was back here that sort of changed but then when we argued here recently, you again deflected responsibility for what happened there and you and i both hold the blame for that

10:25 AM ✓✓



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online



hold the blame for that 10:25 AM ✓✓

its not a one sided thing 10:25 AM ✓✓

and i wasnt trying to make it one sided
in the other way last night 10:25 AM ✓✓

over time, if there are serious problems
and one person of the pair doesnt take
responsibility, it becomes hard to make
things work 10:26 AM ✓✓

thanks for taking responsibility last
night, but i didnt mean it like your the
bad guy 10:26 AM ✓✓

ive kept what i said last night bottled
up bc before if i said stuff like that it
was normally deflected back onto me
or external things 10:26 AM ✓✓

and its not all my fault everything thats
happened 10:27 AM ✓✓

its not all your fault either 10:27 AM ✓✓

i get sensitive to you pointing out
my flaws when i feel like it is that old
situation where it is all me and you
have no role in any of it 10:28 AM ✓✓

its not all your fault either



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online



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have no role in any of it 10:28 AM ✓✓

its not all your fault either

**Johnny Vedmore**

online



have to be in any of it 10:28 AM ✓✓

which has happened before 10:28 AM ✓✓

lately, in our conversations, i see a lot of progress, but "online relationships" are very different than real life ones

10:28 AM ✓✓

I came to you and you broke my trust, I was left unhappy and unable to make basic points without you taking what I say personally and to heart, I found the constant flipping you do not be conducive to making any alternative plans. By the end of it I had serious issues trusting you and I sometimes said things which I didn't mean. I did mean to express that the entire time I have handled almost every individual situation poorly because I was really really sad, possibly completely depressed and anxious about what was actually happened, to what I expected.

I was looking for our "in person relationship" but you weren't there a lot of the time, and I'm not talking about only physically, i mean you became attached to things I couldn't

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I was looking for our "in person relationship" but you weren't there a lot of the time, and I'm not talking about only physically, i mean you became attached to things I couldn't understand. You become offended by me saying that living in a dystopian society makes me sad. I wasn't allowed to say what I didn't like about Chile without you behaving as though it was a personal attack on you. I had to make the distinction that "you're not Chile" on many occasions because you were behaving like an attack on dystopian Chile is like an attack on you. It didn't make any sense and it appeared as though you couldn't see how you were reacting. I spent most of my time feeling like I had to be on tiptoes about stuff which should obviously be noted. When you say that I said really bad stuff to you, half of the stuff that you reacted extremely towards was me saying true stuff which was actually happening in our lived reality which came from being based in Chile but which you feel like is some sort of breach of your linked national honour. I don't get that. If me explaining that

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a personal attack on you. I had to make the distinction that "you're not Chile" on many occasions because you were behaving like an attack on dystopian Chile is like an attack on you. It didn't make any sense and it appeared as though you couldn't see how you were reacting. I spent most of my time feeling like I had to be on tiptoes about stuff which should obviously be noted. When you say that I said really bad stuff to you, half of the stuff that you reacted extremely towards was me saying true stuff which was actually happening in our lived reality which came from being based in Chile but which you feel like is some sort of breach of your linked national honour. I don't get that. If me explaining that to you is me being nasty then I may become confused or clunky on how to explain, but you're not supposed to be stuck in the preset visions of a nations virtues, that's not what you've explained to me about yourself. It's about the land and it's energy and not the national identity.

Just because we're now communicating "online" doesn't mean



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Just because we're now communicating "online" doesn't mean we're only in an "online relationship" it means that it's become that because of the lived reality. I did feel that most of the tension was simply about that one issue. But wherever I go in the world right now there's a possibility that everything could go to shit and that people behind turning on each other. There is no safe place, I lean towards gun ownership at this point.

I feel awful about hurting you at all. I feel awful. I will forever. 11:02 AM

I really did behave shitty towards you on occasion. I did. 11:05 AM

I am really sorry. 11:05 AM

I'm not saying that just because. I love you and I can't reach you sometimes without you taking something silly personally. It's a reoccurring issue. 11:06 AM

I get frustrated with you in those times and I have also been thoughtless and



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online



I am really sorry. 11:05 AM

I'm not saying that just because. I love you and I can't reach you sometimes without you taking something silly personally. It's a reoccurring issue.

11:06 AM

I get frustrated with you in those times and I have also been thoughtless and stupid in my speech and behaviour on those occasions too.

11:07 AM

I do get frustrated. I do act like a dick sometimes.

11:08 AM

I'm sorry 11:08 AM

im recording w ryan right now

11:10 AM ✓✓

we can talk later

11:10 AM ✓✓

Okay 11:10 AM

I hope it's all gone well, I'll be on the Schism podcast in three hours.

I know that I've treated you poorly and I've left you sad at times. I know that's my fault and that I need to change



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Okay 11:10 AM

I hope it's all gone well, I'll be on the Schism podcast in three hours.

I know that I've treated you poorly and I've left you sad at times. I know that's my fault and that I need to change something in myself. I'm really sorry.

12:26 PM

You know I've never thought "I want to hurt Whitney Webb". I've always wanted you to be happy and to experience you happy. I really do have loads of love for you. You're my girly and I love you in so many different ways. But we have never started from the same place. I want to be with my girlfriend. One day you tell me you want to work at it, other days you're almost completely the opposite. I can't make those decisions for you. I love you everyday, sometimes it's been painful.

5:30 PM

Its fine 6:04 PM ✓✓

I miss you 6:06 PM



Johnny Vedmore
online



Its fine 6:04 PM ✓✓

I miss you 6:06 PM

I don't want to lose you. It'll be a waste of a lifetime. We can't keep wasting lifetimes. 6:09 PM

I do feel like I came over with the best intentions and that i worked hard to take pressure off you. I feel now that you've repainted me as purposely abusive when that's not the reality. I came with love, I gave loads of love, I felt really sad and I wasn't happy by the place and a few different experiences .Now you'll barely talk with me and I feel completely alone and like you never really loved me. The things you said yesterday may make it easier for you to break up with me but they're not all true. I feel like you're cutting me off because it's easy for you to do. But we're meant to be more than that. 8:05 PM

I miss you and I love our boy so much. Only a month ago you wanted to find a life together. That's all I wanted. Is to



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online



I MISS you and I love our boy so much. Only a month ago you wanted to find a life together. That's all I wanted. Is to do things together.

8:08 PM



00:35

8:28 PM ✓✓



00:42

8:29 PM

I understand that none of what we're doing here feels right. I need to be with you. I know that. You're my woman. There is no one else. You're the person I think of in the night and who I think of as soon as I open my eyes. I need you. I need to be better. But I need you.

8:35 PM

I want to be with you and be a good father. I don't want to miss out on our future because it was all too difficult. It's meant to be difficult. We're both meant to be better. I want to be there for you. I don't want you to drift away. It was always going to be a challenge.

8:41 PM



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8:35 PM

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8:41 PM

Stay with me. Don't leave it go because we'll have everything eventually.

8:42 PM

July 15, 2022

Wishing you all a good morning. I miss you and I wish i was with you ❤️

8:17 AM

Hi 8:52 AM ✓✓

Hope you are having a nice day with nice weather

8:52 AM ✓✓

Were ok, no fire, waiting on landlords to clean the pipe

8:52 AM ✓✓

I really want to come back to you. I'm raising the money to be able to give me the option of flying and I hope to have



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Hi 8:52 AM ✓✓

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Were ok, no fire, waiting on landlords to clean the pipe 8:52 AM ✓✓

I really want to come back to you. I'm raising the money to be able to give me the option of flying and I hope to have enough before the end of next month. I don't want to lose you. But I don't know what you want to do. I'll be heading towards having the option to fly soon whatever happens.

11:12 AM

ok thats probably best 11:16 AM ✓✓

Is that what you want? 11:17 AM

i think your plan is a good one 11:20 AM ✓✓

but i still have stuff to think about 11:20 AM ✓✓

right now i have to overhaul the chapters you did for me and i have to really bust out some work today





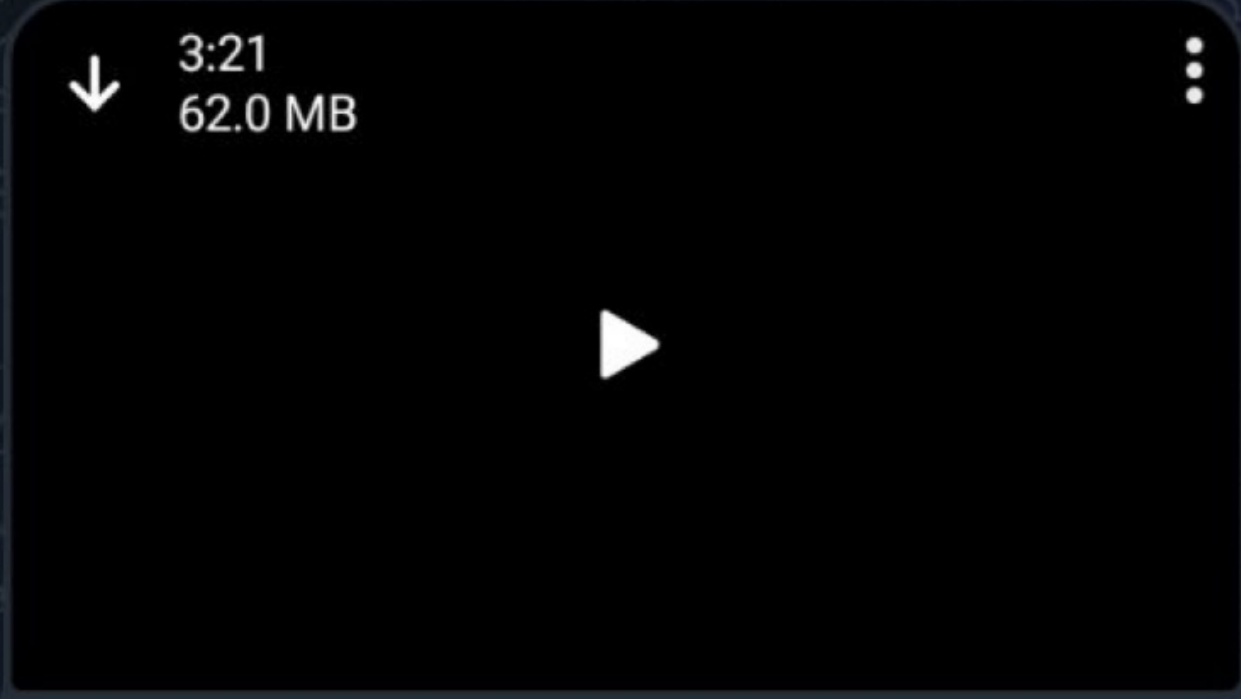
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really bust out some work today
11:21 AM ✓✓

You do it 11:21 AM


3:21
62.0 MB




For Tara 8:48 PM

July 16, 2022



To Whitney with love 3.odt
55.5 KB ODT

I wrote this and its very important that you read and acknowledge it and that you really think about it. I can see things much clearer now. You have to try to succeed. 6:55 AM

Writing this doesn't mean I don't take responsibility for how I eventually behaved. That last week was how I am when I'm completely broken mentally. I



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July 16, 2022



To Whitney with love 3.odt

55.5 KB ODT

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6:55 AM

Writing this doesn't mean I don't take responsibility for how I eventually behaved. That last week was how I am when I'm completely broken mentally. I was in a very bad place. I don't want to be there and I shouldn't have ever got there in the first places

7:15 AM

I love you so much. I want to work at it. I am always here for you to talk to. I love entirely, from the deepest part of my soul. You are my everything. I will always love you.

7:47 AM

How's Rowan doing?

12:43 PM

I'd really love to just hear from you.

1:03 PM



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How's Rowan doing?

12:43 PM

I'd really love to just hear from you.

1:03 PM

Im feeling devastated right now and I can't talk right now but will send you updates on rowan later

1:10 PM ✓✓

Can't it just phone me

1:10 PM

Can't you just call

1:10 PM

Because you haven't talked to me properly some the other day when you were saying almost the opposite and you could just end all the tension by calling and talking about it

1:10 PM



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I'd really love to just hear from you.

1:03 PM

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Because you haven't talked to me properly some the other day when you were saying almost the opposite and you could just end all the tension by calling and talking about it.

1:12 PM

You can both have kids and call someone.

1:12 PM

I don't even know how you feel or what you mean by devastated .

1:13 PM

I am just waiting to find out all of the time.

1:13 PM

Can't we please just have a quick conversation

1:14 PM


Please stop avoiding me. It just serves to create tension which isn't necessary

←  **Johnny Vedmore**  
 online

I am just waiting to find out all of the time. 1:13 PM

Can't we please just have a quick conversation 1:14 PM

Please stop avoiding me. It just serves to create tension which isn't necessary and prevents us communicating in a better way. Just a quick call. 1:17 PM

 00:11 1:20 PM

I cant right now 1:21 PM ✓✓

 00:04 1:21 PM

Im sorry you will have to wait 1:21 PM ✓✓

 00:13 1:22 PM

What's happening? 1:23 PM

Can you give me just one little bit



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1:22 PM

What's happening? 1:23 PM

Can you give me just one little bit of respect and love? What's really happening? 1:25 PM

When can you talk? 1:39 PM

Im just depressed today and stuck w a bored 4 year old at home bc rowan is still under the weather 1:40 PM ✓✓

I dont see tara letting us have the necessary conversation 1:40 PM ✓✓

That doesn't mean you can't speak to someone for five minutes 1:41 PM

That's really not what your previous texts relay 1:41 PM

You can have a conversation while she's watching something. I do understand that. 1:42 PM

I told you that now is not a good time for me, please dont push it 1:43 PM ✓✓



Johnny Vedmore

online



she's watching something. I do understand that.

1:42 PM

I told you that now is not a good time for me, please dont push it

1:43 PM ✓✓

Okay, but you're avoiding talking. And that's where all the problems we have lay, in not communicating regularly.

1:43 PM

You told me we'd talk later yesterday

1:44 PM

And the day before

1:44 PM

And the day before

1:44 PM

I've been there

1:44 PM

You're pushing me away by not communicating your emotions effectively

1:44 PM

It leads to further separation and isn't necessary

1:45 PM

I love you and your "devastated" which means I want to talk to you.

1:46 PM

That's normal

1:46 PM



Johnny Vedmore

online



I love you and your "devastated" which means I want to talk to you. 1:46 PM

That's normal 1:46 PM

I hate thinking that you're sad, depressed or devastated. 1:54 PM

I hate it. 1:54 PM

I want just to hear you and talk to you 1:55 PM

Please can we communicate normally 2:10 PM

Please 2:10 PM

It's so depressing 2:10 PM

I'm not sitting here with evil intentions. I'm just wanting to have a conversation. 2:12 PM

Tom connect with you at all 2:12 PM

To 2:12 PM

Whitney 2:31 PM



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To 2:12 PM

Whitney 2:31 PM



2:33 PM





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I miss you so much

2:34 PM



2:36 PM

I miss you smiling

2:36 PM



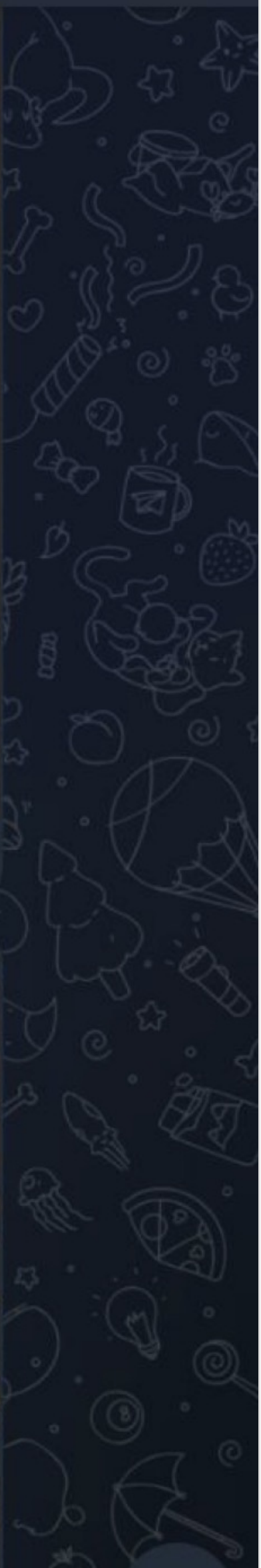


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I miss you

2:39 PM





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online



I miss my boy boy

2:43 PM





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online



I miss my family

2:44 PM

I miss you

2:44 PM

I love you Whitney Webb

2:56 PM

Im sorry im just not feeling well today emotionally and i am all over the place. I don't want to say something i might regret later

2:57 PM ✓✓

I dont have a lot of time to myself and i got really ill after you left (im still kinda sick)

2:58 PM ✓✓

I need time to think about the things

2:58 PM ✓✓

Before i can talk

2:58 PM ✓✓

And i am working on it

2:58 PM ✓✓

I have so much love for you

2:58 PM



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Before I can talk 2:58 PM ✓✓

And i am working on it 2:58 PM ✓✓

I have so much love for you 2:58 PM

I miss you so much Whitney 2:59 PM

But i dont have as much time and space to mull things over like you do 2:59 PM ✓✓

I'm a mess I have no time 2:59 PM

And i am really hurt and some days i am really sad about it 2:59 PM ✓✓

I feel the same 2:59 PM

And feel like i cant keep doing this to myself 2:59 PM ✓✓

I didn't want to leave you 2:59 PM

And other days i think it could work 2:59 PM ✓✓

I know 3:00 PM

I dont want to keep having conversations that leayw me cryi



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online



space to man things over like you do
2:59 PM ✓✓

I'm a mess I have no time
2:59 PM

And i am really hurt and some days i
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2:59 PM ✓✓

I feel the same
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And feel like i cant keep doing this to
myself
2:59 PM ✓✓

I didn't want to leave you
2:59 PM

And other days i think it could work
2:59 PM ✓✓

I know
3:00 PM

I dont want to keep having
conservations that leavw me crying
while Tara ishere
3:00 PM ✓✓

With the only thing i can really tell
youbeing that i dont know
3:00 PM ✓✓

But I've had no consistency in our
relationship because your mood
changes regularly and then when we're
separated you cut me off like this and



Johnny Vedmore
online



conservations that leavw me crying
while Tara ishere 3:00 PM ✓✓

With the only thing i can really tell
youbeing that i dont know 3:00 PM ✓✓

But I've had no consistency in our
relationship because your mood
changes regularly and then when we're
separated you cut me off like this and
you only get more distant 3:01 PM

I can't lose you but you won't try 3:02 PM

It's our family 3:02 PM

It's our life 3:02 PM

And you won't even speak about ot
3:02 PM

That won't make good things happen
3:02 PM

The main problem I've found
reoccurring in our relationship is that
you don't tell me things. 3:03 PM

I've experienced that over and over
3:04 PM

Without it we would have struagled to



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Without it we would have struggled to argue. We both need to communicate better. But you're choosing not to try.

3:04 PM

I've already raised enough money to afford get a plane ticket back in a month. I want to start solving our problems now. Not leave them turn to dust and sadness. You just simply have to try to change one thing. Communicate with me.

3:06 PM

Communicating in a relationship is supposed to be constant

3:07 PM

We've not communicated lots. Often because I've not known something is happening. That's not really fair. We have to talk. You have to learn how to get over that boundary you erect to avoid talking .

3:08 PM

You can have a million excuses but Tara will benefit from you communicating.

3:09 PM

Rowan will benefit 3:09 PM

We will benefit 3:09 PM



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online



You can have a million excuses but Tara will benefit from you communicating.

3:09 PM

Rowan will benefit

3:09 PM

We will benefit

3:09 PM

Seriously. Every-time we've got over things on the past you say: "I should have just said something but..."

3:11 PM

You need to talk or you're choosing to throw it all away by avoiding everything

3:11 PM

It just ends up feeling like there are more things you're not telling me. It leaves blank spaces where resolution could be.

3:13 PM

It's the not communicating which builds up the tension

3:14 PM

Then you don't communicate because it's tense

3:14 PM

It's a vicious cycle

3:15 PM

I miss you.

3:27 PM

How hard am I meant to fight for my



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could be.

3:13 PM

It's the not communicating which builds up the tension

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Then you don't communicate because it's tense

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It's a vicious cycle

3:15 PM

I miss you.

3:27 PM

How hard am I meant to fight for my relationship?

3:40 PM

Am I meant to just leave it or am I meant to fight?

3:41 PM

If I was just avoiding you right now then would that help?

3:41 PM

Because I can't get it. I just want to talk. I just want to speak and get over our problems.

3:42 PM

Am I meant to just leave it all go?

3:42 PM

We can talk when the kids are in bed later

3:46 PM ✓✓



Johnny Vedmore

online



Am I meant to just leave it all go?

3:42 PM

We can talk when the kids are in bed later

3:46 PM ✓✓

Chill out please

3:46 PM ✓✓

But you say that everyday

3:46 PM

I'm not unchilled

3:46 PM

I'm just trying to talk.

3:47 PM

I'm not trying to hurt you, I'm just completely alone and in the dark.

3:54 PM

You tell me things that you then change your mind about a day later, only you don't tell me. So I don't know what you're thinking at all.

3:56 PM

I'm sorry it's like that. It's why I started writing you letters and you haven't really responded the same.

3:57 PM

It's constantly a one way conversation and it doesn't need to be.

3:57 PM

Johnny Vedmore



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I'm sorry it's like that. It's why I started writing you letters and you haven't really responded the same. 3:57 PM

It's constantly a one way conversation and it doesn't need to be. 3:57 PM

Johnny Vedmore
I'm sorry it's like that. It's why I started writ...
I don't have time to write lettera to you
3:58 PM ✓✓

Whitney
I don't have time to write lettera to you
But you could have a conversation on the telephone while Tara watch's something.
3:59 PM

Johnny Vedmore
You tell me things that you then change y...
I said this is why i dont want to talk right now
3:59 PM ✓✓

I know. But you never want to talk.
3:59 PM

What do you want to talk about right now that cant wait for a few hours
3:59 PM ✓✓



Johnny Vedmore
online



Johnny Vedmore
You tell me things that you then change y...
I said this is why i dont want to talk
right now 3:59 PM ✓✓

I know. But you never want to talk.
3:59 PM

What do you want to talk about right
now that cant wait for a few hours
3:59 PM ✓✓

I want to know what's happening. How
you're feeling. I want to connect a little.
Hear your voice. 4:00 PM

I want to talk to you. 4:01 PM

And a few hours doesn't come 4:01 PM

Whitney
we can talk later
We didn't 4:01 PM

We don't talk later. And even when I
was there you avoided talking about
stuff in the same way and later on
becomes tense and argumentative
because that builds up tension. 4:02 PM



Johnny Vedmore
online



Whitney

we can talk later

We didn't 4:01 PM

We don't talk later. And even when I was there you avoided talking about stuff in the same way and later on becomes tense and argumentative because that builds up tension. 4:02 PM

We both let the tension build 4:03 PM

It's why people communicate consistently throughout the day so that they don't end up saying it all at once in the wrong way 4:04 PM

I also MISS SPEAKING WITH YOU BECAUSE I LOVE YOU. 4:06 PM

I don't contact you to hate you and ignore you 4:08 PM

I completely miss you 4:12 PM

I'm completely depressed and I want to know you still exist. 4:12 PM

I'm sorry about that. 4:13 PM



Johnny Vedmore

online



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I don't contact you to hate you and ignore you 4:08 PM

I completely miss you 4:12 PM

I'm completely depressed and I want to know you still exist. 4:12 PM

I'm sorry about that. 4:13 PM

That's what happens when someone loves you. They miss you. They want to hear your voice and try to make things better. 4:14 PM

I don't want you to be sad. 4:29 PM

I'm sorry.. 4:30 PM

I miss you Whitney Webb 4:42 PM



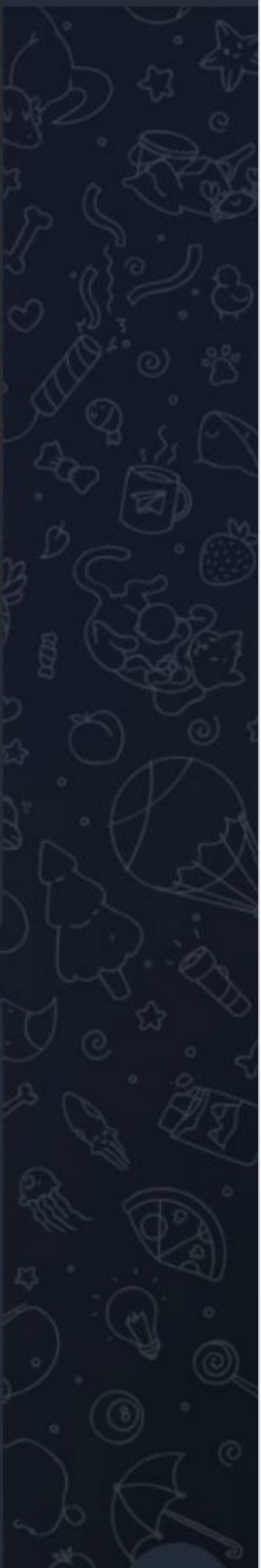


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I miss these two also

4:56 PM





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This little man. I feel like I'm half a person right now.

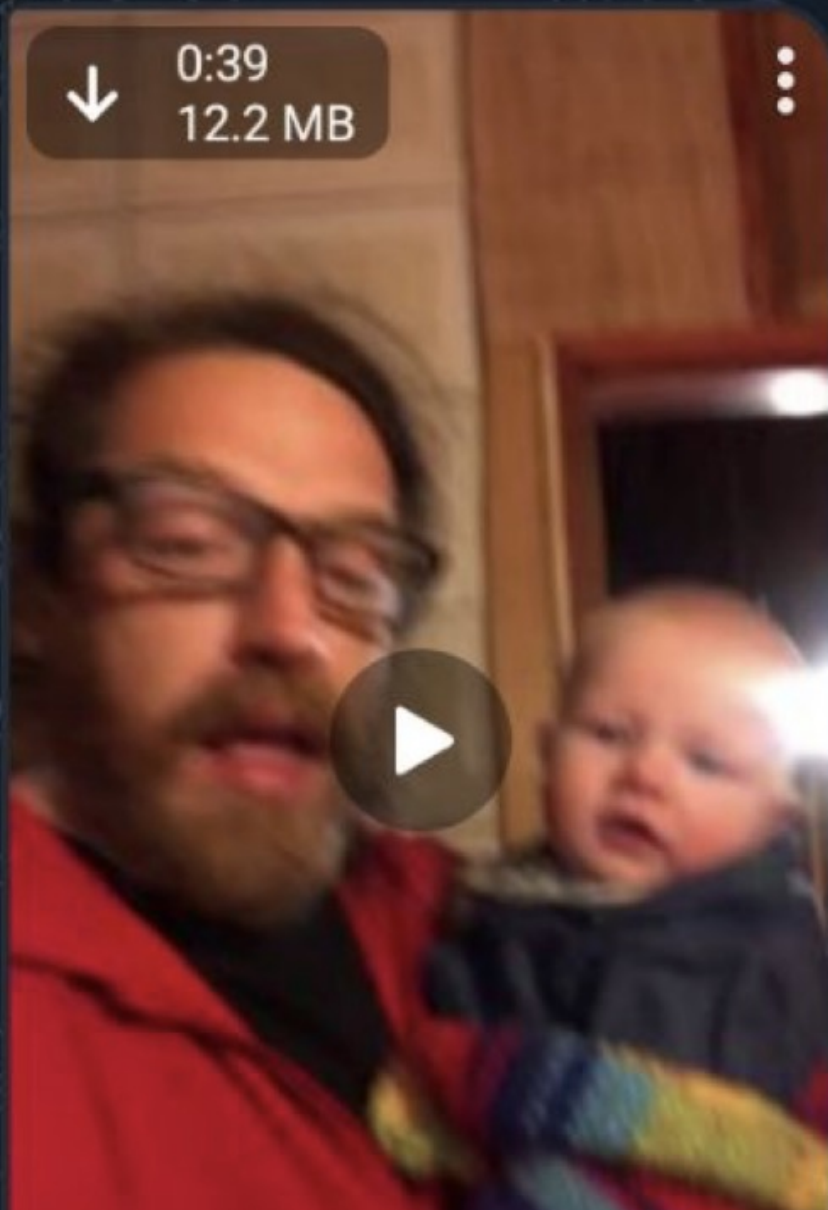
4:57 PM

I miss being with you all

5:01 PM



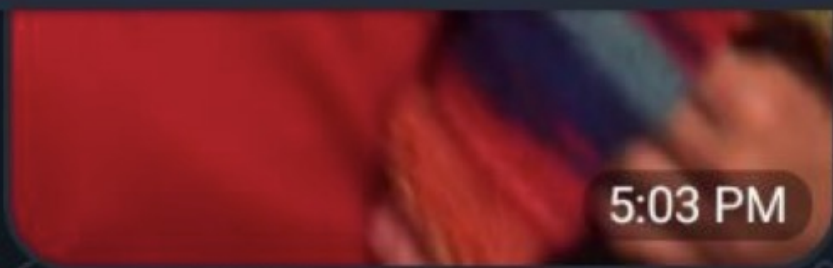
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Johnny Vedmore

online



5:03 PM

It's been half an hour and I still miss you

5:34 PM

I miss you still

6:22 PM

I know I fucked up

7:09 PM

I put you in an awful place

7:09 PM

I know I fucked yo and I never want that to happen again

7:09 PM

*up

7:10 PM

There was so much going on

7:10 PM

So much I sorted stuff

7:10 PM

September 22

0:00





Johnny Vedmore
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There was so much going on 7:10 PM

So much I sorted stuff 7:10 PM

September 22

0:00



7:13 PM !

I'm sorry for how I was, for the shot I said which was nasty enough to hurt you that badly 7:11 PM

I'm truly sorry 7:11 PM



Johnny Vedmore
online



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I'm sorry for how I was, for the shot I said which was nasty enough to hurt you that badly 7:11 PM

I'm truly sorry 7:11 PM

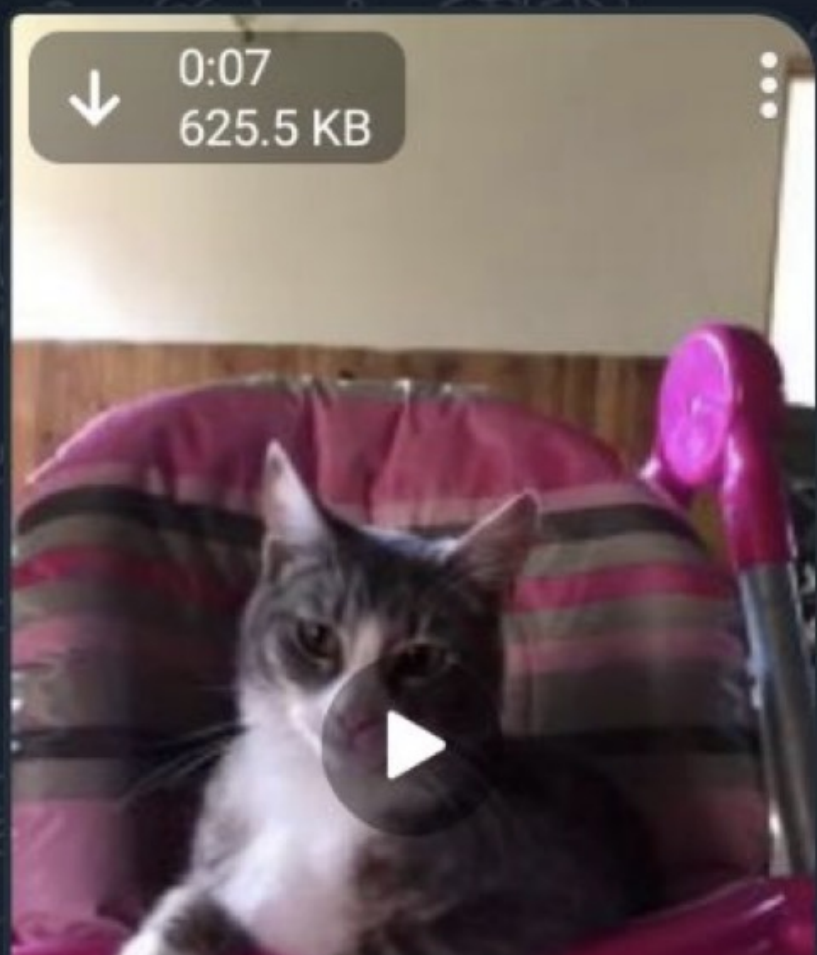
I was wrong 7:12 PM

I love you completely 7:12 PM

We have loads of unsorted stuff together 7:13 PM

Really emotional stuff 7:13 PM

That's what love is made up of 7:14 PM





Johnny Vedmore

online



7:27 PM

I miss you all loads. I should never have gone but it all got complicated.

7:33 PM

I couldn't stay while you wanted me gone. It was all so overdramatic.

7:34 PM

My biggest problem is always that I don't know what you want. I thought I knew on a few occasions. I thought we both knew on a few occasions but it's still mostly a mystery to me.

7:37 PM

I wish I knew so that I could just agree to it and move on.

7:38 PM

I am just completely into you whatever happens

7:39 PM

Johnny Vedmore

I couldn't stay while you wanted me gone.... There is more to whta happened than that...

7:39 PM ✓✓



Johnny Vedmore
online



Johnny Vedmore
I couldn't stay while you wanted me gone....
There is more to whta happened than
that... 7:39 PM ✓✓

There were 7:40 PM

It was a build up 7:40 PM

A crescendo 7:40 PM

A palaver 7:41 PM

I think we should probably speak about
it all 7:42 PM

I think we should probably do it much
better next time 7:44 PM

But mostly I'd just like to speak about it
7:45 PM

How long till we can talk? 7:57 PM

I said when the kids are in bed
8:17 PM ✓✓

Its like 820 pm here 8:18 PM ✓✓

Still have an hour or sl 8:18 PM ✓✓



Johnny Vedmore
online



But mostly I'd just like to speak about it
7:45 PM

How long till we can talk? 7:57 PM

I said when the kids are in bed
8:17 PM ✓✓

Its like 820 pm here 8:18 PM ✓✓

Still have an hour or sl 8:18 PM ✓✓

Please wait and stop pushing me when
i told you earlier when can talk some
when they are in bed
8:19 PM ✓✓

I was just asking when it'd be and you
don't have to feel pressured by my
saying stuff.
8:19 PM

Most of it is me telling you that I miss
you and that I love you, and sending
some pictures, but you're taking it all
as negative. It just isn't so. The kids
often went to bed by about now, though
I thought it was 7:20 over there. I am
just asking honestly. It's like half one in
the morning over here.
8:21 PM

Outgoing Call



Johnny Vedmore

online



some pictures, but you're taking it all as negative. It just isn't so. The kids often went to bed by about now, though I thought it was 7:20 over there. I am just asking honestly. It's like half one in the morning over here.

8:21 PM

Outgoing Call



10:30 PM, 58 minutes

I can't build a life with you or anyone else while i dont even want to be alive

10:35 PM ✓✓

At this point I have such little desire to keep going i think about leaving the kids with their respective dads so i can just blot myself out regularly

10:36 PM ✓✓

Im sorry 10:36 PM ✓✓

I have no way out 10:36 PM ✓✓

I already know that and it has to stop. We need to be together and I need you to work through that.

10:37 PM

You can't check out 10:37 PM

Tara would never forgive you 10:37 PM



Johnny Vedmore

online



I have no way out 10:36 PM ✓✓

I already know that and it has to stop. We need to be together and I need you to work through that.

10:37 PM

You can't check out 10:37 PM

Tara would never forgive you 10:37 PM

I'd never forgive you 10:37 PM

You are the centre of three peoples worlds. You need to respect that and take on the love.

10:38 PM

You need to stop thinking about the end and start creating beginnings

10:38 PM

You're not in a happy place, spiritually, psychologically or physically

10:39 PM

I have nothing with which to begin anew

10:39 PM ✓✓

There's loads left but it's not where you are

10:39 PM

The energy there is dead 10:39 PM



Johnny Vedmore

online



I have nothing with which to begin anew

10:39 PM ✓✓

There's loads left but it's not where you are

10:39 PM

The energy there is dead

10:39 PM

It's gone

10:40 PM

Theres nothing inside me that can begin anything

10:40 PM ✓✓

You have to spread your wings and become something else

10:40 PM

There is

10:40 PM

You're just sad because you've filled yourself up with negativity through all your work

10:40 PM

That's what we do. We report negative energy

10:41 PM

You need to find yourself

10:41 PM

The age where I was at my lowest was between 32 and 34. I've seen this repeat in others.

10:42 PM



Johnny Vedmore

online



You're just sad because you've filled yourself up with negativity through all your work

10:40 PM

That's what we do. We report negative energy

10:41 PM

You need to find yourself

10:41 PM

The age where I was at my lowest was between 32 and 34. I've seen this repeat in others.

10:42 PM

You can become better by being one with me and your children. By being a unit that supports each other and protects each other from all others.

10:43 PM

I love you. But I've said to my self on a few different occasions that you need to grow balls in the right place. You need to fight the right people. But mostly you need to love the right people. I am here to fight for you and alongside you. So far you've been fighting against me more than with me. We need to be one.

10:45 PM

Don't hate yourself

10:46 PM



Johnny Vedmore
online



a few different occasions that you need to grow balls in the right place. You need to fight the right people. But mostly you need to love the right people. I am here to fight for you and alongside you. So far you've been fighting against me more than with me. We need to be one.

10:45 PM

Don't hate yourself

10:46 PM

You're not alone in this life

10:47 PM

July 17, 2022

I miss you everyday and I hate hearing you sad.

9:08 AM

I hope you have a better day today 🥰

9:09 AM

Hi 9:09 AM ✓✓

Yeah hopefully 9:09 AM ✓✓

Hi 9:09 AM

Ive been thinking about things
9:09 AM ✓✓

Ive developed trust issues too but mi



Johnny Vedmore
online



9:09 AM

Hi 9:09 AM ✓✓

Yeah hopefully 9:09 AM ✓✓

Hi 9:09 AM

Ive been thinking about things
9:09 AM ✓✓

Ive developed trust issues too but mine
are different
9:09 AM ✓✓

Im scared to communicate my feelings
and things i keep close to my heart bc
you sometimes use them against me in
fights
9:10 AM ✓✓

Things i have never told anyone but
you
9:10 AM ✓✓

And in fights youve used it to paint me
as mentally unwell
9:10 AM ✓✓

It makes me guarded about what i say
to you
9:11 AM ✓✓

And is part of my problem 9:11 AM ✓✓

But some things should be off limits
when you're mad
9:11 AM ✓✓



Johnny Vedmore
online



Things I have never told anyone but you 9:10 AM ✓✓

And in fights youve used it to paint me as mentally unwell 9:10 AM ✓✓

It makes me guarded about what i say to you 9:11 AM ✓✓

And is part of my problem 9:11 AM ✓✓

But some things should be off limits when you're mad 9:11 AM ✓✓

When we fight there are lines i never cross with you but you cross those lines when youre mad or upset 9:12 AM ✓✓

Ive become used to not sharing certain things with you as a result 9:12 AM ✓✓

Because i worry it could be used against me later 9:13 AM ✓✓

I get that. But what you said last night isn't mentally well either. Feeling like you want to die and give up your kids isn't necessarily a sign of a happy mind. I agree with what you say but I also think that because you don't communicate with me and up



Johnny Vedmore
online



things with you as a result 9:12 AM ✓✓

Because i worry it could be used against me later 9:13 AM ✓✓

I get that. But what you said last night isn't mentally well either. Feeling like you want to die and give up your kids isn't necessarily a sign of a happy mind. I agree with what you say but I also think that because you don't communicate with me end up struggling for answers and looking in all the places. I don't mean to use stuff "against you in arguments" but you also don't accept your own weaknesses often when we argue and it's often like you avoid saying the real reasons you're upset because it undermines the arguments you use to excuse your own behaviour towards me.

9:14 AM

I'm not a monster looking to use things against you later. You tell Me things which aren't true as well as other stuff. I don't know what to believe a lot of the time.

9:15 AM

Again, a lot of what you say means in practice "I don't tell you things because



Johnny Vedmore

online



and its often like you avoid saying the real reasons you're upset because it undermines the arguments you use to excuse your own behaviour towards me.

9:14 AM

I'm not a monster looking to use things against you later. You tell Me things which aren't true as well as other stuff. I don't know what to believe a lot of the time.

9:15 AM

Again, a lot of what you say means in practice "I don't tell you things because we argue" while at the same time we argue because you don't tell me things. You need to let go of the paradoxical thinking that leaves you unable to communicate effectively. I know why you do these things but really you should just not do these things.

9:18 AM

No 9:20 AM ✓✓

I can also say that things I've told you about my past you also use in arguments. Often my relationship with my parents etc. it is a normal place to look when analysing our own behaviour. But it isn't always the correct answer or very comfortable



Johnny Vedmore

last seen at 1:05 PM

No 9:20 AM ✓✓

I can also say that things I've told you about my past you also use in arguments. Often my relationship with my parents etc. it is a normal place to look when analysing our own behaviour. But it isn't always the correct answer, or very comfortable.

9:20 AM

I never compare you to your father 9:20 AM ✓✓

I struggled to tell you about what happened when i was 22 9:20 AM ✓✓

And you used it to claim i had a mental disorder 9:20 AM ✓✓

Thats scarring to me 9:21 AM ✓✓

Makes me not want to yell you things 9:21 AM ✓✓

I listened to you tell me all my flaws and short comings last night, did i insult you 9:21 AM ✓✓

No 9:21 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM

And you used it to claim i had a mental disorder 9:20 AM ✓✓

Thats scarring to me 9:21 AM ✓✓

Makes me not want to yell you things 9:21 AM ✓✓

I listened to you tell me all my flaws and short comings last night, did i insult you 9:21 AM ✓✓

No 9:21 AM ✓✓

Whitney

I struggled to tell you about what happene... I understand. Bit the difference is that you use that as a reason why you don't show me affection. I don't think that's fair. 9:21 AM

Whitney

I listened to you tell me all my flaws and s... You said barely anything 9:22 AM

Johnny Vedmore

I understand. Bit the difference is that you... Im saying its why im guarded about telling you things 9:22 AM



Johnny Vedmore

last seen at 1:05 PM



YOU SAID BARELY ANYTHING

9:22 AM

Johnny Vedmore
I understand. Bit the difference is that you...
Im saying its why im guarded about
telling you things 9:22 AM ✓✓

Nit why i dont show "affection"
9:22 AM ✓✓

Yourr mixing things up 9:22 AM ✓✓

Johnny Vedmore
You said barely anything
You had a lot to say 9:22 AM ✓✓

Johnny Vedmore
I can also say that things I've told you abo...
I dont bring up your parents when we
fight 9:23 AM ✓✓

Whitney
Im saying its why im guarded about tellin...
In my experience you give me a million
reasons why you don't communicate.
But they're often paradoxical
arguments. 9:23 AM

Johnny Vedmore
I get that. But what you said last night isn't



Johnny Vedmore

last seen at 1:05 PM



fight 9:23 AM ✓✓

Whitney

Im saying its why im guarded about tellin... In my experience you give me a million reasons why you don't communicate. But they're often paradoxical arguments.

9:23 AM

Johnny Vedmore

I get that. But what you said last night isn't... I accept short comings often when you bring them up

9:23 AM ✓✓

Whitney

I dont bring up your parents when we fight I have said you treat me sometimes in a way that you describe your mum treating your dad. Expecting me to bend to you will. I shouldn't have and that was disrespectful.

9:24 AM

I should know that would hurt you but at the same time I can't understand why you act in certain ways sometimes

9:25 AM

Johnny Vedmore

I have said you treat me sometimes in a w...



Johnny Vedmore

last seen at 1:05 PM



I should know that would hurt you but at the same time I can't understand why you act in certain ways sometimes

9:25 AM

Johnny Vedmore

I have said you treat me sometimes in a w...
Your knowledge of my parents dynamic is lacking

9:25 AM ✓✓

Just like i dont know your family

9:26 AM ✓✓

Whitney

Your knowledge of my parents dynamic is...
That's what you've told me

9:26 AM

Im not going yo make comparisons w people ive never met

9:26 AM ✓✓

You've told me a lot and I did listen

9:26 AM

Even though youve told me plenty

9:26 AM ✓✓

And you talk about them almost every day

9:26 AM ✓✓

  **Johnny Vedmore**  
last seen at 1:05 PM

You've told me a lot and I did listen
9:26 AM

Even though youve told me plenty
9:26 AM ✓✓

And you talk about them almost every
day
9:26 AM ✓✓

But some of our traits come from our
parents too.
9:26 AM

That is a fact effecting everyone
9:26 AM

Johnny Vedmore
I have said you treat me sometimes in a w...
If my problem is not communicating
and withholding things
9:27 AM ✓✓

Thats not exactly me screaming at you
so you bend to my will
9:27 AM ✓✓

My mom createa conflict and thrivea
on drama
9:28 AM ✓✓

My problem is that i avoid conflict
and go to extreme and sometimes
unhealthy lengths to do so
9:28 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



9:26 AM

Johnny Vedmore
I have said you treat me sometimes in a w...
If my problem is not communicating
and withholding things 9:27 AM ✓✓

Thats not exactly me screaming at you
so you bend to my will 9:27 AM ✓✓

My mom createa conflict and thrivea
on drama 9:28 AM ✓✓

My problem is that i avoid conflict
and go to extreme and sometimes
unhealthy lengths to do so 9:28 AM ✓✓

The fact will still remain that you were
hiding certain things from me before
I even mentioned anything about
your parents. And you do hurt me
sometimes on purpose. 9:28 AM

Johnny Vedmore
The fact will still remain that you were hidi...
You have used my spiritual beliefs and
experiences against me before
9:29 AM ✓✓

It's a funny way to avoid conflict. You



Johnny Vedmore

last seen at 1:05 PM



My problem is that i avoid conflict and go to extreme and sometimes unhealthy lengths to do so 9:28 AM ✓✓

The fact will still remain that you were hiding certain things from me before I even mentioned anything about your parents. And you do hurt me sometimes on purpose. 9:28 AM

Johnny Vedmore
The fact will still remain that you were hidi...
You have used my spiritual beliefs and experiences against me before 9:29 AM ✓✓

It's a funny way to avoid conflict. You often do the thing that will cause conflict. 9:29 AM

Theres a lot there i decline to tell you anymore 9:29 AM ✓✓

Whitney
You have used my spiritual beliefs and ex...
You mixed your beliefs up with Jan 9:29 AM

That became confusing to me 9:29 AM



Johnny Vedmore

last seen at 1:05 PM

Theres a lot there i decline to tell you anymore 9:29 AM ✓✓

Whitney

You have used my spiritual beliefs and ex...
You mixed your beliefs up with Jan 9:29 AM

That became confusing to me 9:29 AM

Then you stopped telling me your beliefs 9:29 AM

I feel like i cant share my intimate feelings and experiences with you 9:29 AM ✓✓

Well if our connection is spiritual and emotional 9:30 AM ✓✓

And you throw doubts about my spirituality and emotions into arguments 9:30 AM ✓✓

Its complicated 9:30 AM ✓✓

Whitney

I feel like i cant share my intimate feeling...
You need to or we don't communicate



Johnny Vedmore

last seen at 1:05 PM



emotional

9:30 AM ✓✓

And you throw doubts about my spirituality and emotions into arguments

9:30 AM ✓✓

Its complicated

9:30 AM ✓✓

Whitney

I feel like i cant share my intimate feeling... You need to or we don't communicate properly and my experience is you hiding loads of things from me for a load of different reasons

9:30 AM

My point today has been trying to explain

9:30 AM ✓✓

Why i dont

9:31 AM ✓✓

I don't know where you are spiritually because you don't tell me though

9:31 AM

And i don't think you really understand

9:31 AM ✓✓

I'm confused because I'm only shown half a broken story

9:31 AM



Johnny Vedmore

last seen at 1:05 PM



9:31 AM

And i don't think you really understand
9:31 AM ✓✓

I'm confused because I'm only shown
half a broken story
9:31 AM

Johnny Vedmore
You need to or we don't communicate pro...
Do you understand why im
apprehensive
9:31 AM ✓✓

Whitney
And i don't think you really understand
Until you tell me the truth, I won't
understand
9:32 AM

Because it hurts a lot to have it
ridiculed and called into question
9:32 AM ✓✓

By the person you share or are
supposed to share those things with
9:32 AM ✓✓

Whitney
Because it hurts a lot to have it ridiculed a...
I'm not ridiculing you
9:32 AM



Johnny Vedmore

last seen at 1:05 PM



9:32 AM ✓✓

Whitney

Because it hurts a lot to have it ridiculed a...
I'm not ridiculing you

9:32 AM

Its been like that before

9:32 AM ✓✓

Your scared of me ridiculing you, that's different. I'm not taking the action. You assume it and project it on to me.

9:33 AM

I'm then left questioning everything in a confused and less coherent manner because you need to communicate.

9:33 AM

Before u left did you use things i confided in you to further your claim that im mentally ill

9:34 AM ✓✓

And have mpd

9:34 AM ✓✓

Johnny Vedmore

Your scared of me ridiculing you, that's dif...
The point is that you do do it whrn angry

9:34 AM ✓✓

It should be off limits

9:34 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



because you need to communicate.

9:33 AM

Before u left did you use things i confided in you to further your claim that im mentally ill

9:34 AM ✓✓

And have mpd

9:34 AM ✓✓

Johnny Vedmore
Your scared of me ridiculing you, that's dif...
The point is that you do do it whrn angry

9:34 AM ✓✓

It should be off limits

9:34 AM ✓✓

Is my point

9:35 AM ✓✓

I didn't "use them" I told you that all the irrational decision making and the constant changing in decision making felt exactly like that.

9:35 AM

When im mad

9:35 AM ✓✓

There are lines i dont cross

9:35 AM ✓✓

Every day you're saying the opposite than you did the day before

9:35 AM



Johnny Vedmore

last seen at 1:05 PM



It should be on limits 9:34 AM ✓✓

Is my point 9:35 AM ✓✓

I didn't "use them" I told you that all the irrational decision making and the constant changing in decision making felt exactly like that. 9:35 AM

When im mad 9:35 AM ✓✓

There are lines i dont cross 9:35 AM ✓✓

Every day you're saying the opposite than you did the day before 9:35 AM

Can you not understand how that appears from my perspective 9:35 AM

This is in almost everything. I don't know if what you said still stands within 12 hours. One minute you're loving and the next minute you can't process emotions. That's confusing. 9:37 AM

Whitney

There are lines i dont cross

I agree. And I've experienced you perpetually cross some of those lines especially in respect to your



Johnny Vedmore

last seen at 1:05 PM



Can you not understand how that appears from my perspective 9:35 AM

This is in almost everything. I don't know if what you said still stands within 12 hours. One minute you're loving and the next minute you can't process emotions. That's confusing. 9:37 AM

Whitney

There are lines i dont cross

I agree. And I've experienced you perpetually cross some of those lines especially in respect to your relationship with Claudio. 9:37 AM

There are some lines you don't cross. 9:38 AM

But you do. 9:38 AM

It leaves me questioning everything 9:38 AM

All ive been trying to say 9:38 AM ✓✓

I don't know who you are if you hide things from me and you don't tell me 9:38 AM



Johnny Vedmore

last seen at 1:05 PM



9:38 AM

All ive been trying to say 9:38 AM ✓✓

I don't know who you are if you hide things from me and you don't tell me

9:38 AM

Is why i am guarded and not as open as id like to be 9:38 AM ✓✓

And if youd listen 9:39 AM ✓✓

Im just asking you don't cross those lines again 9:39 AM ✓✓

When youre mad 9:39 AM ✓✓

But now this feels like another argument 9:39 AM ✓✓

I know that you have mental breakdowns and crises and at the same time taking about being mentally unstable sometimes is something you see as being off the cards.

9:39 AM

I have to do kid stuff ill be back later 9:39 AM ✓✓

Johnny Vedmore



Johnny Vedmore

last seen at 1:05 PM



But now this feels like another argument

9:39 AM ✓✓

I know that you have mental breakdowns and crises and at the same time talking about being mentally unstable sometimes is something you see as being off the cards.

9:39 AM

I have to do kid stuff ill be back later

9:39 AM ✓✓

Johnny Vedmore

I know that you have mental breakdowns... You're not the only one who has suffered a lot the past 2 years

9:40 AM ✓✓

There's a lot we need to sort out in ourselves

9:40 AM

Whitney

You're not the only one who has suffered... I know. But I was there for you the entire time and you withdrew both emotionally and psychologically as a coping mechanism to stress

9:41 AM

We can't solve anything like that

9:41 AM



Johnny Vedmore

last seen at 1:05 PM



You're not the only one who has suffered a lot the past 2 years 9:40 AM ✓✓

There's a lot we need to sort out in ourselves 9:40 AM

Whitney

You're not the only one who has suffered... I know. But I was there for you the entire time and you withdrew both emotionally and psychologically as a coping mechanism to stress 9:41 AM

We can't solve anything like that 9:41 AM

If you don't tell me things then I'm left in the dark trying to form a coherent picture with what I know. 9:41 AM

don't you get that? 9:42 AM

You do exactly the same 9:42 AM

I tell you everything. My experience is that you hide things from me to protect yourself and it leads to incoherent arguments which can't be solved because you've not included all the information. 9:43 AM



Johnny Vedmore

last seen at 1:05 PM



YOU DO EXACTLY THE SAME 9:42 AM

I tell you everything. My experience is that you hide things from me to protect yourself and it leads to incoherent arguments which can't be solved because you've not included all the information.

9:43 AM

To understand why you do the things you do, you need to stop hiding things from me. You've been doing all throughout our relationship. Even before troubles began.

9:44 AM

It's a consistent reality I have lived with since we've been together and it frustrates me because it causes most of the issues we have. Afterwards you can say that you don't tell me because we argue but it's still paradoxical because I know that we wouldn't argue if you told me.

9:45 AM

There are loads of reasons you give me for why you hide things from me. But you just have to stop. It's almost an addiction at this point. It's a really negative cycle which Leaves me feeling lost and in need of solutions.

9:47 AM



Johnny Vedmore

last seen at 1:05 PM



if you told me.

9:45 AM

There are loads of reasons you give me for why you hide things from me. But you just have to stop. It's almost an addiction at this point. It's a really negative cycle which Leaves me feeling lost and in need of solutions.

9:47 AM

I agree that I shouldn't use things that hurt you purposely to cause you pain in an argument. It sometimes trying to find the truth, especially with only part of the information, causes us pain. It can't be stopped. Sometimes the truth hurts, that is known.

9:51 AM

Whitney

But now this feels like another argument It's not. But you do treat almost every discussion we have as though it's stressful and argumentative.

9:54 AM

Im trying to tell you that you using these things in arguments is really hurtful

9:59 AM ✓✓

And that the more you do it the more i want to hide those types of things



Johnny Vedmore

last seen at 1:05 PM



hey im really sorry i passed out while feeding rowan and putting him to bed

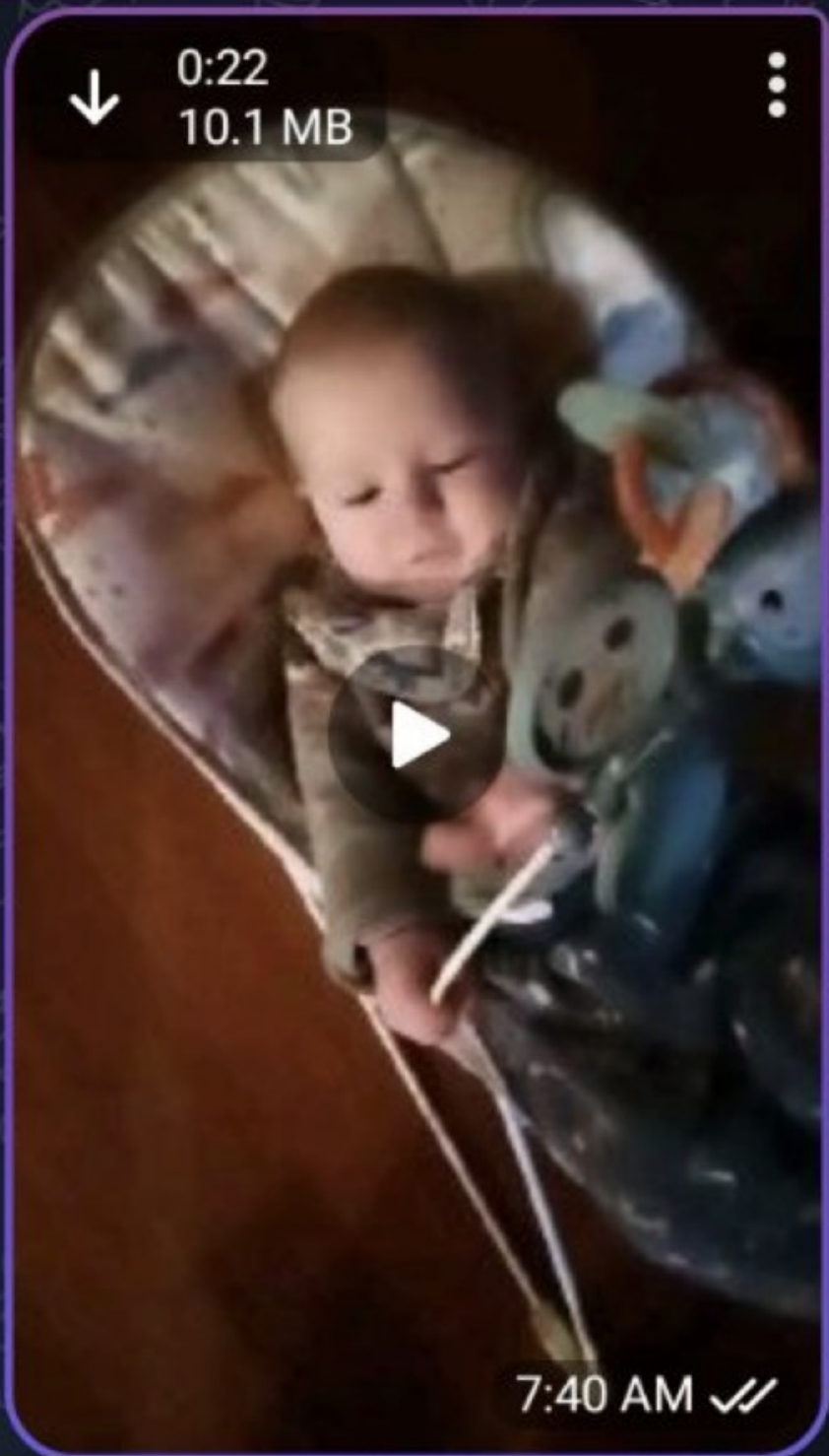
1:07 AM ✓✓

Im really sorry if i kept you up last night

7:39 AM ✓✓

I really hadnt meant to fall asleep

7:39 AM ✓✓



7:40 AM ✓✓

It's the problem with only being able to talk at the very end of a long day. It's



Johnny Vedmore

last seen at 1:05 PM



Whitney

But now this feels like another argument
It's not. But you do treat almost every
discussion we have as though it's
stressful and argumentative.

9:54 AM

Im trying to tell you that you using
these things in arguments is really
hurtful

9:59 AM ✓✓

And that the more you do it the more i
want to hide those types of things

10:00 AM ✓✓

Im just asking you not yo do it again

10:00 AM ✓✓

Whitney

You're not the only one who has suffered...
I know this. But I am sometime me
dealing with a situation where you tell
me that you're mentally unwell at times
while also saying that I'm not allowed
to say that if it's really relevant to the
situation. We can't hide from what we
need to change.

10:00 AM

But you are trying to justify it

10:00 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



... that you're intentionally unwell at times while also saying that I'm not allowed to say that if it's really relevant to the situation. We can't hide from what we need to change.

10:00 AM

But you are trying to justify it 10:00 AM ✓✓

Whitney

Im just asking you not yo do it again

I agree

10:00 AM

It is fucking super hurtful to me

10:00 AM ✓✓

But I'm not doing it always to hurt you

10:00 AM

Johnny Vedmore

I know this. But I am sometime me dealin... I have a problem with hesitantcy anyway

10:00 AM ✓✓

The stress in our relationship makea it 100x times worse

10:00 AM ✓✓

I'm saying g stuff sometimes because you're in a process of visible crises

10:01 AM

I just need to find a situation to...



Johnny Vedmore

last seen at 1:05 PM



Johnny Vedmore
I know this. But I am sometime me dealin...
I have a problem with hesitancy
anyway

10:00 AM ✓✓

The stress in our relationship makea it
100x times worse

10:00 AM ✓✓

I'm saying g stuff sometimes because
you're in a process of visible crises

10:01 AM

I just am left vacilating bc i become
desperate for an offramp from the
stress

10:01 AM ✓✓

Johnny Vedmore
I'm saying g stuff sometimes because yo...
Im trying to tell you thats hurtful

10:01 AM ✓✓

Please don't do it

10:01 AM ✓✓

Whitney

The stress in our relationship makea it 10...
The stress is mainly due to not telling
each other the truth and we both
worship truth

10:01 AM

←  **Johnny Vedmore** last seen at 1:05 PM  

desperate for an onramp from the stress 10:01 AM ✓✓

Johnny Vedmore
I'm saying g stuff sometimes because yo...
Im trying to tell you thats hurtful 10:01 AM ✓✓

Please don't do it 10:01 AM ✓✓

Whitney
The stress in our relationship makea it 10...
The stress is mainly due to not telling each other the truth and we both worship truth 10:01 AM

I dont care how you justify it 10:01 AM ✓✓

Just stop it 10:02 AM ✓✓

Okay. But for all of that to work how do we cope and tackle your want to die constantly? 10:02 AM

Its from the stress 10:04 AM ✓✓

The rules you're setting down here prevents us from discussing real issues. Is that because they're painful to confront or because I'm being



Johnny Vedmore

last seen at 1:05 PM



each other the truth and we both
worship truth 10:01 AM

I dont care how you justify it 10:01 AM ✓✓

Just stop it 10:02 AM ✓✓

Okay. But for all of that to work how do we cope and tackle your want to die constantly? 10:02 AM

Its from the stress 10:04 AM ✓✓

The rules you're setting down here prevents us from discussing real issues. Is that because they're painful to confront or because I'm being disrespectful 10:04 AM

? 10:04 AM

I was already at capacity before you came 10:04 AM ✓✓

When we fight sometimes i need am offramp yo deescalate 10:04 AM ✓✓

Whitney
Its from the stress
Again paradoxical seeing as it is



Johnny Vedmore

last seen at 1:05 PM



TO COMMON OR BECAUSE I AM BEING disrespectful

10:04 AM

? 10:04 AM

I was already at capacity before you came

10:04 AM ✓✓

When we fight sometimes i need am offramp yo deescalate

10:04 AM ✓✓

Whitney

Its from the stress

Again paradoxical seeing as it is created elsewhere unnecessarily

10:04 AM

Johnny Vedmore

The rules you're setting down here preven...
Ok what im bringing up are not the real issues

10:04 AM ✓✓

Whitney

When we fight sometimes i need am offra...
But sometimes we need to sort out the issue

10:04 AM

Im asking you to stop the parental comparisons

10:05 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM

The rules you're setting down here preven...
Ok what im bringing up are not the real issues
10:04 AM ✓✓

Whitney

When we fight sometimes i need am offra...
But sometimes we need to sort out the issue
10:04 AM

Im asking you to stop the parental comparisons
10:05 AM ✓✓

Whitney

Im asking you to stop the parental compa...
Okay
10:05 AM

And to stop using past traumas that i tell no one against me in fights
10:05 AM ✓✓

Then stop constantly hiding things from me
10:05 AM

Dont mix things up
10:05 AM ✓✓

Ans stop calling me mentally ill in fights
10:06 AM ✓✓

I am depressed
10:06 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Im asking you to stop the parental compa...

Okay

10:05 AM

And to stop using past traumas that i tell no one against me in fights

10:05 AM ✓✓

Then stop constantly hiding things from me

10:05 AM

Dont mix things up

10:05 AM ✓✓

Ans stop calling me mentally ill in fights

10:06 AM ✓✓

I am depressed

10:06 AM ✓✓

You dont need to tell me shit like im a total loon with multiple personalities

10:06 AM ✓✓

I dont do that to you

10:06 AM ✓✓

Whitney

You dont need to tell me shit like im a tota...

Agreed

10:06 AM

If you decide ypu want to argue about something at 4 am and i say lets jusy deal w this im the morning

10:07 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Whitney

You dont need to tell me shit like im a tota...

Agreed

10:06 AM

If you decide ypu want to argue about something at 4 am and i say lets jusy deal w this im the morning

10:07 AM ✓✓

Listen

10:07 AM ✓✓

But I also need you not to flip on everything daily

10:07 AM

Or if im shutting down in an argument

10:07 AM ✓✓

Leta reconvene later when its clamed down

10:07 AM ✓✓

Thats not me asking to not deal w the issues

10:07 AM ✓✓

Dont confuse the things

10:07 AM ✓✓

You shutdown during the smallest conflicts though.

10:07 AM

Johnny Vedmore

But I also need you not to flip on everythi



Johnny Vedmore

last seen at 1:05 PM



But I also need you not to flip on everything daily

10:07 AM

Or if im shutting down in an argument

10:07 AM ✓✓

Leta reconvene later when its clamed down

10:07 AM ✓✓

Thats not me asking to not deal w the issues

10:07 AM ✓✓

Dont confuse the things

10:07 AM ✓✓

You shutdown during the smallest conflicts though.

10:07 AM

Johnny Vedmore

But I also need you not to flip on everythin...

This is stress related

10:08 AM ✓✓

Johnny Vedmore

You shutdown during the smallest conflict...

Im asking for a fucking offramp sometimes

10:08 AM ✓✓

Bc sometimes u escalate and escalate and the conversation becomes unproductive

10:08 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



This is stress related 10:08 AM ✓✓

Johnny Vedmore
You shutdown during the smallest conflict...
Im asking for a fucking offramp
sometimes 10:08 AM ✓✓

Bc sometimes u escalate and escalate
and the conversation becomes
unproductive 10:08 AM ✓✓

Whitney
This is stress related
This is a reality and has been since
before the stress. 10:08 AM

I just said that omg 10:08 AM ✓✓

Ugh 10:08 AM ✓✓

Whitney
Im asking for a fucking offramp sometimes
Your getting angry and you don't need
to 10:08 AM

I'm not disagreeing with you 10:09 AM

Its like you arent hearing me 10:09 AM ✓✓

Whitney



Johnny Vedmore

last seen at 1:05 PM



Ugh 10:08 AM ✓✓

Whitney

Im asking for a fucking offramp sometimes
Your getting angry and you don't need
to

10:08 AM

I'm not disagreeing with you

10:09 AM

Its like you arent hearing me 10:09 AM ✓✓

Whitney

Its like you arent hearing me
I hear you

10:09 AM

I have kids to deal with right now
10:10 AM ✓✓

I've acknowledged it

10:10 AM

But your reaction says you're ignoring
any of that

10:10 AM

And now im irritated bc i feel like what
i was asking for is simple and now it's
like i have to reexplain it repeatedly
10:10 AM ✓✓

10:10 AM ✓✓

You don't. I've said quite clearly on



Johnny Vedmore

last seen at 1:05 PM

And now im irritated bc i feel like what i was asking for is simple and now it's like i have to reexplain it repeatedly
10:10 AM ✓✓

You don't. I've said quite clearly on numerous occasions that I agree
10:10 AM

Johnny Vedmore
Agreed
Like here 10:11 AM

Johnny Vedmore
Okay
Like here 10:11 AM

Johnny Vedmore
Okay. But for all of that to work how do we...
This is fair I think
10:11 AM

But have you also heard me? 10:13 AM

Yes 10:13 AM ✓✓

But im also busy right now 10:13 AM ✓✓

I want for you not to hide things from me. I want you to talk about your issues without concealing stuff. I want



Johnny Vedmore

last seen at 1:05 PM



But im also busy right now 10:13 AM ✓✓

I want for you not to hide things from me. I want you to talk about your issues without concealing stuff. I want you to respect our relationship by creating boundaries with your ex.

10:15 AM

I also want you to be able to approach the psychological issues which lead you hating yourself and making you want to die. You told me about these before any of our arguments but during our arguments you've acted like it's only me who has caused this, which is super hurtful,. This os a mental issue. No doubt about it. And you have to be able to begin solving this problem. It concerns me that you set down rules where you could act in this way and I'm just supposed to ignore it and say nothing about it.

10:20 AM

I love you. But that means I want you to be healthy in both body and mind.

10:22 AM

Johnny Vedmore

←  **Johnny Vedmore** last seen at 1:05 PM

I'm just supposed to ignore it and say nothing about it. 10:20 AM

I love you. But that means I want you to be healthy in both body and mind. 10:22 AM

Johnny Vedmore
I also want you to be able to approach the...
The rules im trying to set down are things that are very hurtful to me and greatly aggravate the problem youre referring to 12:06 PM ✓✓

That's fair. They shouldn't even need to be rules. I'm sorry that I hurt you. I really didn't set out to but I did in what I said. 12:12 PM

I'm sorry 12:12 PM

I should never use either of your parents as examples when referring to troubles in our relationship. That's completely unacceptable and I understand that. It was thoughtless of me and I'm very sorry. 12:14 PM

I'm sorry I hurt you. 12:15 PM

How's it going? 12:16 PM



Johnny Vedmore

last seen at 1:05 PM

completely unacceptable and I understand that. It was thoughtless of me and I'm very sorry. 12:14 PM

I'm sorry I hurt you. 12:15 PM

How's it going? 2:12 PM

Hey 2:46 PM ✓✓

Sorry the power has been out 2:46 PM ✓✓

So not a lot of internet 2:46 PM ✓✓

Hope you're alright 🙄 2:48 PM

I am really sorry that I made you feel like shit. 3:52 PM

Can you tell me some things which I can do better, or stop doing, which can make our relationship better in the future? 5:18 PM

Hey 5:49 PM ✓✓

Hi 5:49 PM

I barely have signal 5:49 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



I am really sorry that I made you feel like shit.

3:52 PM

Can you tell me some things which I can do better, or stop doing, which can make our relationship better in the future?

5:18 PM

Hey 5:49 PM ✓✓

Hi 5:49 PM

I barely have signal 5:49 PM ✓✓

Still no power, there was a storm w sleet 5:50 PM ✓✓

Johnny Vedmore
Can you tell me some things which I can d...
I feel like I brought stuff up this morning 5:51 PM ✓✓

I heard it 5:51 PM

But I want to come back and do it better 5:52 PM

I'm don't want to make the same mistake again. I want us to start fresh from both sides



Johnny Vedmore

last seen at 1:05 PM



Hey 5:49 PM ✓✓

Hi 5:49 PM

I barely have signal 5:49 PM ✓✓

Still no power, there was a storm w
sleet 5:50 PM ✓✓

Johnny Vedmore
Can you tell me some things which I can d...
I feel like I brought stuff up this
morning 5:51 PM ✓✓

I heard it 5:51 PM

But I want to come back and do it
better 5:52 PM

I'm don't want to make the same
mistake again. I want us to start fresh
from both sides. 5:53 PM

When the power is back later i will try
to call 6:03 PM ✓✓

I'd like that 6:08 PM

Hi 8:49 PM



Johnny Vedmore

last seen at 1:05 PM



from both sides.

5:53 PM

When the power is back later i will try to call

6:03 PM ✓✓

I'd like that

6:08 PM

Hi

8:49 PM

Hey

8:52 PM ✓✓

Kids are still up but power is back

8:52 PM ✓✓

How are you

8:52 PM ✓✓

I'm alright. Watching Arron Mate on Brand 🤢

8:53 PM

Ee

8:53 PM ✓✓

Why do that to yourself

8:53 PM ✓✓

Aaron is like if beige pants were a person

8:53 PM ✓✓

It's like classic Jesus verses 90s modern Jesus

8:53 PM

How's it going?

9:27 PM



Johnny Vedmore

last seen at 1:05 PM

Ee 8:53 PM ✓✓

Why do that to yourself 8:53 PM ✓✓

Aaron is like if beige pants were a person 8:53 PM ✓✓

It's like classic Jesus verses 90s modern Jesus 8:53 PM

How's it going? 9:27 PM

I guess we'll speak tomorrow. Have a nice sleep ❤️ 9:51 PM

July 18, 2022

Hey im really sorry i passed out while feeding rowan and putting him to bed 1:07 AM ✓✓

Im really sorry if i kept you up last night 7:39 AM ✓✓

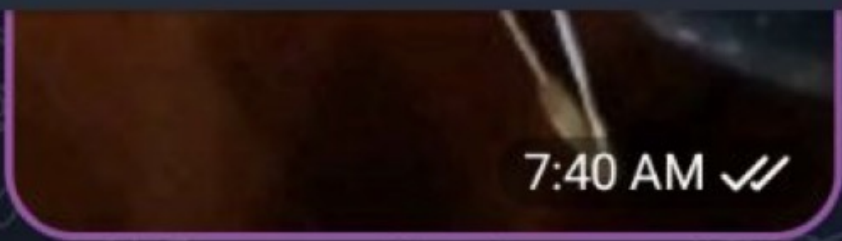
I really hadnt meant to fall asleep 7:39 AM ✓✓





Johnny Vedmore

last seen at 1:05 PM



It's the problem with only being able to talk at the very end of a long day. It's bound to happen. We do have to try to speak normally. I know you say you can't but it's pretty normal to talk to people on the phone while doing other stuff. You have to try to speak y you want to repair things. I love you. So I was waiting until 3am to hear from you. I don't know how you expect to solve it without communicating better.

7:45 AM

I would appreciate some empathy bc it is really hard to do it during the day

7:53 AM

This is a lot to do alone

7:54 AM

And i have to finish editing by Friday with half normal daycare

7:54 AM

So like. Im trying my best to balance everything

7:54 AM

Okay. I here you. But you could still just speak to me and you appear to have zero empathy for me and I'm in a hell



Johnny Vedmore

last seen at 1:05 PM



And i have to finish editing by Friday with half normal daycare 7:54 AM ✓✓

So like. Im trying my best to balance everything 7:54 AM ✓✓

Okay. I here you. But you could still just speak to me and you appear to have zero empathy for me and I'm in a hell of a lot of pain right now. I understand you have to finish your editing but that's also again at the expense of our relationship. You have to speak or you're not trying. That makes me really sad. 8:03 AM

I really think it's obvious that you're messing me around and have been for ages. 8:04 AM

You know I'm desperate and you seem to enjoy the power it gives you. 8:05 AM

I can't stop you. But I can see what tire doing. 8:06 AM

Only you can put in effort. 8:06 AM

From the moment I found out you were hiding things from me again, I should



Johnny Vedmore

last seen at 1:05 PM



5au.

8:03 AM

I really think it's obvious that you're messing me around and have been for ages.

8:04 AM

You know I'm desperate and you seem to enjoy the power it gives you.

8:05 AM

I can't stop you. But I can see what tire doing.

8:06 AM

Only you can put in effort.

8:06 AM

From the moment I found out you were hiding things from me again, I should have said no more. But I love you and you've used that. You've attempted to normalise some really hurtful stuff and I shouldn't be so much of a schmuck.

8:11 AM

Worst of all you keep me on a puppet string using the love o have for you, Tara and Rowan. You weren't a happy person when I met you. You were really depressed. I haven't seen that change at all.

8:14 AM

Johnny Vedmore

Okay. I here you. But you could still just sn

←  **Johnny Vedmore**  
 last seen at 1:05 PM

have said no more. But I love you and you've used that. You've attempted to normalise some really hurtful stuff and I shouldn't be so much of a schmuck.

8:11 AM

Worst of all you keep me on a puppet string using the love o have for you, Tara and Rowan. You weren't a happy person when I met you. You were really depressed. I haven't seen that change at all.

8:14 AM

Johnny Vedmore
 Okay. I here you. But you could still just sp...
 I texted a good bit yesterday 8:19 AM ✓✓

And meant to talk but i fell asleep
 8:20 AM ✓✓

Im in a different kind of hell than yoi
 8:20 AM ✓✓

You act like im ignoring while i have all the time in the world
 8:20 AM ✓✓

Whitney
 I texted a good bit yesterday
 It was not even a drop in the ocean to what we have to deal with
 8:20 AM



Johnny Vedmore

last seen at 1:05 PM



Johnny Vedmore
Okay. I here you. But you could still just sp...
I texted a good bit yesterday 8:19 AM ✓✓

And meant to talk but i fell asleep
8:20 AM ✓✓

Im in a different kind of hell than yoi
8:20 AM ✓✓

You act like im ignoring while i have all
the time in the world 8:20 AM ✓✓

Whitney
I texted a good bit yesterday
It was not even a drop in the ocean to
what we have to deal with 8:20 AM

Whitney
You act like im ignoring while i have all th...
I don't 8:20 AM

Johnny Vedmore
You know I'm desperate and you seem to...
Thid is offensive 8:20 AM ✓✓

Im sorry i screwed up and fell asleep
last night 8:20 AM ✓✓

Im fucking human 8:21 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Johnny Vedmore
You know I'm desperate and you seem to...
Thid is offensive 8:20 AM ✓✓

Im sorry i screwed up and fell asleep
last night 8:20 AM ✓✓

Im fucking human 8:21 AM ✓✓

Im exhausted 8:21 AM ✓✓

You're ignoring me regardless of the
time you have. 8:21 AM

Johnny Vedmore
Worst of all you keep me on a puppet stri...
How dare you 8:21 AM ✓✓

Well now this is just so uncalled for
and offensive 8:21 AM ✓✓

That i am going yo go do other stuff
8:21 AM ✓✓

It's not about falling a sleep. It's about
you never really treating me like I'm a
human and never being there. 8:22 AM

You still fail to acknowledge my pain
however much I acknowledge your



Johnny Vedmore

last seen at 1:05 PM



How dare you

8:21 AM ✓✓

Well now this is just so uncalled for and offensive

8:21 AM ✓✓

That i am going yo go do other stuff

8:21 AM ✓✓

It's not about falling a sleep. It's about you never really treating me like I'm a human and never being there.

8:22 AM

You still fail to acknowledge my pain however much I acknowledge your pain. It's always about you.

8:23 AM

You create this then become insulted and it allows you to break us up again without feeling guilty.

8:23 AM

It's pretty obvious.

8:23 AM

You won't talk to me until 2 am my time. That's not doing anything. That's avoiding. The. It's all about you like I have no pain. Like I'm not waiting all day for a phone call that doesn't come and you can't even bother sending me pictures of my boy.

8:25 AM

You are there, alone with the kids all



Johnny Vedmore

last seen at 1:05 PM



You still fail to acknowledge my pain however much I acknowledge your pain. It's always about you. 8:23 AM

You create this then become insulted and it allows you to break us up again without feeling guilty. 8:23 AM

It's pretty obvious. 8:23 AM

You won't talk to me until 2 am my time. That's not doing anything. That's avoiding. The. It's all about you like I have no pain. Like I'm not waiting all day for a phone call that doesn't come and you can't even bother sending me pictures of my boy. 8:25 AM

You are there, alone with the kids all day, phone in hand and you expect me to believe that you can't send a couple of pic of Rowan or call me here and ther because you're too busy. 8:26 AM

Honestly, I only just came back. I know what being there with the two kids entails. Your excuses are lazy. 8:26 AM

Johnny Vedmore

You won't talk to me until 2 am my time



Johnny Vedmore



last seen at 1:05 PM

its pretty obvious. 8:23 AM

You won't talk to me until 2 am my time. That's not doing anything. That's avoiding. The. It's all about you like I have no pain. Like I'm not waiting all day for a phone call that doesn't come and you can't even bother sending me pictures of my boy.

8:25 AM

You are there, alone with the kids all day, phone in hand and you expect me to believe that you can't send a couple of pic of Rowan or call me here and ther because you're too busy.

8:26 AM

Honestly, I only just came back. I know what being there with the two kids entails. Your excuses are lazy.

8:26 AM

Johnny Vedmore
 You won't talk to me until 2 am my time. T...
 There's a 5 hour difference

8:27 AM ✓✓

Stop it 8:27 AM

You have all day 8:27 AM

What you're doing now is just not true and you know it

8:28 AM



Johnny Vedmore

last seen at 1:05 PM



... because you're too busy. 8:26 AM

Honestly, I only just came back. I know what being there with the two kids entails. Your excuses are lazy. 8:26 AM

Johnny Vedmore
You won't talk to me until 2 am my time. T...
There's a 5 hour difference 8:27 AM ✓✓

Stop it 8:27 AM

You have all day 8:27 AM

What you're doing now is just not true and you know it 8:28 AM

You accuse me of such extreme shit 8:28 AM ✓✓

You could try 8:28 AM

You are doing what I'm saying 8:28 AM

You want to have stressful and emotional conversations 8:28 AM ✓✓

You didn't even send me a picture yesterday 8:28 AM

You're there all day 8:28 AM



Johnny Vedmore

last seen at 1:05 PM



and you know it

8:28 AM

You accuse me of such extreme shit

8:28 AM ✓✓

You could try 8:28 AM

You are doing what I'm saying 8:28 AM

You want to have stressful and emotional conversations

8:28 AM ✓✓

You didn't even send me a picture yesterday

8:28 AM

You're there all day 8:28 AM

And whrn kids are about its really distracting

8:28 AM ✓✓

Whitney

You want to have stressful and emotional...

No you create them for your benefit

8:28 AM

W them about

8:28 AM ✓✓

I hate them 8:28 AM

Never had them 8:28 AM



Johnny Vedmore

last seen at 1:05 PM



You didn't even send me a picture yesterday

8:28 AM

You're there all day

8:28 AM

And whrn kids are about its really distracting

8:28 AM ✓✓

Whitney

You want to have stressful and emotional...
No you create them for your benefit

8:28 AM

W them about

8:28 AM ✓✓

I hate them

8:28 AM

Never had them

8:28 AM

You're the first

8:28 AM

Right now i have to get tara ready for school

8:28 AM ✓✓

Wtf

8:29 AM ✓✓

Seriously wtf

8:29 AM ✓✓

Always excuses whatever timenn no of day



Johnny Vedmore

last seen at 1:05 PM

I hate them 8:28 AM

Never had them 8:28 AM

You're the first 8:28 AM

Right now i have to get tara ready for school 8:28 AM ✓✓

Wtf 8:29 AM ✓✓

Seriously wtf 8:29 AM ✓✓

Always excuses whatever timenn no of day 8:29 AM

Johnny Vedmore
No you create them for your benefit
This is nuts 8:29 AM ✓✓

It's not 8:29 AM

I stayed up waiting again. 8:29 AM

You are angry rn 8:29 AM ✓✓

I didn't get one pic 8:29 AM

No call 8:29 AM

  **Johnny Vedmore**  
last seen at 1:05 PM

This is nuts 8:29 AM ✓✓

It's not 8:29 AM

I stayed up waiting again. 8:29 AM

You are angry rn 8:29 AM ✓✓

I didn't get one pic 8:29 AM

No call 8:29 AM

Why don't you calm down 8:29 AM ✓✓

A mass of excuses 8:29 AM

I am calm. But why don't you treat me like a human 8:30 AM

Because if you're going to just insult me when i have loads of shit to deal with 8:30 AM ✓✓

With emotions who misses his son loads 8:30 AM

I understand youre upset 8:30 AM ✓✓

Whitney
Because if you're going to just insult me w



Johnny Vedmore

last seen at 1:05 PM



Whitney

8:30 AM ✓✓

With emotions who misses his son loads

8:30 AM

I understand youre upset

8:30 AM ✓✓

Whitney

Because if you're going to just insult me w...

This is why you do this

8:30 AM

Whitney

I understand youre upset

No you don't

8:30 AM

But you arr accusing me of shot that's so extreme

8:30 AM ✓✓

You don't understand

8:30 AM

You don't even say sorry for all the things you did

8:31 AM

Whitney

But you arr accusing me of shot that's so...

That's bull

8:31 AM

I'm accusing you of not calling me and not sending me a picture of Rowan

8:31 AM



Johnny Vedmore

last seen at 1:05 PM



8:30 AM ✓✓

You don't understand 8:30 AM

You don't even say sorry for all the things you did 8:31 AM

Whitney

But you arr accusing me of shot that's so...

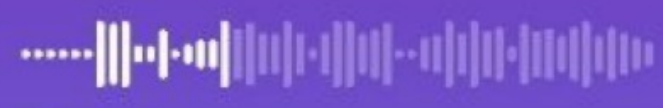
That's bull 8:31 AM

I'm accusing you of not calling me and not sending me a picture of Rowan 8:31 AM

That's true. 8:32 AM

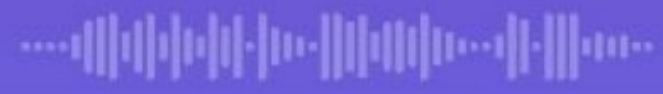
I wouldn't do it to you 8:32 AM

You're not even trying and then you respond to my sadness and frustration 8:32 AM



00:26

8:32 AM ✓✓


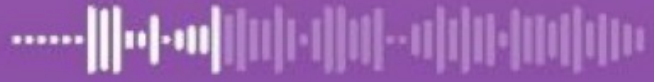



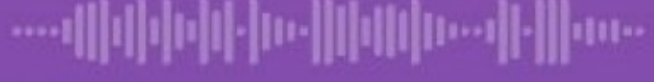
00:11

8:33 AM ✓✓



  **Johnny Vedmore**  
last seen at 1:05 PM

You're not even trying and then you respond to my sadness and frustration
July 18, 2022
8:32 AM

 
00:26
8:32 AM ✓✓

 
00:11
8:33 AM ✓✓

 
00:22
8:33 AM

Missed Video Call 
 8:33 AM

Incoming Call 
 8:38 AM, 5 minutes


You can't keep saying "I accuse you of shit that's so extreme" when everything I accuse you of is provably true. You have an issue, a serious one. You have to acknowledge it to sort it out.
8:44 AM

First thing you don't leave everything

←  **Johnny Vedmore** last seen at 1:05 PM

 00:22 • 8:33 AM

Missed Video Call 
 ↪ 8:33 AM

Incoming Call 
 ↪ 8:38 AM, 5 minutes

You can't keep saying "I accuse you of shit that's so extreme" when everything I accuse you of is provably true. You have an issue, a serious one. You have to acknowledge it to sort it out. 8:44 AM

First thing, you don't leave everything until it's a fucking disaster zone. You have to stop avoiding confronting your issues. You do this constantly. You end up crying because everything explodes but only after you prime it with explosives by ignoring everything as much as you can.

Secondly, you teach Tara that it's rude to bother you while you're on the phone so you can speak. You have never done this and she becomes obsessed with your lacklustre of attention. She's always like that and you could change

**Johnny Vedmore**

last seen at 1:05 PM



until its a tucking disaster zone. you have to stop avoiding confronting your issues. You do this constantly. You end up crying because everything explodes but only after you prime it with explosives by ignoring everything as much as you can.

Secondly, you teach Tara that it's rude to bother you while you're on the phone so you can speak. You have never done this and she becomes obsessed with your lacklustre of attention. She's always like that and you could change it with good parenting .

Thirdly, you don't accuse me of everything all of the time and you take responsibility for all the nasty and thoughtless shit you've done to me throughout our relationship. You made me promise stuff over the past couple of days and when I've asked for the same assurances you've completely ignored my concerns.

You can't blame me constantly for your past actions and your inability to communicate.

9:01 AM



Johnny Vedmore

last seen at 1:05 PM



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Thirdly, you don't accuse me of everything all of the time and you take responsibility for all the nasty and thoughtless shit you've done to me throughout our relationship. You made me promise stuff over the past couple of days and when I've asked for the same assurances you've completely ignored my concerns.

You can't blame me constantly for your past actions and your inability to communicate.

9:01 AM

Then you also send me pictures of my kid. You let me see my boy. Multiple people have been completely shocked when I tell them that I don't even get to do video calls with him. It's fucking sick. We have all the ability to communicate and you do not try at all.

9:03 AM

You lied to me from the first moments I arrived. You still haven't made up for it and then you also did lots of other stuff on top of it. And now we can only communicate at 2-3 am. That's controlling and leads nowhere. That's



Johnny Vedmore

last seen at 1:05 PM



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9:05 AM

It's thoughtless and obvious.why you're doing it.

9:05 AM

You spent an entire day barely speaking with me and you couldn't even send me pictures of my boy. It's fucking sickeningly thoughtless.

9:07 AM



Johnny Vedmore

last seen at 1:05 PM



9:03 AM

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9:07 AM

I had no power for a loy of yesterday

9:46 AM ✓✓

That means no signal

9:46 AM ✓✓

Wr texted in the morning

9:46 AM ✓✓

I actually did want to talk last night i really really didn't mean to fall asleep

9:46 AM ✓✓

I am sorry you stayed up

9:47 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



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I actually did want to talk last night i really really didn't mean to fall asleep

9:46 AM ✓✓

I am sorry you stayed up

9:47 AM ✓✓

I already apologized once at 1 am and then again this morning

9:47 AM ✓✓

But i had no signal from like 1 to 730 pm

9:47 AM ✓✓

Bc the power was ouy

9:47 AM ✓✓

Yeah you use the same excuses when you do have power

9:48 AM

It's all avoidance

9:48 AM

We're adults

9:48 AM



Johnny Vedmore

last seen at 1:05 PM



then again this morning 9:47 AM ✓✓

But i had no signal from like 1 to 730 pm 9:47 AM ✓✓

Bc the power was out 9:47 AM ✓✓

Yeah you use the same excuses when you do have power 9:48 AM

It's all avoidance 9:48 AM

We're adults 9:48 AM

You still haven't tried 9:48 AM

I was planning yo call once im home 9:48 AM ✓✓

I just got patricia 9:48 AM ✓✓

Johnny Vedmore
Yeah you use the same excuses when you...
Saturday i wasnt well 9:49 AM ✓✓

I turned up to find a load of lies and hidden stuff. You're hurting me on purpose. 9:49 AM

At all 9:49 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Yeah you use the same excuses when you...
Saturday i wasnt well 9:49 AM ✓✓

I turned up to find a load of lies and hidden stuff. You're hurting me on purpose. 9:49 AM

At all 9:49 AM ✓✓

It's your choice to live in that situation 9:49 AM

Stop saying that omh 9:49 AM ✓✓

You haven't tried 9:49 AM

Im not hurting you on purpose 9:49 AM ✓✓

You ascribe to me loads of intentions 9:49 AM ✓✓

That are monstrous and evil 9:49 AM ✓✓

Your actions do that for you 9:49 AM

That i dont have 9:49 AM ✓✓

You say you can't cal me during the day cos of the kids. I don't know anyone who thinks that's plausible. You can



Johnny Vedmore

last seen at 1:05 PM



Im not hurting you on purpose

9:49 AM ✓✓

You ascribe to me loads of intentions

9:49 AM ✓✓

That are monstrous and evil

9:49 AM ✓✓

Your actions do that for you

9:49 AM

That i dont have

9:49 AM ✓✓

You say you can't call me during the day cos of the kids. I don't know anyone who thinks that's plausible. You can make phone calls and have kids.

9:50 AM

You have taken the actions.

9:50 AM

You e never properly apologised for hiding things and all the other stuff.

9:51 AM

Instead you find reasons why it's my fault but I'm the only one trying

9:51 AM

It's enough to drive any one mad.

9:51 AM

You're not trying. Only trying can help.



Johnny Vedmore

last seen at 1:05 PM



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Instead you find reasons why it's my fault but I'm the only one trying

9:51 AM

It's enough to drive any one mad.

9:51 AM

You're not trying. Only trying can help. You didn't try when I was there too. You also said we can only talk about things when the kids were in bed and then you'd be too tired. But I was always agreeing to your demands. And your demands are there to break us apart, not build us stronger.

9:53 AM

You need to make an effort and I'm still waiting.

9:53 AM

You have done everything I have said. So accusing me of assigning things to you just doesn't work. You've been unhappy from before I met you and you



Johnny Vedmore

last seen at 1:05 PM



also said we can only talk about things when the kids were in bed and then you'd be too tired. But I was always agreeing to your demands. And your demands are there to break us apart, not build us stronger.

9:53 AM

You need to make an effort and I'm still waiting.

9:53 AM

You have done everything I have said. So accusing me of assigning things to you just doesn't work. You've been unhappy from before I met you and you seem to sit in it and stew, not helping yourself out by trying.

9:55 AM

I've been alone throughout loads of this relationship and until you acknowledge that then you're still not trying to fix things.

9:55 AM

I believed you when you said you were better and that you wanted to start again. I came to you and from day one I found it was a massive lie.

9:56 AM

You need to change.

9:57 AM

I've been mollycoddling you again instead of being completely honest



Johnny Vedmore

last seen at 1:05 PM



seem to sit in it and stew, not helping yourself out by trying. 9:55 AM

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I believed you when you said you were better and that you wanted to start again. I came to you and from day one I found it was a massive lie. 9:56 AM

You need to change. 9:57 AM

I've been mollycoddling you again instead of being completely honest. It's led to this dead end. I didn't create this. I'm trying desperately to work at things and I'm alone. You're not there. You haven't been even though you promised to be. You've broken almost every promise you've given me and you still want to be right, it isn't true. If you want to try then do it. But for that you have to acknowledge more than just my pain, you have to acknowledge your own pain too. 10:04 AM

I'm not an idiot 10:04 AM



Johnny Vedmore

last seen at 1:05 PM

You need to change. 9:57 AM

I've been mollycoddling you again instead of being completely honest. It's led to this dead end. I didn't create this. I'm trying desperately to work at things and I'm alone. You're not there. You haven't been even though you promised to be. You've broken almost every promise you've given me and you still want to be right, it isn't true. If you want to try then do it. But for that you have to acknowledge more than just my pain, you have to acknowledge your own pain too. 10:04 AM

I'm not an idiot 10:04 AM

Stop pretending I don't see you in crisis constantly. You e been avoiding sorting yourself out from long before you and I were together. 10:05 AM

Johnny Vedmore
You e never properly apologised for hidin...
Thats noy true 10:07 AM ✓✓

Johnny Vedmore
Instead you find reasons why it's



Johnny Vedmore

last seen at 1:05 PM



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10:05 AM

Johnny Vedmore

You e never properly apologised for hidin...

Thats noy true

10:07 AM ✓✓

Johnny Vedmore

Instead you find reasons why it's...



01:08

10:11 AM ✓✓

I hear your excuses but they're not true and they don't solve anything. You've treated me like shit for loads of our relationship and what has happened at the end of each time is because you put barriers on our way and you don't sort things out. This is t us being equally culpable. I travel across the world to find out you lied to me and the. You did the same the entire time I was there. You don't make time on purpose and it leads to crisis. That's all on you. You use guilt to make me do things your way and they're always the wrong ways. It's bull shit. You're an adult.



Johnny Vedmore

last seen at 1:05 PM

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10:22 AM

We are not equally culpable. I obeyed your rules.

10:24 AM

It was silly of me to trust that you had changed just because you said you had

10:24 AM

You're only able to act because no one sees. Anyone who would see could tell you that you're doing hurtful stuff because you want to die and that your treatment of me is an extension of something within you involving that



Johnny Vedmore

last seen at 1:05 PM



We are not equally culpable. I obeyed your rules.

10:24 AM

It was silly of me to trust that you had changed just because you said you had

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You're only able to act because no one sees. Anyone who would see could tell you that you're doing hurtful stuff because you want to die and that your treatment of me is an extension of something within you involving that reality.

10:28 AM

And you have not made up or apologised properly for the damage you've done before. Instead you create new damage and blame it on me.

10:29 AM

You don't even think about our son and our future when you treat me like how you do. I'm completely depressed and you don't care. It's all about avoidance and putting your pain on me.

10:31 AM

Johnny Vedmore

You e never properly apologised for hidin...

Show me your proper apology. I've never experienced it. You've only said



Johnny Vedmore

last seen at 1:05 PM



apologised properly for the damage you've done before. Instead you create new damage and blame it on me.

10:29 AM

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10:31 AM

Johnny Vedmore

You e never properly apologised for hidin... Show me your proper apology. I've never experienced it. You've only said that you'd make up for it, you never even tried, you just continued hiding things from me instead.

10:35 AM

Outgoing Call

➤ 10:46 AM, 10 minutes



Declined Call

➤ 10:46 AM



Incoming Call

➤ 11:39 AM, 52 minutes



I'm thinking and feeling you loads right



Johnny Vedmore

last seen at 1:05 PM



even area, you just continued many things from me instead

July 18, 2022

10:35 AM

Outgoing Call

10:46 AM, 10 minutes



Declined Call

10:46 AM



Incoming Call

11:39 AM, 52 minutes



I'm thinking and feeling you loads right now. I miss you intensely.

12:45 PM

i feel awful 12:58 PM

theres no way i can work today and deal with this 12:58 PM

Im so broken 1:24 PM

Ive been so overwhelmed constantly since when we left chile the first time that i feel like i dont know whats real or what has really happened in the past and i just want it allto stop. I dont feel like everything you said about thre uk was true but i accept my responsibility



Johnny Vedmore

last seen at 1:05 PM



theres no way i can work today and deal with this 12:58 PM ✓✓

Im so broken 1:24 PM ✓✓

Ive been so overwhelmed constantly since when we left chile the first time that i feel like i dont know whats real or what has really happened in the past and i just want it allto stop. I dont feel like everything you said about thre uk was true but i accept my responsibility for this time around but i just don't know anymore. Is it all my fault? Am i really being the monster you say i am? I dont know anymore. I am so sad and alone and stressed i can barely make it through the day today. I am not trying to ignore you but sometimes i need space and after talking today i feel like i am teetering on the edge of a breakdown and cant care for the kids, cant work 1:31 PM ✓✓

I dont know anything right now except i am sorry for when i hurt you i am just trying to do what I think is best forthe kids 1:32 PM ✓✓

And i amin so much emotional pain i



Johnny Vedmore

last seen at 1:05 PM



make it through the day today. I am not trying to ignore you but sometimes i need space and after talking today i feel like i am teetering on the edge of a breakdown and cant care for the kids, cant work

1:31 PM ✓✓

I dont know anything right now except i am sorry for when i hurt you i am just trying to do what I think is best forthe kids

1:32 PM ✓✓

And i amin so much emotional pain i can hardly speak or think

1:33 PM ✓✓

This is why i feel like i cant do these conversations when im alone w the kids all day

1:34 PM ✓✓

Because i cant get in this state and then care for them

1:34 PM ✓✓

Now youll probably be mad at me for saying that

1:36 PM ✓✓

Im an idiot im sorry

1:36 PM ✓✓

I understand. I want to communicate more and not allow it to get to this state.

1:36 PM



Johnny Vedmore
last seen at 1:05 PM



conversations when im alone w the kids all day 1:34 PM ✓✓

Because i cant get in this state and then care for them 1:34 PM ✓✓

Now youll probably be mad at me for saying that 1:36 PM ✓✓

Im an idiot im sorry 1:36 PM ✓✓

I understand. I want to communicate more and not allow it to get to this state. 1:36 PM

It's just all so unnecessarily frustrating 1:37 PM

It really doesn't need to be. 1:37 PM

I can't function today 1:37 PM ✓✓

I have literally just been shut in a room crying 1:38 PM ✓✓

I cant do anything else i cant think 1:38 PM ✓✓

It's okay 1:38 PM

I cant even analyse our situation i cant



Johnny Vedmore

last seen at 1:05 PM



Crying 1:38 PM ✓✓

I cant do anything else i cant think
1:38 PM ✓✓

It's okay 1:38 PM

I cant even analyse our situation i cant even remember whta weve talkef about
1:38 PM ✓✓

Im so stressed out 1:38 PM ✓✓

You need to let go of some shit 1:38 PM

I cant even eat 1:38 PM ✓✓

You need to 1:39 PM

Easy for you to say 1:39 PM ✓✓

You get time to sort out your stuff time for yourself time to eat
1:39 PM ✓✓

Time to take breaks 1:40 PM ✓✓

I'm also completely depressed and barely eating properly
1:40 PM

I know 1:40 PM



Johnny Vedmore

last seen at 1:05 PM



You get time to sort out your stuff time for yourself time to eat 1:39 PM ✓✓

Time to take breaks 1:40 PM ✓✓

I'm also completely depressed and barely eating properly 1:40 PM

I know 1:40 PM

I want to be there 1:40 PM

I completely miss you and you're not happy and you're alone and sitting surrounded by work that you can barely look at. 1:42 PM

I wish I was there to help. 1:45 PM

i really wanted to talk last night 1:46 PM ✓✓

and it would have been a totally different conversation 1:47 PM ✓✓

im really sorry i fell asleep 1:47 PM ✓✓

i did want to talk, i didnt mean to ignore you 1:47 PM ✓✓

now i am just totally broken 1:47 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



I really wanted to talk last night
1:46 PM ✓✓

and it would have been a totally
different conversation 1:47 PM ✓✓

im really sorry i fell asleep 1:47 PM ✓✓

i did want to talk, i didnt mean to ignore
you 1:47 PM ✓✓

now i am just totally broken 1:47 PM ✓✓

and i cant even think i am so worn
down 1:47 PM ✓✓

i cant even process what we talked
about earlier 1:47 PM ✓✓

Whitney
now i am just totally broken
Don't be 1:47 PM

sure im to blame for stuff but weve
talked about it before 1:48 PM ✓✓

but you accepted responsiblity for stuff
too 1:48 PM ✓✓

fights like this kill me, they kill me
1:48 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



now i am just totally broken
Don't be

1:47 PM

sure im to blame for stuff but weve talked about it before

1:48 PM ✓✓

but you accepted responsiblity for stuff too

1:48 PM ✓✓

fights like this kill me, they kill me

1:48 PM ✓✓

Whitney

but you accepted responsiblity for stuff too
I do

1:48 PM

you getting angry is the worst way to get the attention you want from me

1:48 PM ✓✓

I know but it's only you who can change the way you communicate with me

1:48 PM

i cant even talk patricia just asked me if everything was ok i cant even talk

1:49 PM ✓✓

Johnny Vedmore

I know but it's only you who can change #



Johnny Vedmore

last seen at 1:05 PM



I know but it's only you who can change the way you communicate with me

1:48 PM

i cant even talk patricia just asked me if everything was ok i cant even talk

1:49 PM ✓✓

Johnny Vedmore

I know but it's only you who can change th...
i wanted to talk yesterday but i fell asleep and i said i was sorry

1:49 PM ✓✓

i didnt mean to

1:49 PM ✓✓

and im certainly glad that this conversation today

1:49 PM ✓✓

You spent the weekend ignoring me

1:49 PM

didnt happen when i was with the kids yesterdya

1:49 PM ✓✓

And it isn't just the weekend

1:49 PM

we had a huge explosion a couple weeks ago

1:50 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



1:49 PM

didnt happen when i was with the kids yesterday

1:49 PM ✓✓

And it isn't just the weekend

1:49 PM

we had a huge explosion a couple weeks ago

1:50 PM ✓✓

and i need some down time to sort out my feelings

1:50 PM ✓✓

im not trying to ignore you

1:50 PM ✓✓

but now i just totally want to die and its like that whenever we fight like this

1:50 PM ✓✓

You have been flipping backwards and forwards and every time I believe what you say to be true

1:50 PM

can you understand how i wouldnt want to have conversations like the one this morning on a day when im alone with the kids

1:50 PM ✓✓

if i was alone with the kids right now

1:51 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM

You have been flipping backwards and forwards and every time I believe what you say to be true

1:50 PM

can you understand how i wouldnt want to have conversations like the one this morning on a day when im alone with the kids

1:50 PM ✓✓

if i was alone with the kids right now

1:51 PM ✓✓

i couldnt care for them properly

1:51 PM ✓✓

i dont want tara to see me totally broken like this

1:51 PM ✓✓

Whitney

can you understand how i wouldnt want to...

But that's all because you choose to not communicate and leave everything build up and you put it off over an over and that's how it ends.

1:52 PM

We could have normal conversation me if you had conversations

1:52 PM

we had talked on friday i thought

1:52 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM

build up and you put it off over an over and that's how it ends. 1:52 PM

We could have normal conversation me if you had conversations 1:52 PM

we had talked on friday i thought 1:52 PM ✓✓

i mean its not like i ghosted you a week 1:52 PM ✓✓

i texted you 1:53 PM ✓✓

i meant to talk last night i just fell asleep 1:53 PM ✓✓

I'm so confused because I genuinely believed you earlier and now it sounds like you could be flipping again. 1:53 PM

We need to communicate 1:53 PM

That's obvious 1:53 PM

i have screwed up in the past and im sorry 1:53 PM ✓✓

i do have serious issues with depression 1:53 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



i meant to talk last night i just fell asleep 1:53 PM ✓✓

I'm so confused because I genuinely believed you earlier and now it sounds like you could be flipping again. 1:53 PM

We need to communicate 1:53 PM

That's obvious 1:53 PM

i have screwed up in the past and im sorry 1:53 PM ✓✓

i do have serious issues with depression 1:53 PM ✓✓

but i feel like the way we communicate when we communicate can make it way worse 1:53 PM ✓✓

You didn't even send me one pic of Rowan and the day before you were openly ghosting me. 1:53 PM

and idk if necessarily talking constantly will solve that 1:54 PM ✓✓

where did you ask for a pic of rowan



Johnny Vedmore

last seen at 1:05 PM

I do have serious issues with depression 1:53 PM ✓✓

but i feel like the way we communicate when we communicate can make it way worse 1:53 PM ✓✓

You didn't even send me one pic of Rowan and the day before you were openly ghosting me. 1:53 PM

and idk if necessarily talking constantly will solve that 1:54 PM ✓✓

where did you ask for a pic of rowan this weekend 1:54 PM ✓✓

Whitney
but i feel like the way we communicate w...
Because we only communicate rarely and on your terms once the pressure had already built. 1:54 PM

if you would have asked i would have sent one 1:54 PM ✓✓

i sent one first thing this morning 1:54 PM ✓✓

You always put off conversations 1:54 PM



Johnny Vedmore

last seen at 1:05 PM



if you would have asked i would have sent one 1:54 PM ✓✓

i sent one first thing this morning 1:54 PM ✓✓

You always put off conversations 1:54 PM

i dont take a lot of pictures on my own 1:54 PM ✓✓

You should 1:54 PM

if you want a picture or a video call, ask me for one 1:55 PM ✓✓

or just call 1:55 PM ✓✓

and if we can answer we will 1:55 PM ✓✓

Lyon really got to be kidding 1:55 PM

Are you seriously acting like this? 1:55 PM

i dont take pictures all the time on my own 1:55 PM ✓✓

when i do i send them 1:55 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Are you serious ~~July 18, 2022~~ this?

1:55 PM

i dont take pictures all the time on my own

1:55 PM ✓✓

when i do i send them

1:55 PM ✓✓

your mad i didnt send you a photo this weekend but you didnt ask for one

1:56 PM ✓✓

if you had asked i totally would have

1:56 PM ✓✓

Johnny Vedmore
You always put off conversations putting it off by a day when things are nuts or when i feel bad i really dont see as a huge deal

1:56 PM ✓✓

again im sorry i fell asleep

1:57 PM ✓✓

last night

1:57 PM ✓✓

i was hoping to talk, i was super tired, weekends are taxing for me

1:57 PM ✓✓

We really went through loads earlier

1:57 PM



Johnny Vedmore

last seen at 1:05 PM



last night 1:57 PM ✓✓

i was hoping to talk, i was super tired, weekends are taxing for me 1:57 PM ✓✓

We really went through loads earlier 1:57 PM

I feel like you're forgetting most of what you clearly accepted to be so 1:58 PM

I'm mad because you don't tell me things 1:58 PM

i said i was sorry, you did bring up some good points 1:58 PM ✓✓

You hide things from me 1:58 PM

Johnny Vedmore
I'm mad because you don't tell me things thats not what i was just saying 1:58 PM ✓✓

And you flip backwards and forwards 1:58 PM

i agree i should tell you things 1:58 PM ✓✓

I'm mad because you tell me you want



Johnny Vedmore

last seen at 1:05 PM



I'm mad because you don't tell me things thats not what i was just saying

1:58 PM ✓✓

And you flip backwards and forwards

1:58 PM

i agree i should tell you things

1:58 PM ✓✓

I'm sad because you tell me you want to give your kids to us and die

1:58 PM

I'm sad you avoid tackling that and it keeps effecting stuff in fundamental ways

1:59 PM

I am really sad that you put up barriers everywhere

1:59 PM

To stop is being able to go forward

2:00 PM

I am really sad when I think we are getting to a point where we can start fresh. No hidden stuff, no false starts. Just a fresh start. And then it becomes about whether you fell asleep last night. You know there is a long running issue with you avoiding tackling stuff

2:02 PM



Johnny Vedmore

last seen at 1:05 PM



2:00 PM

I am really sad when I think we are getting to a point where we can start fresh. No hidden stuff, no false starts. Just a fresh start. And then it becomes about whether you fell asleep last night. You know there is a long running issue with you avoiding tackling stuff

2:02 PM

thats not what i was saying 2:02 PM ✓✓

I want to get over stuff by starting a fresh

2:02 PM

i was saying i did want to talk last night and im sorry 2:02 PM ✓✓

I understand but the problems are far deeper and more complex

2:03 PM

They involve is deciding what we want together

2:03 PM

and that i feel like these conversations can be extreme and thats why i didnt want to do it in front of the kid during the day in the weekend

2:03 PM ✓✓

bc i am left broken by them sometime

  **Johnny Vedmore**  
last seen at 1:05 PM

I understand but the problems are far deeper and more complex 2:03 PM

They involve is deciding what we want together 2:03 PM

and that i feel like these conversations can be extreme and thats why i didnt want to do it in front of the kid during the day in the weekend 2:03 PM ✓✓

bc i am left broken by them sometimes 2:03 PM ✓✓

and i dont like being like this in front of them 2:03 PM ✓✓

We got to work together. No hiding shit. 2:03 PM

im trying to explain that im not trying to ignore you and that i really did want to talk 2:03 PM ✓✓

Johnny Vedmore
I am really sad when I think we are getting... im not saying this 2:03 PM ✓✓

but you have to understand also 2:03 PM ✓✓

that i have to plan to be in chile thro



Johnny Vedmore

last seen at 1:05 PM



talk 2:03 PM ✓✓

Johnny Vedmore
I am really sad when I think we are getting...
im not saying this 2:03 PM ✓✓

but you have to understand also
2:03 PM ✓✓

that i have to plan to be in chile through
the end of the year 2:04 PM ✓✓

maybe a bit longer, i cant move otu of
the country before then 2:04 PM ✓✓

logistically or financially 2:04 PM ✓✓

That's fine 2:04 PM

I have no intention of making you
2:04 PM

ok 2:04 PM ✓✓

I don't think it's clear what's going to
happen anywhere and I want you to
finish your house 2:05 PM

But I want to do it together 2:05 PM

I want to have a partner 2:05 PM



Johnny Vedmore

last seen at 1:05 PM



That's fine 2:04 PM

I have no intention of making you 2:04 PM

ok 2:04 PM ✓✓

I don't think it's clear what's going to happen anywhere and I want you to finish your house 2:05 PM

But I want to do it together 2:05 PM

I want to have a partner 2:05 PM

One who considers me as an equal 2:05 PM

We need to be a partnership and not be working against each other. We need to decide somethings though. We need to be able to have conversations without arguing. 2:07 PM

Sometimes it even makes no sense 2:07 PM

We need to be joined 2:08 PM

I love you loads. I'm not even sure of anything you said earlier meant anything? 2:09 PM



Johnny Vedmore

last seen at 1:05 PM



arguing.

2:07 PM

Sometimes it even makes no sense

2:07 PM

We need to be joined

2:08 PM

I love you loads. I'm not even sure of anything you said earlier meant anything?

2:09 PM

You leave me confused.

2:10 PM

Im saying not sending you a picture of rowan when u didnt ask and me wanting to talk but falling asleep

2:14 PM ✓✓

I wasnt trying to be bad to you over the weekend

2:14 PM ✓✓

I didn't have any negative intention

2:15 PM ✓✓

Im sorry i made you sad

2:16 PM ✓✓

But you did raise valid stuff

2:16 PM ✓✓

I don't know your intentions because you don't tell me about them. You're concentrating on the very tip and there's a massive amount underneath.



Johnny Vedmore

last seen at 1:05 PM



Im sorry i made you sad 2:16 PM ✓✓

But you did raise valid stuff 2:16 PM ✓✓

I don't know your intentions because you don't tell me about them. You're concentrating on the very tip and there's a massive amount underneath. You haven't communicated with me for ages. Sometimes in really unfair ways. But that comes on top of a load of other things. Nearly all of it involves putting off communicating things to me. It's been hurtful and extremely problematic throughout our relationship. I just want you to start treating me as a partner.

2:20 PM

im just trying to talk about this weekend right now 2:21 PM ✓✓

It never needs to get anywhere close to arguing if we communicate well. Instead you control communication so as to avoid it. That is a strategy that leads to tension s

2:21 PM

i am trying to tell you that i wasnt trying to do you wrong 2:21 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



weekend right now 2:21 PM ✓✓

It never needs to get anywhere close to arguing if we communicate well. Instead you control communication so as to avoid it. That is a strategy that leads to tension s 2:21 PM

i am trying to tell you that i wasnt trying to do you wrong 2:21 PM ✓✓

Tension is something diffused over time 2:21 PM

Johnny Vedmore
I don't know your intentions because you... i concded that i have done this before and i am sorry 2:21 PM ✓✓

Okay 2:22 PM

but if you dont ask for pictures, sometimes i forget to send 2:22 PM ✓✓

I want pictures of you 2:22 PM

I want you too 2:22 PM

I love you 2:23 PM



Johnny Vedmore

last seen at 1:05 PM



I want pictures of you 2:22 PM

I want you too 2:22 PM

I love you 2:23 PM

Johnny Vedmore
I want pictures of you
i like never take pictures of myself
3:03 PM ✓✓

ever 3:03 PM ✓✓

im a notoriously bad taker of photos
3:03 PM ✓✓

in the sense that i always forget to and
just dont really do it
3:03 PM ✓✓

I love seeing you 3:29 PM

How's it going? 7:39 PM

Hi 7:47 PM ✓✓

Busy with the kids 7:47 PM ✓✓

How are you 7:49 PM ✓✓

Boiling hot. Thinking about you. 7:49 PM



Johnny Vedmore

last seen at 1:05 PM



3:03 PM ✓✓

ever 3:03 PM ✓✓

im a notoriously bad taker of photos

3:03 PM ✓✓

in the sense that i always forget to and just dont really do it

3:03 PM ✓✓

I love seeing you 3:29 PM

How's it going? 7:39 PM

Hi 7:47 PM ✓✓

Busy with the kids 7:47 PM ✓✓

How are you 7:49 PM ✓✓

Boiling hot. Thinking about you. 7:49 PM

I hope you have sweet dreams x
9:16 PM

Thanks 9:17 PM ✓✓

Have a nice sleep 9:17 PM ✓✓

July 19, 2022

I hope you're all good this morning?



Johnny Vedmore

last seen at 1:05 PM

I hope you have sweet dreams x

9:16 PM

Thanks 9:17 PM ✓✓

Have a nice sleep 9:17 PM ✓✓

July 19, 2022

I hope you're all good this morning?

8:14 AM

Hi 9:01 AM ✓✓

Hey 9:01 AM

Just getting the kids ready we are about to leave 9:01 AM ✓✓

What time is it over there? 9:02 AM

Like 9 am 9:03 AM ✓✓

I'll send you the draft of the YGL article sometime later. I know you might not get time to edit it for a bit but you can see if it reads well or needs major adjustments. 9:05 AM

It will be like a week before i can look



Johnny Vedmore

last seen at 1:05 PM



It will be like a week before i can look at it

9:06 AM ✓✓

How are you doing today?

11:32 AM

Im working

1:34 PM ✓✓

I couldn't work hardly at all yesterday

1:34 PM ✓✓

Now im making lunch

1:35 PM ✓✓

How are you

1:35 PM ✓✓

Just went for a long walk after almost finishing the Kissinger/Harvard article. Eating and then I'm going to get back to some work. I know you said you wanted to co-write this piece but it's already 6500 words and only needs the Clinton Epstein stuff and a conclusion so I don't know what you want to do.

1:43 PM



1:47 PM ✓✓

I don't know

1:47 PM ✓✓

I guess i will add my stuff as a separate article then

1:47 PM



Johnny Vedmore

last seen at 1:05 PM



1:43 PM

.... 1:47 PM ✓✓

I don't know 1:47 PM ✓✓

I guess i will add my stuff as a separate article then 1:47 PM ✓✓

Thats already quite long 1:47 PM ✓✓

Is that alright 2:01 PM ✓✓

I suppose. Personally, I think it's all part of the same story. But if you want to be the one to break the Clinton/Epstein connection then you do it. I'll finish on the fact that Kissinger also helped to fund the newly rebranded initial formation of the Young Global Leaders in 2004 via a foundation he was the director of.

2:06 PM

All of that in one article it would get muddled 2:13 PM ✓✓

Johnny Vedmore
I suppose. Personally, I think it's all part of...
So that's fine 2:13 PM ✓✓

I was under the impression that you



Johnny Vedmore

last seen at 1:05 PM



to fund the newly rebranded initial formation of the Young Global Leaders in 2004 via a foundation he was the director of.

2:06 PM

All of that in one article it would get muddled

2:13 PM ✓✓

Johnny Vedmore

I suppose. Personally, I think it's all part of... So that's fine

2:13 PM ✓✓

I was under the impression that you were going to write like 3 to 4k words

2:15 PM ✓✓

And I'd add 2 to 3 k or something

2:15 PM ✓✓

Sounds like you've done plenty for an article

2:15 PM ✓✓

It's as big as it needs to be to explain the CIA involvement in three generations of grooming and training leaders and installing them into power. It also has a nuclear twist.

2:23 PM

Sure

2:34 PM ✓✓

I'm going to be emailing the embargo



Johnny Vedmore

last seen at 1:05 PM



Sounds like you've done plenty for an article

2:15 PM ✓✓

It's as big as it needs to be to explain the CIA involvement in three generations of grooming and training leaders and installing them into power. It also has a nuclear twist.

2:23 PM

Sure

2:34 PM ✓✓

Im going to be emailing the embassy in the uk today or tomorrow

2:40 PM ✓✓

Because i have the form that you have to sign so rowan can leave chile and travel whenever

2:41 PM ✓✓

I thought we were planning to start again.

2:41 PM

well, i just got the form today, would you rather not sign it until youre here

2:47 PM ✓✓

i just would like to have it in case of an emergency where i would need to leave

2:47 PM ✓✓

the lady just emailed me back about it today

2:48 PM



Johnny Vedmore

last seen at 1:05 PM



travel whenever 2:41 PM ✓✓

I thought we were planning to start again. 2:41 PM

well, i just got the form today, would you rather not sign it until youre here 2:47 PM ✓✓

i just would like to have it in case of an emergency where i would need to leave 2:47 PM ✓✓

the lady just emailed me back about it today 2:48 PM ✓✓

I'm saving up to be able to come to you. I still don't know what you want to do. I'd prefer to use any money to get back to you. I'd prefer to have a plan. 2:50 PM

Sorry i just got her message and it wad just kind of automatic 2:52 PM ✓✓

I miss you 6:48 PM

Hi 7:19 PM ✓✓

Hope you're having a nice evening 7:19 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



I miss you 6:48 PM

Hi 7:19 PM ✓✓

Hope you're having a nice evening 7:19 PM ✓✓

I'm researching. I want to see you again. 7:20 PM

I hope we can work it all out. 7:21 PM

Maybe 7:53 PM ✓✓

Im upset by some of the things you said yesterday and dont think everything you said is fair or even true even though you did raise some good points, most of which id already conceded 7:54 PM ✓✓

I just finished dinner for me and tara, feeding little man and bathing him, sweeping, making beds and folding laundry and playing with tara a little bit 7:55 PM ✓✓

So i may not have time to talk about it right away 7:55 PM ✓✓

And thats not being "lazy", its been



Johnny Vedmore

last seen at 1:05 PM



true even though you did raise some good points, most of which id already conceded 7:54 PM ✓✓

I just finished dinner for me and tara, feeding little man and bathing him, sweeping, making beds and folding laundry and playing with tara a little bit 7:55 PM ✓✓

So i may not have time to talk about it right away 7:55 PM ✓✓

And thats not being "lazy", its been a long day 7:55 PM ✓✓

Im really offended youd call me lazy when i am taking care of 2 kids solo and working 7:55 PM ✓✓

We have a lot to talk about. I said I wanted just a picture of Rowan 7:56 PM

It was that one thing 7:56 PM

Just now? 7:56 PM ✓✓

It takes two seconds. I miss him loads 7:56 PM

I love him and I miss him intensely



Johnny Vedmore

last seen at 1:05 PM



It was that one thing 7:56 PM

Just now? 7:56 PM ✓✓

It takes two seconds. I miss him loads 7:56 PM

I love him and I miss him intensely 7:57 PM



00:27

7:57 PM ✓✓



00:07

7:57 PM ✓✓



00:59

7:59 PM ✓✓



02:06

8:01 PM ✓✓

Missed Call

8:03 PM






Johnny Vedmore

last seen at 1:05 PM



 02:06 8:01 PM ✓✓

Missed Call

8:03 PM



Missed Call

8:04 PM



C'mon 8:04 PM

Just speak with me 8:05 PM



00:04



8:05 PM ✓✓

No shouting 8:05 PM

Incoming Call

8:14 PM, 9 minutes



This is purposeful 8:14 PM

You really have ripped almost every day for most of our relationship 8:15 PM

You can't keep making out that it's all one way on one day so that excuses all the bad shit you've done 8:15 PM



Johnny Vedmore

last seen at 1:05 PM



incoming call

8:14 PM, 9 minutes

This is purposeful 8:14 PM

You really have ripped almost every day for most of our relationship 8:15 PM

You can't keep making out that it's all one way on one day so that excuses all the bad shit you've done 8:15 PM

Missed Call

8:16 PM

Audio message player with play button, waveform, and duration 01:20. Time: 8:17 PM

Audio message player with play button, waveform, and duration 00:14. Time: 8:18 PM ✓✓

Whitney
Im upset by some of the things...

Audio message player with play button, waveform, and duration 00:07. Time: 8:19 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



Im upset by some of the things...
July 19, 2022



00:07

8:19 PM ✓✓



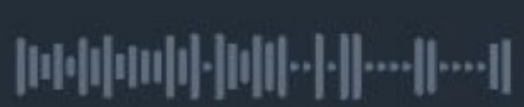
00:15

8:19 PM

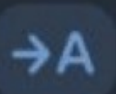


00:02

8:19 PM



01:03



8:21 PM



01:21

8:33 PM ✓✓

Missed Call

8:35 PM



It's not just all you but I should be able to phone you and you pick up and we have a normal conversation. Because you're there now.

8:36 PM



Johnny Vedmore
last seen at 1:05 PM



Missed Call
8:35 PM

It's not just all you but I should be able to phone you and you pick up and we have a normal conversation. Because you're there now. 8:36 PM

I said you were lazy for not communicating with me in person more and using the excuse that you have the kids. But having kids doesn't mean you can't have normal conversations. And so we never get the normal conversations, we get annoying ones. I say that everyone I know who has kids can communicate regularly via audio on a phone quite normally, but you act as though it's the hardest thing on earth to do. 8:38 PM

It takes a few conversations throughout the day to reconnect and sort through stuff. 8:39 PM

You have to stop using that excuse so



Johnny Vedmore

last seen at 1:05 PM



have a normal conversation. Because you're there now.

8:36 PM

I said you were lazy for not communicating with me in person more and using the excuse that you have the kids. But having kids doesn't mean you can't have normal conversations. And so we never get the normal conversations, we get annoying ones. I say that everyone I know who has kids can communicate regularly via audio on a phone quite normally, but you act as though it's the hardest thing on earth to do.

8:38 PM

It takes a few conversations throughout the day to reconnect and sort through stuff.

8:39 PM

You have to stop using that excuse so you don't have to speak about anything. I have never ever said that you're in anyway lazy other than that.

8:40 PM

In an extremely certain circumstance I find your actions lazy. You've taken it as though I'm accusing you of being always lazy. That's not true.

8:41 PM

That's not what I said.

8:41 PM



Johnny Vedmore

last seen at 1:05 PM



anyway lazy other than that. 8:40 PM

In an extremely certain circumstance I find your actions lazy. You've taken it as though I'm accusing you of being always lazy. That's not true. 8:41 PM

That's not what I said. 8:41 PM

I think you can talk to me and make the effort throughout the day. 8:41 PM

You are putting it off and on Saturday you were barely awake when we talked. You also wouldn't text much but I also know you could try. 8:42 PM

I want to start fixing things and not communicating is going back to the root of the problem. 8:43 PM

Audio message: 00:10 8:44 PM ✓✓

I never said you were 8:44 PM

Audio message: 00:20 8:44 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



00:20 8:44 PM ✓✓

I'm not talking about constantly 8:44 PM

Johnny Vedmore
You are putting it off and on Sat...
00:30 8:45 PM ✓✓

Whitney
Voice message
That I understand why you're offended but also it was the easiest thing for you to do. So it's not really fair to be pissed off with me for pointing that out.
8:45 PM

Im not lazy and I needed a break with everything going on 8:46 PM ✓✓

It's a nice house with lots of space 8:46 PM ✓✓

Whitney
Voice message
You've never been at my beck and call and what I'm asking for is regular



Johnny Vedmore

last seen at 1:05 PM



That I understand why you're offended but also it was the easiest thing for you to do. So it's not really fair to be pissed off with me for pointing that out.

8:45 PM

Im not lazy and I needed a break with everything going on

8:46 PM ✓✓

It's a nice house with lots of space

8:46 PM ✓✓

Whitney

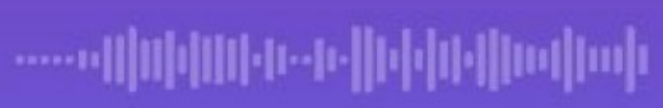
Voice message

You've never been at my beck and call and what I'm asking for is regular normal communication, not symbiotic joining surgery. It's not much to talk and we don't hardly at all. I have to hear the reasons why you don't have to communicate rather than you actually communicating.

8:47 PM



00:57



8:47 PM ✓✓

Johnny Vedmore

You've never been at my beck a...



Johnny Vedmore

last seen at 1:05 PM



joining surgery. its not much to talk and we don't hardly at all. I have to hear the reasons why you don't have to communicate rather than you actually communicating.

8:47 PM



00:57

8:47 PM ✓✓

Johnny Vedmore

You've never been at my beck a...



00:31

8:48 PM ✓✓



00:23

8:49 PM ✓✓

Whitney

Voice message

I wouldn't have left

8:49 PM

Left what

8:50 PM ✓✓

The uk

8:50 PM ✓✓

?

8:50 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



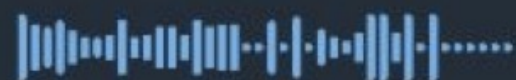
01:00

8:52 PM



01:23

8:53 PM



01:21

8:55 PM

We should just have a conversation

8:57 PM

It's within our abilities

8:58 PM

Missed Call

9:00 PM



Missed Call

9:01 PM



Just answer and talk

9:02 PM

It's only stubbornness stopping you

9:02 PM

Missed Call

9:03 PM





Johnny Vedmore

last seen at 1:05 PM



9:01 PM

Just answer and talk 9:02 PM

It's only stubbornness stopping you 9:02 PM

Missed Call

9:03 PM

I miss you loads and I would love to speak with you normally. Where we can talk. 9:09 PM

I'd like to be able to hear your voice sometimes when we're apart. 9:09 PM

Dude i was just putting little man to bed tara is still awake 9:09 PM ✓✓

Like chill out for a few minutes 9:10 PM ✓✓

I'm not saying that about now 9:10 PM

Again this is what you do 9:10 PM

I don't have loads of time on my hands 9:10 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM

Like chill out for a few minutes

9:10 PM ✓✓

I'm not saying that about now 9:10 PM

Again this is what you do 9:10 PM

I don't have loads of time on my hands

9:10 PM ✓✓

Everything's personal 9:10 PM

Johnny Vedmore
Just answer and talk

Um 9:10 PM ✓✓

Johnny Vedmore
It's only stubbornness stopping you
You say this be tween missed valls

9:10 PM ✓✓

Johnny Vedmore
Everything's personal
You said my stubborn is why i didn't
answer your call

9:11 PM ✓✓

I was saying I would like to converse
more normally. And you hung up on me
and ignored a call straight afterwards.

9:11 PM



Johnny Vedmore

last seen at 1:05 PM



Like chill out for a few minutes

9:10 PM ✓✓

I'm not saying that about now 9:10 PM

Again this is what you do 9:10 PM

I don't have loads of time on my hands

9:10 PM ✓✓

Everything's personal 9:10 PM

Johnny Vedmore
Just answer and talk

Um 9:10 PM ✓✓

Johnny Vedmore
It's only stubbornness stopping you
You say this be tween missed valls

9:10 PM ✓✓

Johnny Vedmore
Everything's personal
You said my stubborn is why i didn't
answer your call

9:11 PM ✓✓

I was saying I would like to converse
more normally. And you hung up on me
and ignored a call straight afterwards.

9:11 PM



Johnny Vedmore

last seen at 1:05 PM



But i was putting the baby to sleep
9:11 PM ✓✓

I do call it stubborn 9:11 PM

Johnny Vedmore
I was saying I would like to converse mor...
I had to go
9:11 PM ✓✓

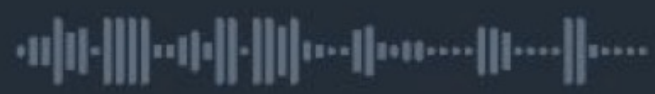
Avoiding calls 9:11 PM

And i told you several times 9:11 PM ✓✓

I'm sorry 9:12 PM

Incoming Call

9:13 PM, 1 minute



00:14

9:24 PM

Hi 9:25 PM ✓✓

Im hoping to go to bed 9:25 PM ✓✓

Have a good sleep 9:26 PM ✓✓

Sweet dreams 9:26 PM



Johnny Vedmore

last seen at 1:05 PM



9:25 PM ✓✓

Im hoping to go to bed 9:25 PM ✓✓

Have a good sleep 9:26 PM ✓✓

Sweet dreams 9:26 PM

July 20, 2022

I miss you still. We should talk calmly sometime. 8:13 AM

Good morning 8:19 AM ✓✓

I need time to think things over 9:08 AM ✓✓

We also need time to communicate. That's my reoccurring issue between us. You avoid talking about things until you have to and by then it turns into crisis. I think you should be talking more rather than avoiding conversations. Nothing is sorted in silence and by not communicating.

9:17 AM

Sometimes, i need time to think about things and thats not avoiding anything

9:36 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



INTO CRISIS. I THINK YOU SHOULD BE talking more rather than avoiding conversations. Nothing is sorted in silence and by not communicating.

9:17 AM

Sometimes, i need time to think about things and thats not avoiding anything

9:36 AM ✓✓

Id like to take a day off from arguing with you

9:40 AM ✓✓

To think about how i feel about things

9:40 AM ✓✓

Its pretty normal to need time to reflect and clarify feelings

9:41 AM ✓✓

And thats not avoidance

9:41 AM ✓✓

Im glad you don't need that time but sometimes i do

9:42 AM ✓✓

There's been a lot of time but you fill it up with work. You need to concentrate on your relationship for it to work. So far I've experienced you avoiding sorting things out. What's the difference now? For me it just seems like another excuse so you can work instead of sorting out our relationship



Johnny Vedmore

last seen at 1:05 PM



There's been a lot of time but you fill it up with work. You need to concentrate on your relationship for it to work. So far I've experienced you avoiding sorting things out. What's the difference now? For me it just seems like another excuse so you can work instead of sorting out our relationship.

9:45 AM

Johnny Vedmore

There's been a lot of time but you fill it up... Since you left i have not had a lot of time and we spoke last night and id like to mull it over and reflect

10:09 AM ✓✓

Still. We could just talk now.

10:10 AM

I would rather not tall today we can talk tomorrow

10:10 AM ✓✓

My experience is that you use excuses not to talk and it ends up with us arguing. This is just the same. You avoid it throughout the weekend by saying you're too busy with the kids and you avoid it throughout the week in different ways. You can dress it up how you like, but it doesn't look any



Johnny Vedmore

last seen at 1:05 PM



I would rather not talk today we can talk tomorrow 10:10 AM ✓✓

My experience is that you use excuses not to talk and it ends up with us arguing. This is just the same. You avoid it throughout the weekend by saying you're too busy with the kids and you avoid it throughout the week in different ways. You can dress it up how you like, but it doesn't look any different. To succeed you must learn to talk and communicate. Otherwise it builds up unnecessary pressure. It's a cycle that only you can break. 10:15 AM

oh ok so i just have to agree to talk whenever you want or im avoiding things 10:16 AM ✓✓

even though i spoke to you monday and yesterday 10:16 AM ✓✓

No 10:16 AM

and want to wait a day before doing it again 10:16 AM ✓✓

Just talk regularly and we'll get through



Johnny Vedmore

last seen at 1:05 PM

Oh OK so I just have to agree to talk whenever you want or im avoiding things 10:16 AM ✓✓

even though i spoke to you monday and yesterday 10:16 AM ✓✓

No 10:16 AM

and want to wait a day before doing it again 10:16 AM ✓✓

Just talk regularly and we'll get through things 10:16 AM

wait 24 hours 10:16 AM ✓✓

we can talk tomorrow 10:17 AM ✓✓

You shouted at me yesterday and it didn't sort out anything . 10:17 AM

you shouted at me all day monday and i was angry yesterday 10:17 AM ✓✓

about unfair things you said when you were angry 10:18 AM ✓✓

im reacting to you 10:18 AM ✓✓

but its my fault when you yell at me



Johnny Vedmore

last seen at 1:05 PM

wait 24 hours 10:16 AM ✓✓

we can talk tomorrow 10:17 AM ✓✓

You shouted at me yesterday and it didn't sort out anything . 10:17 AM

you shouted at me all day monday and i was angry yesterday 10:17 AM ✓✓

about unfair things you said when you were angry 10:18 AM ✓✓

im reacting to you 10:18 AM ✓✓

but its my fault when you yell at me, because i dont talk to you often off 10:18 AM ✓✓

Whitney

you shouted at me all day monday and i w...

Not true

10:18 AM

just let me bend over so you can yell at me whenever you want 10:18 AM ✓✓

your "conversation" monday was you shouting at me 10:18 AM ✓✓

anyway im not doing this to...



Johnny Vedmore

last seen at 1:05 PM



You know that you have hidden loads of things from me. You know that has caused trust issues. But then you want it all to be 50/50 blame. I haven't lied to you.

10:36 AM

This isn't 50/50

10:36 AM

I didn't invite malevolent people into our life.

10:36 AM

I didn't ignore you

10:36 AM

I didn't do that stuff. You never "made up for it" like you said you would. And you're still avoiding simple conversations.

10:38 AM

This is all just a coping mechanism and an excuse not to try

10:39 AM

Even if i did everything perfectly, your anxiety would still explode

10:39 AM ✓✓

Whitney

Even if i did everything perfectly, your anxiety...

Not true

10:39 AM

Totally true

10:40 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



and an excuse not to try

10:39 AM

Even if i did everything perfectly, your anxiety would still explode

10:39 AM ✓✓

Whitney

Even if i did everything perfectly, your anxiety...

Not true

10:39 AM

Totally true

10:40 AM ✓✓

Just not true

10:40 AM

You're speaking psychically

10:40 AM

It doesnt matter what i do or dont do it will always be something

10:40 AM ✓✓

No, it matters very much what you do

10:40 AM

You even make up shit to get mad at me for

10:40 AM ✓✓

Like accusing me of waking the baby up on purpose

10:40 AM ✓✓

And then insisting on fighting at 4 am

10:41 AM ✓✓

Oh... Whitney... said... ✓✓



Johnny Vedmore

last seen at 1:05 PM



and an excuse not to try

10:39 AM

Even if i did everything perfectly, your anxiety would still explode

10:39 AM ✓✓

Whitney

Even if i did everything perfectly, your anxiety...

Not true

10:39 AM

Totally true

10:40 AM ✓✓

Just not true

10:40 AM

You're speaking psychically

10:40 AM

It doesnt matter what i do or dont do it will always be something

10:40 AM ✓✓

No, it matters very much what you do

10:40 AM

You even make up shit to get mad at me for

10:40 AM ✓✓

Like accusing me of waking the baby up on purpose

10:40 AM ✓✓

And then insisting on fighting at 4 am

10:41 AM ✓✓

Oh... Whitney... I didn't... I didn't... I didn't...



Johnny Vedmore

last seen at 1:05 PM

Will always be something 10:40 AM ✓✓

No, it matters very much what you do

10:40 AM

You even make up shit to get mad at me for 10:40 AM ✓✓

Like accusing me of waking the baby up on purpose 10:40 AM ✓✓

And then insisting on fighting at 4 am 10:41 AM ✓✓

Oh but Whitney you did stuff before and thats why 10:41 AM ✓✓

Whitney

Like accusing me of waking the baby up o... That was me when I was in a bad place after loads of lies 10:41 AM

Yeah ok it doesnt matter youll always have something to blame me for when you lose control of your anger and anxiety 10:41 AM ✓✓

That's not "it doesn't matter what I do"

10:41 AM

That's after you doing loads and I was



Johnny Vedmore

last seen at 1:05 PM



Whitney

Like accusing me of waking the baby up o...
That was me when I was in a bad place
after loads of lies

10:41 AM

Yeah ok it doesnt matter youll always
have something to blame me for when
you lose control of your anger and
anxiety

10:41 AM ✓✓

That's not "it doesn't matter what I do"

10:41 AM

That's after you doing loads and I was
a dick on that occasion

10:42 AM

Whitney

Yeah ok it doesnt matter youll always hav...
It does matter

10:42 AM

And the only thing I'm blaming you for
is not communicating

10:42 AM

it wil always be something 10:42 AM ✓✓

if its not, you will bring up something
from over a year ago

10:42 AM ✓✓

Which you're consistently proving with



Johnny Vedmore



 last seen at 1:05 PM

It does matter 10:42 AM

And the only thing I'm blaming you for is not communicating 10:42 AM

it wil always be something 10:42 AM ✓✓

if its not, you will bring up something from over a year ago 10:42 AM ✓✓

Which you're consistently proving with your actions 10:42 AM

or whatever suits you 10:42 AM ✓✓

It won't 10:42 AM

instead of dealing with the fact that you dont have control of your anxieites and anger 10:42 AM ✓✓

i wasnt upfront about claudio and the lease stuff, the other stuff was not wanting to talk right away so we didnt fight in front of tara 10:43 AM ✓✓

Don't talk about "not dealing with facts" when you won't even answer the phone 10:43 AM



Johnny Vedmore

last seen at 1:05 PM



I wasn't upfront about Claudio and the lease stuff, the other stuff was not wanting to talk right away so we didnt fight in front of tara
10:43 AM ✓✓

Don't talk about "not dealing with facts" when you won't even answer the phone
10:43 AM

which is an unforgivable sin to you
10:43 AM ✓✓

Declined Call
10:43 AM

your the one insisiting on talking i dont want to taqlk
10:43 AM ✓✓

Stop being silly to avoid a conversation
10:44 AM

You lied 10:44 AM

It's hard to trust you because it's happened a multitude of times
10:44 AM

Just talk to me Whitney 10:44 AM

Stop avoiding sorting things out. Y destroying our relationship again
10:45 AM



Johnny Vedmore

last seen at 1:05 PM



10:44 AM

You lied 10:44 AM

It's hard to trust you because it's happened a multitude of times 10:44 AM

Just talk to me Whitney 10:44 AM

Stop avoiding sorting things out. Y destroying our relationship again 10:45 AM

By 10:45 AM

you're being destructive and avoiding the shot you need to face 10:45 AM

I've seen you do this loads. 10:45 AM

Just talk to me. 10:46 AM

Missed Call

10:47 AM



You fear having a one to one conversation 10:47 AM

It's silly and it's been throughout our relationship 10:47 AM

You need to put in effort to sort



Johnny Vedmore

last seen at 1:05 PM



Just talk to me. 10:46 AM

Missed Call



10:47 AM

You fear having a one to one conversation 10:47 AM

It's silly and it's been throughout our relationship 10:47 AM

You need to put in effort to sort problems out and you don't 10:48 AM

It leads to this petty stuff 10:48 AM

Just get the balls to have a conversation. If you think that your rational then you should just be able to say it in person 10:49 AM

"Ignorance is bliss" is a sarcastic expression 10:49 AM

You have to face your problems and over the past two weeks (and more) I've seen you find loads of ways around speaking to me about the stuff. 10:51 AM

i didnt want to talk today you are tryi



Johnny Vedmore

last seen at 1:05 PM



say it in person

10:49 AM

"Ignorance is bliss" is a sarcastic expression

10:49 AM

You have to face your problems and over the past two weeks (and more) I've seen you find loads of ways around speaking to me about the stuff.

10:51 AM

i didnt want to talk today, you are trying to make me angry enough to answer your call, thats a bad idea

10:51 AM ✓✓

Just let's talk

10:51 AM

I'm not. I'm saying the same as yesterday and the days before

10:51 AM

You have to break the cycle of not communicating

10:51 AM

It's destructive an causes massive arguments

10:52 AM

That means talking when the kids aren't around. Like now.

10:52 AM

I JUST WANTED A DAY TO REFLECT ON MY FEELINGS

10:53 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



were angry 10:18 AM ✓✓

im reacting to you 10:18 AM ✓✓

but its my fault when you yell at me, because i dont talk to you often off 10:18 AM ✓✓

Whitney
you shouted at me all day monday and i w...
Not true 10:18 AM

just let me bend over so you can yell at me whenever you want 10:18 AM ✓✓

your "conversation" monday was you shouting at me 10:18 AM ✓✓

anyway, im not doing this today 10:19 AM ✓✓

You were shouting at me too. 10:19 AM

i barely got a word in monday 10:19 AM ✓✓

You ignore me all the time 10:19 AM

and pummeled me 10:19 AM ✓✓

verbally 10:19 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM

anyway, im not doing this today

10:19 AM ✓✓

You were shouting at me too. 10:19 AM

i barely got a word in monday

10:19 AM ✓✓

You ignore me all the time 10:19 AM

and pummeled me 10:19 AM ✓✓

verbally 10:19 AM ✓✓

Declined Call

10:19 AM

i was left suicidal goo after monday

10:19 AM ✓✓

Declined Call

10:19 AM

im not talking today 10:19 AM ✓✓

Monday you told me a lot of what o said was right. Now it was just me abusing you. 10:21 AM



Johnny Vedmore

last seen at 1:05 PM



Declined Call

10:19 AM



i was left suicidal goo after monday

10:19 AM ✓✓

Declined Call

10:19 AM



im not talking today

10:19 AM ✓✓

Monday you told me a lot of what o said was right. Now it was just me abusing you.

10:21 AM

You could just speak

10:21 AM

I'm not phoning you to shout at you

10:21 AM

I was phoning you to break the cycle you're creating yourself

10:22 AM

Im still angry not a good time to talk

10:22 AM ✓✓

Johnny Vedmore

Monday you told me a lot of what o said...

Some of it was but you yelled almost



Johnny Vedmore

last seen at 1:05 PM



Said was right. NOW it was just me abusing you.

10:21 AM

You could just speak

10:21 AM

I'm not phoning you to shout at you

10:21 AM

I was phoning you to break the cycle you're creating yourself

10:22 AM

Im still angry not a good time to talk

10:22 AM ✓✓

Johnny Vedmore

Monday you told me a lot of what o said... Some of it was but you yelled almost the whole time

10:23 AM ✓✓

Your still exactly the same as last week and the week before

10:23 AM

I'm pissed off at times with being lied to and ignored

10:23 AM

It's something I didn't have to deal with before you

10:23 AM

This is another method

10:24 AM

Just speak to me

10:24 AM



Johnny Vedmore

last seen at 1:05 PM



I'm pissed off at times with being lied to and ignored

10:23 AM

It's something I didn't have to deal with before you

10:23 AM

This is another method

10:24 AM

Just speak to me

10:24 AM

Normally

10:24 AM

Until you communicate you can't get over things. I think you rue and lament to keep it going.

10:27 AM

Whitney

Some of it was but you yelled almost the... I am fed up with being treated like shit by someone who both admits she has issues and then denies it when it suits her.

10:29 AM

Johnny Vedmore

Just speak to me

I don't want to today

10:31 AM ✓✓

Quit pushing me around

10:31 AM ✓✓

I'm not

10:31 AM



Johnny Vedmore

last seen at 1:05 PM

her.

July 20, 2022

10:29 AM

Johnny Vedmore
Just speak to me
I don't want to today 10:31 AM ✓✓

Quit pushing me around 10:31 AM ✓✓

I'm not 10:31 AM

You have all the push and pull 10:31 AM

Johnny Vedmore
I am fed up with being treated like shit by...
I've been pretty accepting and upfront
about them but i dont want to tlal today
10:31 AM ✓✓

You deny you have any. That was
Monday 10:32 AM ✓✓

Its all you whitney anf heres why
10:32 AM ✓✓

Its not all me 10:32 AM ✓✓

I'm just trying to communicate
normally and you're not there 10:32 AM

Whitney



Johnny Vedmore

last seen at 1:05 PM

Its all you whitney anf heres why
10:32 AM ✓✓

Its not all me 10:32 AM ✓✓

I'm just trying to communicate normally and you're not there
10:32 AM

Whitney
Its all you whitney anf heres why
That's not true either 10:32 AM

And if you honestly think that dont come here again bc we will just be repeating the same shit
10:32 AM ✓✓

I have issues but I don't lie to you constantly and hide things from you
10:33 AM

That's all you 10:33 AM

Whitney
And if you honestly think that dont come h...
Again because you won't communicate
10:33 AM

i apologized for not being upfront about taking over claudios lease
10:34 AM ✓✓



Johnny Vedmore

last seen at 1:05 PM



repeating the same shit 10:32 AM ✓✓

I have issues but I don't lie to you constantly and hide things from you

10:33 AM

That's all you 10:33 AM

Whitney

And if you honestly think that dont come h... Again because you won't communicate

10:33 AM

i apologized for not being upfront about taking over claudios lease

10:34 AM ✓✓

We end up in the same shit 10:34 AM

you act like i cheated on you 10:34 AM ✓✓

You promised me it would be different and it wasn't from day one

10:34 AM

i took over his lease, he helped with his kid some when i was alone here

10:34 AM ✓✓

You lied to me about you ex 10:34 AM

and ive apologized for it repeatedly



Johnny Vedmore

last seen at 1:05 PM



i apologized for not being upfront about taking over claudios lease

10:34 AM ✓✓

We end up in the same shit

10:34 AM

you act like i cheated on you

10:34 AM ✓✓

You promised me it would be different and it wasn't from day one

10:34 AM

i took over his lease, he helped with his kid some when i was alone here

10:34 AM ✓✓

You lied to me about you ex

10:34 AM

and ive apologized for it repeatedly

10:34 AM ✓✓

How am I meant to trust you

10:34 AM

Whitney

and ive apologized for it repeatedly

No you didn't. You introduced caveats.

10:34 AM

And then you continued to hide things

10:35 AM

You know that you have hidden loads



Johnny Vedmore

last seen at 1:05 PM



You lied to me about you ex 10:34 AM

and ive apologized for it repeatedly 10:34 AM ✓✓

How am I meant to trust you 10:34 AM

Whitney

and ive apologized for it repeatedly

No you didn't. You introduced caveats. 10:34 AM

And then you continued to hide things 10:35 AM

You know that you have hidden loads of things from me. You know that has caused trust issues. But then you want it all to be 50/50 blame. I haven't lied to you. 10:36 AM

This isn't 50/50 10:36 AM

I didn't invite malevolent people into our life. 10:36 AM

I didn't ignore you 10:36 AM

I didn't do that stuff. You never "made up for it" like you said you would.



Johnny Vedmore

last seen at 1:05 PM



That means talking when the kids aren't around. Like now. 10:52 AM

I JUST WANTED A DAY TO REFLECT ON MY FEELINGS 10:53 AM ✓✓

Do it 10:53 AM

Johnny Vedmore
It's destructive an causes massive argum... you keep pushing and pushing to get what you want whenm you want 10:53 AM ✓✓

Stop being angry 10:53 AM

Be able to talk 10:53 AM

Tomorrow I'll deal with a new excuse 10:53 AM

I really wasn't phoning you to shout at you. I just want to try speaking when we can, not when we can't. 10:59 AM

I know it annoys you on occasions like this. But my main issue I've come across while being in a relationship with you is that you have so many strategies to avoid communicating



Johnny Vedmore



last seen at 1:05 PM

we can, not when we can't. 10:59 AM

I know it annoys you on occasions like this. But my main issue I've come across while being in a relationship with you is that you have so many strategies to avoid communicating how you feel and what you think. I've seen every angle you use, every tactic. All of it leads to you doing what you're doing now. 11:09 AM

You don't have to respond to this. But if you did, it would be more productive that blanket rules that prevent us from sorting out our problems. 11:11 AM

By the way. I mainly want to talk to you because I love you and I miss you and we've barely spoken. 11:28 AM

So you're choosing a day where you're refusing to communicate with me in anyway to send stuff to the Chilean Embassy in London when we were meant to discuss this once I knew what the plan was? The Chilean Embassy in London didn't have anyone in there for the first 5 months of this year and it's clear we need to



Johnny Vedmore

last seen at 1:05 PM



we've barely spoken.

11:28 AM

So you're choosing a day where you're refusing to communicate with me in anyway to send stuff to the Chilean Embassy in London when we were meant to discuss this once I knew what the plan was? The Chilean Embassy in London didn't have anyone in there for the first 5 months of this year and it's clear we need to speak about all this first. This is all a ridiculous way to communicate with someone. It's worrying for me that you can't have a normal conversation and right now I don't trust you at all because you've not been acting rationally in weeks and weeks. I don't even know what the document says. This is ridiculous and is so far removed from what people who care about each other do.

5:54 PM

What are you doing?

5:56 PM

They responded right away

5:57 PM ✓✓

And i dont know whats going to happen

5:57 PM ✓✓

I want to be able to leave w power



Johnny Vedmore

last seen at 1:05 PM



What are you doing? 5:56 PM

They responded right away 5:57 PM ✓✓

And i dont know whats going to happen 5:57 PM ✓✓

I want to be able to leave w rowan in case something happens 5:57 PM ✓✓

Bu email and they did that when the embassy was closed too. And you don't know what's going to happen because you're basically ignoring me . 5:58 PM

This is completely ridiculous and I know exactly what's happening. You're doing the same thing again. Burning it all because you can't be wrong about anything. 5:59 PM

It's all ridiculous. 5:59 PM

Omg no chill out 5:59 PM ✓✓

I need the form you said you would sign it 6:00 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM

Omg no chill out 5:59 PM ✓✓

I need the form you said you would sign it 6:00 PM ✓✓

Whitney
Omg no chill out
You chill 6:00 PM

You were supposed yo sign it before you left 6:00 PM ✓✓

You tell me that when you're the one angry 6:00 PM

But you couldn't wait a day 6:00 PM ✓✓

Outgoing Call
6:09 PM, 8 minutes

Alright well 6:09 PM ✓✓

No one's alright 6:10 PM

You're destroying us and the chance I have to be part of my sons life 6:10 PM

You're doing that 6:10 PM



Johnny Vedmore

last seen at 1:05 PM



No one's alright 6:10 PM

You're destroying us and the chance I have to be part of my sons life 6:10 PM

You're doing that 6:10 PM

Are you not going to sign the form now 6:11 PM ✓✓

Because you think im destroying everything now that i emailed the embassy 6:11 PM ✓✓

You're breaking us up without trying and you convinced me multiple times that you want to try again . 6:12 PM

It's fucking sick what you're doing to us. 6:12 PM

I can hear that you have zero compassion 6:12 PM

We broke up when u left 6:12 PM ✓✓

Like 2 weeks ago 6:12 PM ✓✓

You kicked me out 6:12 PM



Johnny Vedmore

last seen at 1:05 PM



...can't see what you have done

compassion

6:12 PM

We broke up when u left

6:12 PM ✓✓

Like 2 weeks ago

6:12 PM ✓✓

You kicked me out

6:12 PM

And have discussed the possibility of trying again

6:13 PM ✓✓

Then said multiple times you wanted to try

6:13 PM

You're not trying, you're lying.

6:13 PM

I'm used to the latter and it makes it really sad.

6:13 PM

You knew that you had hidden a load of stuff from me and still convinced me to come over and that we'd be starting afresh.

6:14 PM

That was the biggest lie

6:14 PM



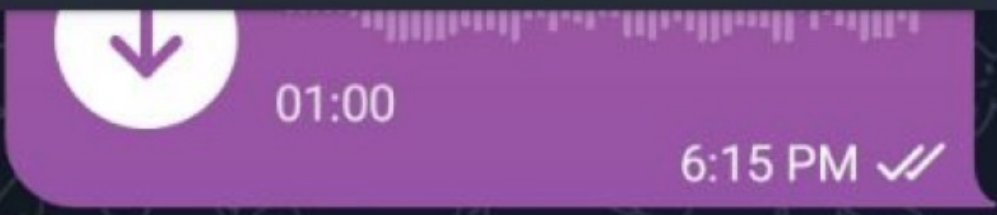
01:00

6:15 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



I've seen you cause our break up before burning completely heartless and then you've apologised. I see this again. 6:15 PM

Whitney
Voice message
The reason you called is because you wanted something. It wasn't for anything else. 6:16 PM

It was because i opened the phone 6:16 PM ✓✓

You promised you'd try again and you just made it clear that you're not really trying. 6:17 PM

I was going yo send pics of rowan 6:17 PM ✓✓

Whatever 6:17 PM

But u had left messages anf were mad about thr email 6:17 PM ✓✓

It's all bullshit 6:17 PM



Johnny Vedmore
last seen at 1:05 PM



6:17 PM ✓✓

Whatever 6:17 PM

But u had left messages anf were mad about thr email 6:17 PM ✓✓

It's all bullshit 6:17 PM

I've been trying to talk with you for weeks 6:17 PM

I have nothing to show for it 6:17 PM

I think you are overreacting to the email 6:17 PM ✓✓

I miss my son and I miss you and Tara and what K just heard was you being completely cold and cut off. 6:18 PM

You did almost all the talking 6:18 PM ✓✓

It reminded me of the rye smile you had when you were on the phone with your ex before you kicked me out 6:18 PM

Whitney
You did almost all the talking
You don't have to...



Johnny Vedmore

last seen at 1:05 PM



It reminded me of the rye smile you had when you were on the phone with your ex before you kicked me out

6:18 PM

Whitney

You did almost all the talking
You don't tr Rey

6:18 PM

Try 6:18 PM

Whitney

Voice message

I had wanted to explain this that i think u are misinterpreting things

6:18 PM ✓✓

You don't try 6:18 PM

You don't try 6:19 PM

Instead you lie to me 6:19 PM

Over and over 6:19 PM

You dominated the convo, would u prefer i scream at you so i can talk more

6:19 PM ✓✓

You say you want to try and it's a



Johnny Vedmore

last seen at 1:05 PM

← Instead you lie to me 6:19 PM

Over and over 6:19 PM

You dominated the convo, would u prefer i scream at you so i can talk more 6:19 PM ✓✓

You say you want to try and it's a proven lie 6:19 PM

Im not lying 6:19 PM ✓✓

You just made it clear 6:19 PM

Johnny Vedmore
You say you want to try and it's a proven lie
You move the goalpost on your definition of "trying" when it suits you 6:19 PM ✓✓

When ive tried you say im lying 6:20 PM ✓✓

Or claim its not 6:20 PM ✓✓

So like what's the point 6:20 PM ✓✓

Thats how i feel 6:20 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM

When ive tried you say im lying

6:20 PM ✓✓

Or claim its not

6:20 PM ✓✓

So like what's the point

6:20 PM ✓✓

Thats how i feel

6:20 PM ✓✓

Whitney

You move the goalpost on your definition...

Bullshit. You can't not communicate with someone and then claim you're trying

6:20 PM

Why try ill just be confused of not trying

6:20 PM ✓✓

I did try to communicate while you were here

6:20 PM ✓✓

You didn't

6:20 PM

We communicatef after you left on multiple occasions

6:20 PM ✓✓

You god things from me

6:21 PM

His

6:21 PM



Johnny Vedmore

last seen at 1:05 PM

I did try to communicate while you were here 6:20 PM ✓✓

You didn't 6:20 PM

We communicatef after you left on multiple occasions 6:20 PM ✓✓

You god things from me 6:21 PM

His 6:21 PM

Hid 6:21 PM

But you demand talking every dya whenever you want 6:21 PM ✓✓

And if i dont im not trying 6:21 PM ✓✓

Whitney We communicatef after you left on multip... Badly and you flipped every day on what you said 6:21 PM

You're not trying 6:21 PM

Yeah ok whatever 6:21 PM ✓✓

I'm still waiting 6:21 PM



Johnny Vedmore

last seen at 1:05 PM



Whitney

We communicatef after you left on multip...
Badly and you flipped every day on
what you said

6:21 PM

You're not trying 6:21 PM

Yeah ok whatever 6:21 PM ✓✓

I'm still waiting 6:21 PM

Incoming Call

✓ 6:35 PM, 13 minutes



Incoming Call

✓ 6:35 PM





Johnny Vedmore

last seen at 1:05 PM



Whitney

We communicatef after you left on multip...
Badly and you flipped every day on
what you said

6:21 PM

You're not trying 6:21 PM

Yeah ok whatever 6:21 PM ✓✓

I'm still waiting 6:21 PM

Incoming Call

✓ 6:35 PM, 13 minutes



Incoming Call

✓ 6:35 PM





Johnny Vedmore

last seen at 1:05 PM



6:36 PM ✓✓

Answer it 6:36 PM

Incoming Call

6:36 PM



You just ran away from the truth 6:36 PM

Here are your pictures 6:36 PM ✓✓

Talk to me 6:36 PM

I disagree and you're being a dick about it

6:36 PM ✓✓

Incoming Call

6:36 PM



Incoming Call

6:36 PM





Johnny Vedmore

last seen at 1:05 PM



I disagree and you're being a dick about it

6:36 PM ✓✓

Incoming Call

6:36 PM



Incoming Call

6:36 PM



You cannot answer the facts 6:37 PM

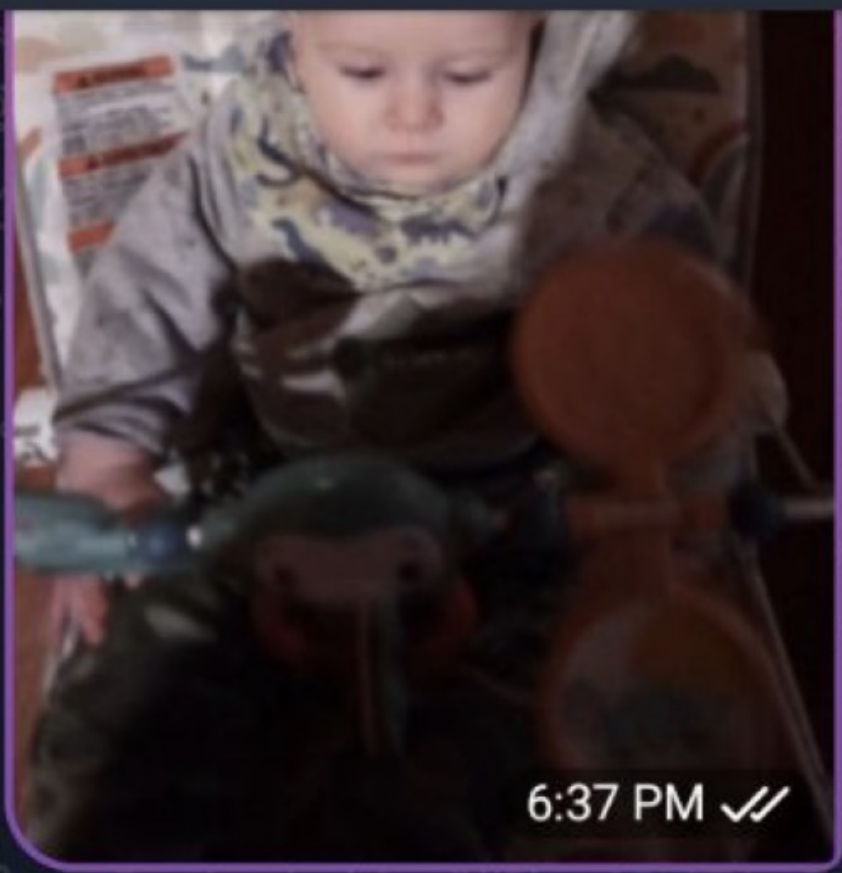


6:37 PM ✓✓



Johnny Vedmore

last seen at 1:05 PM



6:37 PM ✓✓

I think you overreacted to stuff
6:37 PM ✓✓

You can send pictures with no care but
you can't be honest on the phone
6:37 PM

I apologized for my role there but you
are making it out like i was cheating on
you or something
6:37 PM ✓✓

And its just so extreme
6:37 PM ✓✓

Talk to me now
6:37 PM

Incoming Call
6:37 PM

I apologized multiple times



Johnny Vedmore

last seen at 1:05 PM



I apologized for my role there but you are making it out like i was cheating on you or something 6:37 PM ✓✓

And its just so extreme 6:37 PM ✓✓

Talk to me now 6:37 PM

Incoming Call
6:37 PM

I apologized multiple times 6:37 PM ✓✓

Incoming Call
6:37 PM

Stop hiding 6:38 PM

It's our lives 6:38 PM

Incoming Call
6:38 PM

00:12 6:38 PM ✓✓

Incoming Call



Johnny Vedmore

last seen at 1:05 PM



Incoming Call

6:37 PM



Stop hiding 6:38 PM

It's our lives 6:38 PM

Incoming Call

6:38 PM



00:12

6:38 PM

Incoming Call

6:38 PM



This is so fucking rude 6:38 PM

Incoming Call

6:38 PM



00:21

6:38 PM



00:01

6:38 PM



Johnny Vedmore
last seen at 1:05 PM



This is so fucking rude 6:38 PM

Incoming Call

6:38 PM



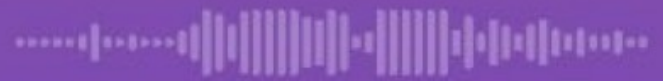
00:21



6:38 PM ✓✓



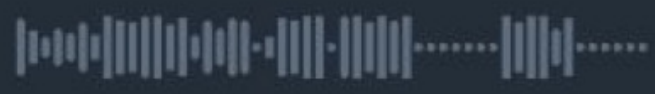
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6:38 PM ✓✓



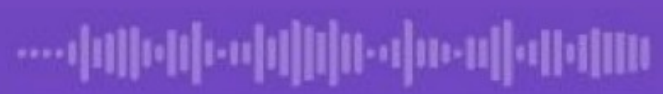
00:32



6:39 PM



00:37 ●



6:39 PM ✓✓

Incoming Call

6:39 PM



Stop being ignorant and speak 6:39 PM

September 22

0:00

