

<<sister creepshots>> The Black Hole of Christmas My PTSD CPTSD Forum

Supporter Wife in a trauma bond with her older.

â â â â Rating: 5 (8.894.863 reviews) - Free • Sister • Access

Original URL: <https://tools.orientwatchusa.com/sister-creepshots.pdf>

Dec 24 2025 Being rushed with my mother and sister out of one car into the other my dad still driving the rental. Then being rushed from a street down into a tunnel which comes up in many of my trauma and programming memories

But not what happened after that Feb 25 2025 The kicker is my wife now associates me with her sister. In a trauma bond with her sister. Five years now. Her sister is jealous and envious of us that my wife lives here and she cannot get her hands on her

Spent 10s of thousands of dollars on best psychiatrist and therapy. She is getting better but still very hard Aug 27 2019 Yes I have an estranged sister and the main bully and pain maker just recently died. I do not feel you are holding a resentment as much as you are holding your boundary

Maybe you still have some things to work thru in regard to her but somewhere the old saying of blood is thicker than water no longer has a lot of meaning. Didn't for me. My sister was toxic and acted as you described Dec 12 2025 I am beyond overwhelmed. And so angry

I can't stop crying the ugly sobbing kind and I feel completely and utterly alone. I want to break something cut deep jump off a building step in front of a semi

I hurt so bad and I don't have anywhere to go with it Dec 7 2025 I think cognitively as you said you know you matter enormously to friends E your sister your colleagues etc

In terms of the concept of mattering can you maybe think about how others matter to you? Jul 19 2025 Has anyone used vibration plates as a like somatic healing thing? My sister got one and is positive its helping her lose weight which had my mom buying one

I am working on weight loss in a different way but when I was doing research it seems like the vibrations can act similarly to somatic Dec 14 2025 I estranged from my birth family complete with the parentalized? expectations in my early 20s 50 years ago so I missed the end of life dramas for both parents but your dilemma has me remembering Piedad my sponsor in Ecuador

she was the youngest of 8 siblings. by Ecuadorian tradition this made her the god given caretaker for her mother

none of the elder sibs agreed with this Dec 12 2025 Sufferer People want to help big improvements but decided to come say hello slight Asperger's complicates it Nov 17 2025 I also view my sister as a great example of a good woman I love her deeply and think of her when doubts creep in and when I start to think all women

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