

Post Separation Abuse. Betrayal &
Abandonment, What Type Of
Man?

Loren Keeling

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POST SEPARATION ABUSE. BETRAYAL & ABANDONMENT, WHAT TYPE OF MAN?

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Written by Loren Keeling.

Foreword

Reasons why I have written this book.

To raise awareness of the hidden emotional and psychological abuse that can happen in relationships.

Highlighting the gaps in the laws and how the system can fail those who need protection. How the laws in relation to separation of couples who are cohabiting are not fit for purpose and how cohabiting couples do not have the same legal rights as married couples or those in a civil partnership. To show how after the end of a relationship, abuse can continue in what can be termed post-separation abuse when one party in the relationship chooses conflict over discussion and negotiation. How the legal system can be used by the offender to further cause emotional and financial devastation of the victim.

Emotional and psychological abuse comes under the term “Coercive Control” in the UK, a law that was passed in March 2015 and came into force on the 29th of December 2015.

Victims of abuse often know that what has been happening to them wasn't right, but they didn't understand that it was domestic abuse and that it is now illegal.

For all the women who didn't survive, those who were not able to get through the trauma and gave up on themselves and their future. More needs to be done to raise awareness and protect those who suffer this “hidden emotional and psychological abuse”. Domestic violence is a factor in up to one-quarter of female suicide attempts.

Facts on post-separation abuse. In the year ending March 2020, an estimated 2.3 million adults aged 16 to 74 years experienced domestic abuse. (1.6 million women and 757,000 men).

Loren Keeling April 2022

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Disclaimer

This book is a creative non-fiction memoir. It reflects the author's present recollections of experiences over time. The names have been changed, some events have been compressed, and some conversations have been recreated. Part Two reflects the research carried out during 2021/22 and links to relevant legal or Government websites are included where necessary.

Songs Titles

Included for the reader to get a sense of how music played a part in some of the experiences I went through.

Keeping the dream Alive by Munchener freiheit.

(December 2006)

Permission was requested Aug 13th 2021 to include part of the written lyrics.

The music was written by Aron Strobel and Stefan Zauner with lyrics by Timothy Touchton and Curtis Briggs, and the song was arranged by Andrew Powell, Armand Volker and Stefan Zauner.

Holding Out For A Hero - Bonnie Tyler (January 2009)

Love Me Like You Do - Ellie Goulding (June-July 2016)

Hearts Ain't Gonna Lie - Arlissa (December 2017)

Run To You - Whitney Houston (January 2018)

Words - The Christians (April May 2018)

Tired of Waiting For You - The Kinks (28th /29th August 2020)

Don't Speak - No Doubt (24th September 2020)

Rolling in the deep - Adele (April 2021)

Your Free - Ultra Nate (June 2021)

Stronger (What doesn't kill you) - Kelly Clarkson (August 2021)

PART ONE

My life before Phillip Hollby

December 2006

It was the week before Christmas and I was in shock and running completely on autopilot mode. I was meant to be on holiday in Tenerife with my partner John. Tragically we never made it to the metro station that was just walking distance from the city centre apartment that we rented. We were packed and ready to leave with our suitcases. Locked up and started the short walk to the University Metro station that would take us directly to Newcastle Airport for our flights.

We had walked as far as the bridge across the train lines that would take us down to the platform, when I heard a stumble from behind me, as I looked around I saw John stagger forward while dragging his suitcase behind him. He took a few steps and then fell forward, his head hit the post of the street light as he fell to the ground. I knew that he had not been well in the past few months but he didn't complain or seek further medical attention since the last episode he had experienced way back in September.

I rushed to help him, he was unconscious, I had to lift him up from where he had fallen, his head trapped between the lamp-post and the panels of the bridge. I moved him onto his back with no one else around, then as he lay there I called for assistance. I was talking to the person in the call centre who was giving me instructions, telling me to start a heart massage, which I started to do. Then I was conscious of people walking by and

one young man suddenly bent down and took over with the heart massage compressions. I stood there watching in disbelief, I could hear the sirens of the ambulance in the distance, it seemed like an absolute eternity while I was watching this young student performing the compressions on John's motionless body. He only stopped to allow the paramedics to take over once the ambulance arrived. In the process of the change over I noticed a smile on John's face, at that point I had this little voice inside of me saying, he has gone. I had this inner thought that he has just met someone he knows and is happy to see them, his sister perhaps who had died sometime before.

A few days later, and I am dealing with funeral arrangements, I'm sitting in the kitchen after having had a meeting with the Vicar. He was going to be doing the funeral service and he had just left. The radio was on, and as I was sitting there a song was playing and the words caught my attention. That song was "*Keeping the dream alive*" by *Münchener Freiheit*.

Lyrics produced here with permission.

The hopes we had were much too high

Way out of reach, but we have to try

The game will never be over

Because we're keeping the dream alive

I hear myself recalling

Things you said to me the night it all started

And still the rain is falling

Makes me feel the way I felt when we parted

The hopes we had were much to high

Way out of reach, but we have to try

No need to hide, no need to run

'Cause all the answers come one by one

The game will never be over

Because we're keeping the dream alive

I decided I was going to be keeping the dream alive, the dream we had to run the business together. I chose to purchase this song and it was played as people were leaving the funeral service.

What did I want?

In the weeks that followed, I must admit that it was a struggle. When I felt emotionally well enough to go

back to my job I was allowed a staged return, this was an enormous help. Two days a week, then three days and four days building up to full time again, even so, I did sometimes have to retreat into the loos or go grab a quiet coffee and sit alone because the tears would start to flow.

What did I write down for my future?

For a long time, and since I studied a lot of personal growth and personal development material, I have believed in writing down my goals and what I wanted to achieve. That could be health, money, relationship or environment or home. Quite often in periods of transition, like when you lose a job or get divorced or the death of your husband or partner, there is a period of confusion, grieving, and sometimes fear, when you are in the mindset of “how will I manage on my own” “what will I do now I have no job” “how will I survive with less money coming in” “how can I pay the mortgage now”. Sleepless nights, restlessness, all add to the stress of the situation you find yourself in. It was no different for me, I went to work, did what I could, returned home and started over working on the Property Management and Rental business. Calls to follow up on, rents to be collected, maintenance to be booked in. The weeks went quickly, the months flew by and life just happened.

One late night in January 2009, I was sitting in my office in the flat, and I started thinking about *what type of man* I wanted in my life. It had been just over two years since John had died. I had met a couple of boyfriends but nothing that became serious. Anyway, I was going to write out what I wanted in my next relationship. I took a piece of A4 paper and stared at the blank sheet thinking about the night out I'd had with my friends. I remember a song that was playing in one of the bars, it was Bonnie Tyler's singing "Holding Out For A Hero", the words "I Need A Hero" and "he's got to be strong", but what type of relationship was I looking for? I felt totally lost and confused, I don't think I could identify the qualities I wanted in my next relationship. Perhaps I should have started with what I didn't want.

Listen to Holding Out For A Hero - Bonnie Tyler (January 2009)

Anyway, I wrote on the paper that I wanted a kind and generous man, a friend, a lover and a soul mate, someone to laugh with. Someone who I could go on holiday with two or three times a year. A strong man, a confident man, someone to share my life with.

I also had a couple of profiles on dating websites and on a site that I was introduced to through a guy I had dated a few times.

That other alternative dating/meeting website was called "Informed Consent"; it is no longer online.

The site was my introduction to BDSM, the relationship dynamic or scene that was made famous by the book and film *Fifty Shades of Grey*. BDSM stands for 'bondage and discipline, dominance and submission, plus sometimes sadism and masochism.

For my profile picture, I had posed in my office wearing suspenders, stockings and a lace bodice, I was also wearing high heels. I had an automatic digital camera so I posed bending over my office chair to take the backside view. My profile bio said I was blond, petite, fun, 5'2" but taller in heels. Within days of that profile going on the site, I was chatting to more than ten guys. Guys that were as far away as London, and some a little closer to home in York.

Whenever I would go online to chat I would have 4 or 5 conversations going on at the same time. I was okay with chatting, it was safe to explore different conversations. But very soon there were two or three guys who were asking to talk on the phone. This actually freaked me a little, I know it's not like there is any danger in talking on the phone, is there? It was my own fear of how I would sound, my accent, my voice, what would I say?

I talked on the telephone to one guy, I wasn't really impressed. Then I had another guy who wanted to

chat on a specific evening, plus another guy who I had spoken with, funnily enough, these guys both lived in York. So one evening I'm in the office and I remember that I was meant to be chatting online with one of the guys in York, but I also had set

up to chat with the other guy who lived in York, but that chat was on the telephone. I open up the website to start chatting and as usual, a few people are online, so a number of conversations are happening at once. Then the person who I was meant to chat with appears and says hello, so I reply and exchange a few messages, then there is a loud bang and a smell of burning, the computer screen goes blank and I realise that it's the PC tower under the desk, so the computer has blown a fuse. So that cuts that conversation short. I never did have that conversation, perhaps it was a sign that he was definitely not the right person for me.

A little later, I pick up my mobile and pluck up the courage to make the phone call to the other guy. The phone call lasted longer than I thought it would and he sounded really nice, so we arranged a face to face meeting for later in the week. This is how I met my next partner, the person I started a relationship with in March of 2009. It was shortly after my 48th birthday.

Who did I manifest into my life?

I had found a man who was in business for himself, like me. He seemed like a gentleman, kind and considerate. Confident, but not overpowering, assertive but not controlling. He described himself as an alpha male. He made me laugh, we laughed together. He was generous, he paid for our first holiday together. It was my belief that I had found the man that was to be a friend, a lover and a soul mate. Someone, with whom I would share my life. Of course, I was cautious at first, I realised that I should tread carefully, like any new relationship, you need to

take your time to get to know the person before you throw all caution to the wind.

Our first few dates seemed to go well. I remember that I was impressed by his honesty. He told me a number of things about himself that I took at face value. I didn't see anything that could be an issue. Although there was one concern that I did have before I met him in person.

He had told me to look him up on the internet, to do some due diligence, and before our first-ever meeting and lunch date he advised me to contact a friend and tell the friend that I was meeting someone new. Where I was meeting and what time and that I should let my friend know I was safe when I had met with the person. It is always a good idea to tell someone you trust about your date plans. Anyway, before our lunch date, I did as he suggested and put his name into the Google search engine, and I found his business profile. However, I'm one of those people that always end up going a bit deeper and before I know where I am, I'm discovering a lot more intimate things about this man that I am about to meet the next day on a lunch date.

I had of course found him on this "alternative" dating site that I mentioned earlier. So I started looking at his profile, and after a couple of more clicks and searches, I discovered that shock horror, he was still married. His current wife also had a profile on this site, she held nothing back in writing about her experience with this man that I was going to meet the next day. She called herself Slave Tsina, she talked of how they held a ceremony known as "collaring". It is all a bit bizarre now I think

about it. There were many revelations that I read and thought, WHAT? REALLY! I was thinking to myself, what type of guy is this person. Perhaps, I will need to write another book about some of the experiences I had, and some of the situations that played out, but this is not the place for those things.

What I did know was that for some very strange reason I still wanted to meet this person. During our first meeting, I felt unsure of how I would come across. I also made a decision to not let him know, or say anything, about the research and finding out about his “wife” or Slave Tsina. I did say earlier that I was impressed by his honesty, because he told me he was still married, he told me that the relationship was over, that she had moved out, and he was now on his own.

It was March 2009 and it was just a week or so after my birthday, he told me he had spent his last birthday alone. His birthday is just a few weeks before mine in February. He also told me a number of other things, about his life or lifestyle, he even told me he had been a “*serial adulterer*” in his long term marriage with his ex-wife and the mother of his children. And I was impressed by his honesty.

I have this built-in “trust mechanism”. I didn't think he was lying to me or making any of this shit up.

So there you have it I manifested a man who had been a “serial adulterer” because he was telling me so.

Be careful what you wish for!

Now, looking back I should have been more precise in what I was thinking and writing when I was making out that list of qualities for the type of man I wanted

to attract into my life. Learning that he had been or may still be a “serial adulterer” should have been a red flag to me. However, I knew nothing about red flags back then. It has only been in these past two years that I started to understand more about these red flags as indicators that something needs to be questioned or otherwise validated. Often these are clues that something may be trouble in the future.

So what else did I not include in my list? One thing I missed was health, perhaps I should have included that I wanted a healthy man, healthy in mind, body and spirit. I soon found out that he was not a healthy type of man because here he was on our first date telling me all of his health issues. Diabetes was the main one that had altered his life and lifestyle in the not so distant past, the other main one was his Crohn’s disease, so his body was not in a healthy condition. I would also eventually find out that his mind was not in a healthy condition, his focus was often very “negative”. Not to mention the fact that he told me he was also a functioning alcoholic but that came out later.

Now I can think of many qualities that I would like to see in a man going into any new relationship, yet at this point in time, I am not interested at all in looking for someone else. I am taking time out, time to rediscover myself, time to heal from the past trauma. I am now on a mission of discovery.

In the beginning.

March 2009 Informed Consent.

The word 'consent' comes up constantly in conversations about kink. People often tout it as the core element that separates BDSM from abuse.

According to kinkly.com the definition of “informed consent” is consent that is given freely and willingly by someone who is aware of what they are agreeing to, not under the influence of drugs or alcohol, not being pressured or coerced, and of legal age. Informed consent is often referenced in BDSM communities. It is vital before starting a scene, especially any scenes that involve play that appears non-consensual, such as forced orgasm.

So I was learning more about BDSM and taking part in sexual activities that I had not experienced before especially bondage. There are a number of things that you need to understand, it is very important to be able to trust the person you are with, I was and I am very trusting by nature. Safewords are important, so I was given a safe word to use at any time that I felt uncomfortable and wanted to stop. Red is a commonly used safe word, meaning stop. He also said I should write a journal, oh and I nearly forgot I should call him “Sir” and I should “thank him” by saying

“Thank you, Sir” after our BDSM sex sessions or orgasms.

I actually did write down a few of my experiences with him and I still have the notebook. I have also written about my sexual adventures before I met him. I guess that might be yet another type of book!!

I even thought of a title for that book a long time ago, it was going to be called "Embroidered With Truth".

A different kind of love

So having been advised to keep a journal was something no man had asked me to do. However, he was a different type of man. I felt safe and secure with him, I felt cared for, I felt he was my friend, lover, and soul mate.

So just eight weeks into this new relationship he has asked me to write in my journal, "Why do I love him?" and so I write in my notebook.

Why do I love him?

He makes me feel special, loved. Wanted and sexy. He turns me on.

He makes me laugh. I like the way he makes love to me. He pays me attention and compliments me. He is a good cook, mmm!!

He spoils me!

He looks after me, I feel protected and secure when I am with him.

I feel strong emotional bonds.

Now, obviously, all of this was in the first stages of our relationship. It all sounds fantastic, and I suppose it was at the time. Even though I was cautious and I did not want to feel the pain of loss and hurt again, I was holding my emotions in check. However, I was told in the first two meetings that he felt that he had known me for a long time and felt comfortable with me. I felt very comfortable as well, I put my trust in him, I believed in him.

I later learned that what I had been experiencing at this stage was the “love bombing” phase and idealization stage of narcissistic abuse. I really had no idea that such a thing existed. It wasn’t until much later that I came to see and understand more about how these types of relationships work.

Kicking fruit around

Early on in this new relationship, he would call me while he was driving home, to let me know he was back safely. He was always working away from home, travelling away to jobs to work with clients and businesses miles away from where he was living. Unlike my business in which I worked from my home, my property management business was based within a small radius of my city centre apartment that I was renting. Anyway, here I was on my own, in my three-bedroom apartment, in Sunderland and we were on the telephone chatting to each other.

He arrives at his home and tells me goodbye as he has to unpack. However, for some reason the mobile phone does not disconnect, I can hear him going into the house, then there is this tirade of angry cursing and swearing and some other bang-

ing and clashes, and while I am listening I'm thinking to myself 'what the heck is going on?'. After a few seconds the phone disconnects. I was thinking that perhaps there was someone there with him, perhaps there was someone else at his home the thoughts I had were, perhaps it is his wife, who has turned up at the house. In our next conversation, I told him that I heard him clattering around and swearing when he got home last night and his explanation was "he was kicking fruit around".

I have no idea why my mind jumped to his wife being in the house, but I do know that I did think of her as a threat. These ideas will prove somewhat significant much later, much, much later, in fact after the end of our eleven-year relationship.

Kind, generous and caring

I did say I wanted a kind, generous and caring type of man and he proved he was the kind generous and caring man that I had imagined meeting. One day we had taken a trip to Leeds and we spent time walking around the city visiting the Corn Exchange and other places. We eventually went to a real ale bar and sat down to drink a beer. He loves real ale, I had not experienced real ale but I did get a taste for blonde beers. Anyway, while drinking the beer I realised that I had a blister on my foot that was causing me some pain and distraction as I was checking the situation with the shoe that was causing the problem.

He could see my distraction and asked if everything was okay, I had to tell him that I had this blister on my foot.

Do you know what, I actually thought that he might tell me that I should have been wearing comfortable shoes, or that I was stupid for wearing shoes with heels which is what another boyfriend may have said to me? But no, he surprised me by saying that we should go and buy some plasters to put over the blister.

We finished our beers and walked to the indoor shopping centre. We found Boots (Boots, is a British health and beauty retailer and pharmacy chain in the United Kingdom) then once inside he took me to where there were a few chairs lined up near where the prescriptions are handed out. He sat me down,

then went looking for the plasters, he returned with the box and immediately took out a couple of plasters, bent down and applied the dressing to my foot. (OMG! no other man had done anything like this for me before, this was how I felt that I had found the man of my dreams, such a caring type of man.)

Red flags in a relationship (the phone call)

One of the things that he had advised me to do was to keep a journal.

So I thought I would share this entry here in this book.

28th July 2009 – My journal entry

We are looking to book a holiday together this weekend. To go to Turkey in September, lots of research into hotels and flights – hard work!!!

That evening I rang him at 8.45 pm and caught him before he was about to go out. He tells me he is going to see Jenny (his wife, with whom he had a 3 yr relationship before tying the knot in July 2008, by December 2008 the marriage was on the rocks) in order to ask for her help with an important work presentation he is doing on Friday. He explains that there is a lot more work involved in presenting the day.

As soon as he tells me this I start to feel “negative”, and my stomach is churning, however, I have to accept it, it’s not that I don’t have trust in Phillip, but I’m not sure about Jenny...

I know what he has told me! And I know Jenny is still contacting him. He has also confided that Jenny has said she could come back to him.

That night I go to bed thinking about him – but I've also got negative thoughts and emotions about his meeting with Jenny and her being with him on Friday, - I'm still having negative thoughts the next morning..

(How did I have these intuitive feelings and still ignore them)

Wednesday 29th July

I'm up and out early with two appointments today: 9 am and 9.15 am. Just as I finish the 2nd appointment my personal phone rings – it's Phillip but I can't

answer yet. As I leave to drive back to organise the workmen who are removing old furniture from the rental properties, I decided to call Phillip back – I dial the landline – it connects – only the voice answering at the other end is not Phillip but Jenny?

I'm too shocked to say anything as my heart sinks and Jenny repeats the greeting "Hello, Jenny 4 GM" I hang up the call – I feel sick to my stomach.

I continue on to meet the workmen who are loading the vans. I feel close to tears, but I don't want to show my emotions, I'm hurting inside.

I call Angie (a friend and sister in law). I need to speak to someone. I explain what happened and she tells me not to get upset. I calm down a little and muster the strength to speak to the workmen about the next property location – they agree to meet back in 40 minutes.

I decide to get myself back home for a cuppa – but first I send a text to Phillip.

Text reads:

“Shocked to hear Jenny answer your phone this morning” at the very moment that I press send my office phone rings!

After a couple of breaths to calm me – I still feel close to tears, I go to pick up the phone. It’s a mobile number – Phillip.

As I answer “Hello” my voice breaks...

Phillip asks me if I’m OK, I say yeah – but he responds “You don’t sound well”

I manage to tell him that I’m just shocked – then my emotions spill over and the tears start to flow.... As I explain to him what has happened.

So you can see from this little episode, that I didn’t see the red flags waving in my face. I was blind, I was accepting of his excuses, his kind explanations. You see he had told me that he was asking Jenny for help, but he didn’t tell me she would be at his

house in the middle of the week. Why was I not angry? How could I have been so accepting?

Good times and not so good times

Two years into this relationship and March 2011 was my 50th birthday. Now for a number of years, I had thought about having a wonderful holiday on my 50th birthday. So, I told him of my idea to have a holiday in March as a way to celebrate this event. You have to do these things to make memories for later. I also planned a family get together and party. He bought a number of bottles of Champagne for the event, while I prepared and cooked everything.

The Dominican Republic

The holiday was meant to be my 50th Birthday memorable experience. Yet somehow it was marred by events. During the week before the cruise, while we were on the first part of our holiday in the resort in the Dominican Republic he learned that his son had been arrested for an incident involving a penknife that he had with him.

Throughout that week Phillip was on the telephone to a family friend in the UK trying to find out what had happened and to get some help and support for his son. I believe the whole episode upset him but also he ended up in a long drinking session one afternoon. He kept sending me to the bar for beer and also tequila chasers. I had never seen him drink tequila before, his drink of choice is whisky. I actually lost count of the number of beers and chasers that I collected from the poolside bar, it was an all-inclusive resort.

That evening we had booked for one of the special restaurant experiences, we got back to the room and

he was obviously drunk from all of the afternoon drinks. We were meant to shower and get dressed to go and eat. However, after we had showered he went and lay down on the bed and passed out.

There was nothing I could do to wake him, so I sat half ready and put the TV on and just watched as the time ticked away and the restaurant booking slot passed us by.

This was just one episode in which he consumed far too much alcohol. This was also one of my concerns in connection with him wanting to take part in BDSM sessions, I felt that alcohol should not be part of anything involving these play sessions yet in my naivety I did not set any firm boundaries.

The next morning we had to make our way to the cruise ship for the second week of the holiday, the

Caribbean cruise. Unfortunately, Phillip was still a bit worse for wear after his long afternoon binge drinking session. We had eaten the night before but it was just in the main dining hall as we did not get admitted to the restaurant of our choice.

That morning I have no clue why, but Phillip decided to smoke a cigar after breakfast and before we were due to get the bus to the port. I remember watching him pacing up and down outside of the apartment blowing cigar smoke into the air. As the time approached to leave he came into the apartment ashen faced, white as a ghost. The next I knew he was in the bathroom throwing up. Oh my god, he had done this to himself. I think we have all been there at some time in the overindulgence in alcohol and other substances.

New house, iBooks and iPad 2012

The woman I saw as a threat

There was only one woman that had been in his life that I considered a threat to our relationship, that woman was his last relationship. They had been together for something like four years and in the year before I met him they had married. They were married in July, I believe around independence day, she is a US citizen, however by December the marriage was going through a “toxic breakdown” according to everything he had told me. He said he had made a mistake because he was trying to fix her but he was not able to. Now, knowing what I know and thinking back, what exactly did he mean by “trying to fix her”?

One evening while he was staying with me in Sunderland, he was excited to show me some of the completed work on the digital content he was putting together for his series of iBooks. That was my idea. I thought he had a lot of content that could be utilised to move online. Actually, the project was started but never did get finished. The beginnings of those iBook creations are still online. Anyway, he handed me his iPad while he went into the kitchen to do something, so I was sitting on the sofa moving my finger over the screen and turning the pages of this new Apple iBook creation. As I turned the page a message dropped in from someone, do not ask me how I saw this, it is as if he always gets found out for any of his indiscretions. I happen to read the name, Jenny. I am shell shocked, I actually

just sit there and immediately the tears start to flow down my face. Four fucking years, four years, and he is still receiving messages from his ex-wife Jenny. The ex he told me was, oh so toxic, the ex that he told me was trying to kill him with her cooking. Why? All will be revealed in a later chapter, much later.

So he comes in from the kitchen and he can see that I'm crying, I have put the iPad down and I am trying to dry the tears away. So I blurted out what I had just seen, how I saw her name come up on a message to him. What was going on? He gives me a story, he tells me that she had got in touch because she was in trouble and she had asked him for help. He even told me that it involved her being sexually abused in a situation with a man. Like I said before, I am very trusting, I have no idea if he was telling me the truth or a load of bull shit.

Red flags in a relationship

Perhaps this was just another one of those “red flag” situations that I ignored and of course, I accepted his explanation, even if I didn't like it, I of course did not question what he said either.

A different business focus. 2014 (You Sounded Angry)

In October of 2014 after investing money in various training courses that I had been attending I made a decision to add another element to my property business, Property Sourcing.

I had lots of property connections and landlords as clients. This was how I posted to a Facebook property group.

October 21, 2014

I am looking at potential property deals that are coming from my clients and property network. The latest is something a bit different to the BMV single lets, it is a 3 Storey 9 bedroom townhouse in Ashbrook Sunderland. Property is renting at 18K pa - it requires updating

Typical professional room rents are 325 - 450 PCM

However my client has plans drawn for possible conversion to 7 self-contained flats no planning consent was applied for, (he wants to sell quickly) other properties in the street have already been converted by other investors and have sold as separate flats priced 70k to 125k in 2008, my research shows that each townhouse has been split into 6 or 7 flats.

I've not viewed this property recently (viewed it in 2011) so I have no spec or updated images yet.

If anyone has any interest in this type of development opportunity or would like an informal chat please get in contact.

Now what is interesting is that after Phillip had ended our relationship I came across an email conversation that we had during that time.

He obviously could not pick up the phone and have a real conversation and he obviously could not wait and explain to my face so he does the next best thing, he sends me an email.

I have reproduced this below.

30th October 2014 at 21.39

I am sorry that you got upset. I know you think that I am just being negative and putting you down, but that really isn't the case. I got upset too.

You put me in an awkward situation when you announce that you have decided to do something like this. I could have helped you to make a balanced decision. Maybe the software is definitely the right thing for you to do. Maybe it isn't. I don't know. We have not talked it through, so I don't have any facts.

Of course you could argue that it is non of my fucking business how you run your business - and of course you are right.

Except that when you are in desperate need of something vital (such as a reference from an accountant, or a new laptop) it is me you turn to.

£750 is a lot of money for anything, especially as a first instalment. That is true even if you could afford it. Even more so when you can not and still have credit card debt to pay. Add to your shortage of cash flow, the fact that you DO have a track record of rushing headlong into signing up for things and then regretting it, even getting into bother trying to back out, and you can see why I am concerned.

From what I can gather, this is some sort of CRM system. These are generally over-hyped. Only really of value when you are trying to maintain continuity with dozens of salespeople over hundred or thousands of clients. You are easily led by sales pitches into believing the hype that these things can work like a silver bullet. YES you need to have processes in place to run your business, but my experience (many many

times over) tells me that off the shelf software solutions like this do not earn their keep.

I hope you can see why I got frustrated. I can see another waste of money coming - that inevitably will have an effect on me emotionally and financially. To me, it's as crazy as pleading penury then chucking money away at the casino.

So I AM sorry that you got upset - but I wish you would see things from my point of view. Even setting aside the questionable need for a CRM system, or tendency to rush headlong into these decisions. I am expected to help when you need something vital and have no money - I don't mind this. I'm expected to pay for everything that we do together (holidays, pubs, meals ect) because you never have any money - that's OK too. I don't mind sharing what I earn with you. I do mind when you depend on me because you have no money, yet you feel able to fund something as big as this (enough to buy an Apple PC - which WOULD improve your productivity) without even talking it through with me. I think know why. You think I will just be negative. Well, I might be. This is after all how to come to a balanced decision - thinking things through from both sides. Trying to figure out the actual decision will make I may not be very good at relationships with women, but for fucks sake I do know about decision making.

So in a nutshell, there you have it. You are upset because you think I am "being negative and putting you down" and I am upset because whilst you are happy to benefit from my hard work you are not willing to seek my advice.

What are we going to do about it?

It seems that Phillip got frustrated, which normally means that he had been angry with me. His email above is the “I AM sorry you got upset” non-apology email response.

He could of course have said something like this.

I’m sorry I should not have shouted, I was frustrated, I didn’t mean to make you cry.

Of course, I was excited at the thought of adding property sourcing as a new element to my business. I had already moved into family rentals and professional HMOs as a way to recover from some of the hit from the drop off of student numbers in Sunderland, and help my student landlord clients to rent their properties to a different market segment.

I was being told in this email that because I had made a decision for myself and acted on it I “rush headlong into these decisions” while I was also constantly being told the opposite that I was always “on the porch of indecision”. It seems I couldn’t win. Perhaps Phillip was being more than protective, maybe he was playing “no-win” mind games with me. That business idea that I was so excited about starting, never got much further than the post you see and only one property deal.

So I email my reply.

31st October at 9:51

I'm sorry

But you sounded angry, and I made the decision alone because I feel you don't have a strong interest in my business or new business being created.

I didn't ask permission to purchase a new car did I? And that purchase is a bigger financial outlay.

Yes, you helped me with the laptop, accountant & house purchase I'm not likely to forget in a hurry.

I'm working on returning your investment in me, but you don't seem capable of seeing a bigger picture when it involves me and property.

As for you paying for everything, this is mostly true. I did take us out for a meal not so long ago and have done in the past. I would love to have more to contribute but need to be careful with my delicate income streams.

Spending this money on a software program and coaching is I know a huge outlay, but I've been saying for months that I need to have a more systemised business set up. I see it as an investment, which will hopefully streamline a lot of things that need to be done in my business.

If it all turns out to be a huge mistake, well at least, I have tried. Lots of entrepreneurs lose £100,000 on new business ventures. This investment is small scale in comparison.

I'm talking to business people who receive loans of £25k to £100k from JV partners who purchase property in their business ventures and I'm still looking to get started!

After reading this, how do you feel?

On reading your message I laughed at the "Of course, you could argue that it's non of my fucking business how you run

your business - and of course, you are right”

But I can see your point of view. I know you are just trying to protect me from making mistakes.

Looking back this was the slide down to becoming totally dependent. Despite everything that I tried after 2014 through to 2018, nothing I attempted in business, or even learning new skills and starting something new, it seemed that I could not find success in anything I wanted to do. I think I gave up in 2018 and in 2019 then accepted the situation. There is also something important here, his previous relationship with Jenny ended after just six months of marriage. I discovered the real reason given by Jenny herself when she reached out to connect with me in January 2021. I'll come to this later.

The Spanish retirement dream.

2015 - 2016

So here I was in July of 2016, living in the beautiful countryside in a lovely house that we had furnished together, looking forward to retirement and at last being together. Eight years in a relationship with him, and for all of that time I was working on my own business and he was working on his. We were in a relationship and I was committed to that relationship. The thing is, despite the fact that I had moved to York to be with him in his house, we were not really together. His work, his business took him away from home, he would need to travel most weeks to go to the businesses that he was working with, Nottingham, Wales, Sheffield. I know that this happens in many relationships whether married or not, husbands and partners often have to work away to earn a living.

Our relationship was no different, he worked the way he wanted to work, and earned his money his way. While I earned my money working from anywhere that I was calling home.

Leading up to the start of my first ever “Dear Diary” note there had been a number of negative situations that had an impact on both of us since January of 2015. Buying the retirement home in Spain was a huge decision for him, his mum fell ill just days after we returned from viewing a property. The fact that the house purchase fell through, and we had to start looking again for a different property in April 2015 didn’t help matters. We finally found a property and the purchase went through in June

of 2015. I was thrilled and excited that we would have a home that would be ours, not his, not mine, but ours.

I remember that he surprised me with a celebration card that he had bought, it made me cry. It said "A New Home" he had added underneath "in the Sun!" *Home is more than a word It is a place where happy memories are made.* Inside he had altered the you and your words so they read "us" and "our."

Wishing yous lots of happiness, fun, and laughter in your new home!

I love you more than ever X Phillip. XXX

It was not long before tears of joy and surprise turned to tears of anguish and upset. One evening as we sat in the lounge of our new home Phillip had been drinking, I have no idea how much he had consumed. He suddenly started saying that he had made a huge mistake, that he should not have bought the house. I have no idea what was going through his mind at this point. But this little episode of his drunken ramblings was quite upsetting. This was after all what was meant to be his dream and mine too. Now here he was telling me how he had made a mistake, just a few weeks after buying the property. I sat on the sofa with tears streaming down my face, unable to say anything at all. Maybe he had a case of buyer's remorse, a feeling of regret experienced after making a purchase, typically one regarded as unnecessary or extravagant.

Yet, the next day was beautiful sunshine and I went out in the morning into the citrus and olive orchard at the bottom of the plot to collect grapefruits from one of the two trees. There is also lemon trees, orange trees and two clementines as well as a number of olive trees. As I return with the grapefruit harvest Phillip is watching from the kitchen window as I walk across the yard to the house. When I arrive into the kitchen he is all smiles and beaming telling me how lovely and wonderful it was to see me walking across the yard with a dish full of grapefruits. I guess at that moment his “buyer's remorse” was forgotten.

The plans for the property were to have a pool built, to install solar panels and fix up some stable buildings. The pool was going to be bigger and grander than anything I had expected. Plus of course more expensive as well, it was all Phillips's decision.

2016 was a nightmare. I became very ill with a kidney infection (for the second time in my life) and had to be admitted to hospital in February. It was shortly after a party when we had invited friends and neighbours round to celebrate Burns Night at his home in York. We were booked to fly to Spain in just a few weeks as it was his 60th birthday that year.

So we entertained friends and family during the week-long birthday celebrations in Spain. I even managed to surprise him with a party because I had invited some British neighbours to join us in the celebrations. I had also bought and paid for a slate bed snooker table for his birthday that went up into an out-building that we now were calling the games room.

I think it had been originally a horse stable, but Phillip had decided to have a roof put back on and have the floor tiled.

During April we lost his mother after she had been admitted to the hospital from the care home she was living in, we were out in Spain at the time. I remember that day because I had an appointment to sign some papers at the solicitor's office, we were both there in the office, and all of a sudden I felt very emotional, I didn't know why, but tears started flowing down my cheeks, I knew his mum was in the hospital, but he was unable to get an update from the home or the hospital before we left. I have no clue what the young solicitors assistant thought when I was sitting there signing papers with tears flowing down my cheeks, it must have seemed very odd to him.

After that appointment, we were going to La Azhoia, a small coastal resort that has about 4 scuba dive centres, one of the reasons why he made his decision to buy a property in the Cartagena countryside. Even while I was sitting drinking coffee in the bar overlooking the lovely view of the sea and the mountains and the bay, I still had this feeling of deep sadness inside, it was all a little bit strange.

On our return home, we still had not heard any news, I prepared our evening meal and we sat down to eat. After our meal, he gets a call. Anyway, this call informed him that his mum had died in hospital earlier in the day, he was very upset and somewhat angry at how he had been given the news. Also, the fact that we had been going about our business that day not knowing what had happened and he knew that his ex-wife, the mother of his two sons, was going to go to the hospital to visit his

mum after she had finished work. Being told the news in this way must have been a shock to his system.

I watched as he called his eldest son to break the news, and I was shocked at how he just blurted out the first sentence “your nan is dead”. I actually made a comment when he got off the phone. I explained that perhaps he should take a minute to calm down and try to think about what to say before calling his youngest son. I explained that it would sound better if he first said that he had some bad news then it comes as less of a shock.

When it came to the funeral arrangements he managed to sort out everything himself, there was however one thing, I would not be there. He either didn't want me there or thought it was better for me to stay in Spain to look after the house and the construction work, I wasn't too happy about this decision. I did send a wreath of flowers to show that I was thinking of the family and I wrote a poem that I had sent in the card attached with the order. He told me later that he had cried when he read the poem I had written.

Another red flag. (Isolated from being involved and seeing family and friends of the family.)

The house in York flooded.

Then there was the flood. While he was working away doing some seminar (as far as I know) in the US, his house in York was badly water damaged after a water pipe from the tank gave

way. He lost a lot of personal possessions at that time, so I booked a flight and a hire car so I could return to be with him and support him in his hour of need so to speak.

2016 was a strange year for a lot of people, there was a divisive political campaign going on in the UK. It was the BREXIT referendum. Obviously, we both believed that the UK should remain a part of the European Union, leaving things as they were, so the UK government and people would still have a voice in Europe's economic and political future. However, we had friends with opposing views to our own. We had invited them to stay with us in Spain for a week, the dates of that week fell in the middle of the UK Brexit referendum vote.

It was during that week that I wrote my first ever "Dear Diary" entry.

I think it came as a shock to me and also to him that the UK had just voted to leave the EU. I had just spent a week in the UK staying in a hotel with him due to the water damage at his house. I had to fly back to Spain on my own, as his flight was a day or so later.

Our friends were arriving in Spain the same day that I was flying back. We had even stayed overnight at their home during the previous week. Anyway, after the disastrous outcome of the BREXIT vote, I had asked them not to talk about their views when he got back to Spain.

It really didn't make any difference, he was in his own space mentally. There was an atmosphere, a very strange atmosphere between the four of us. I felt like a piggy in the middle, trying

to be the hostess to our friends and also trying to be a support to him in his obvious distressed state. He was also telling me that he was going to visit his Spanish solicitor to make out his will and that he would have two wills, one in the UK with his solicitor there and one in Spain so everything was covered. He told me brief details, I didn't ask about his finances and I didn't really want to know, but he told me he was leaving me the house in Spain and his two boys would inherit his UK property.

One evening, as things had deteriorated between the four of us through the week, he decided to help himself to wine and something to eat. I watched amazed as he sat at the dining table in the lounge with his glass of wine and his plate of food. I could not understand what was going on. The two friends sat on one sofa and I sat opposite on the other sofa. I was checking on my Amazon store business that I was working on and had made some sales that day. I had been working on building this business for the past 12 months. It had been a steep learning curve and this online business was a very different type of business from any other business venture I had been involved in. I had only just sold out of my lettings and property management business after 11 years.

I got up off the sofa and went to where he was sitting, with my iPad open to the sales made in my store. I wanted to show him how I was doing and try to draw him back into the company by breaking the silence in the room.

What happened next was the reason behind the first diary entry I wrote on that night.

After the way he spoke to me in front of our guests, I returned to the sofa, put my feet up in front of me and started to write my notes on my iPad. As I started to write and the tears started to flow, he of course took no notice, our friends heard what he said and made no comments, as I sat there, quietly writing. I heard Mae asking me, "Do you want to go outside? We can go in the hot tub." I couldn't really speak, I was choked up, I shook my head and squeezed out a no, and I'll be alright.

Here is the note I wrote:

Dear Diary, WHY? June 2016

*Why when I want to share something with you about my business do you dismiss it as **unimportant** or ask me a question like, "And this is good because? And this is important because?"*

And embarrass me in front of friends!

It's like emotional abuse and bullying the way you talk to me.

I feel like you don't want to know anything about what I'm doing, you seem as if you don't think my attempts at creating a business that works for both of us is a serious proposition. So I'm not important, our relationship is not important.

Why are you so dismissive about my attempts to try something new? So from now on I will not be sharing anymore, you make me feel so stupid!!

I will travel this path alone, I will try my best despite everything, do you think I am doing this for me?

Well no, I'm not, I'm sick to death of hearing about your finances and how you have no money! But you are in a better position than me.

I have no income, I have credit card debts to pay off, a small amount of cash/ capital tied up and a house in Sunderland, and now I am dependent on you, having sold my business because it was in decline.

You who provides everything and does not let me forget!

Well, I'm glad I've paid you that loan back now.

I'm living in your house! So I'm homeless if I leave you.

I'm spending your money! So I'm penniless if I leave you.

You tell me - I'm not looking after you!

So if I leave you perhaps I can look after myself better!

You tell me - I'm not ironing your clothes!

So if I leave you I don't get nagged about clothes that need ironing.

And I suppose I'm not having sex. Well, that takes two!

If you feel like a victim then you are a victim.

I don't want to be a victim and I certainly don't need to feel embarrassed, distressed, and emotionally bereft.

I don't want to be talked to like a child, I don't want to feel like everything that you can't lay your hands on within two minutes is

my fault because I had it last, Or I moved it from where you left it.

I think I've made a huge mistake, a huge mistake because I thought you were my protector, my lover, my friend, my rock when times get tough, but now it seems you are not the person I thought you were.

WHY do I feel the way I do?

What am I going to do now?

Return to the UK and find somewhere to live, stay here in Spain and find somewhere to stay, I'm totally at a loss, my life seems so full of stress and worry.

Listen to:

Love Me Like You Do - Ellie Goulding (June-July 2016)

In Limbo

Sometime later I wrote a testimonial for a collaborative book of stories around the impact of BREXIT on relationships, family and friendships. The testimonial didn't make it into the book. But here is how I saw the situation back then.

We had always dreamed of being able to retire to Spain and to spend time enjoying the sunshine, as we are nearing retirement.

So following our dream we started looking at property in 2015. We found a lovely place that Phillip was able to purchase at a good price, the exchange rate was something like €1.40 for £1 which was a help. Despite a few setbacks with building a pool we now had a home in Spain. We entertained a number of close friends throughout the first year of having our holiday home here.

2016 was a year when we both had to wade through a lot of emotional turmoil.

Phillip's mum died in April of that year at nearly 92 years of age. I sold out of my UK property management business and was starting out afresh in

something new. Then Phillip's house in York was very badly damaged by a broken overflow pipe, he lost a lot of personal items and furniture in the damage.

Then to top things off in June 2016 the dreaded BREXIT referendum was taking place. We had invited a married couple to spend some time with us in Spain over the week of the vote. I arrived at our home the day before the results of the vote and met our friends who were arriving from the UK on the same day. Phillip was due to fly the following day as he had some work to attend to.

That week turned into a living nightmare, our friends had both voted for the leave campaign and spouted all the media hype about how the UK should be able to "protect the borders" they seemed somehow to be unaware of any of the ramifications of the UK that was not within the European Union. Of course, they were lied to, they were told about the money that could be saved to help the NHS. They had ideas about immigration and the impact

on UK jobs, all of which were spouted in the media hype. I kindly asked them not to talk about the dreaded result of the BREXIT vote when Phillip arrived, I knew that this would not be well received. They agreed, but despite that agreement, all four of us were walking on eggshells.

Tempers flared on a couple of occasions between Phillip and me. I could not understand how

a caring and loving relationship could become a battleground in the midst of a decision on BREXIT. My mind was blown at the enormity of the decision made by the now broken Government that the PM had resigned from. Our friends had now felt and were experiencing the high tides of our emotions. The husband and wife were trying to make the most of time in our Spanish holiday home, but unfortunately, things were not OK. The wife was sulking and tearful, I was unhappy and also tearful. The guys tried to be gentlemen and turned to a long night of drinking and talking which did not ease the situation.

Our friends made a quick decision to leave a day or so before planned and go to a hotel near the airport where they would catch their flight back to the UK. An unexpected outcome in the referendum, and an unexpected outcome in a broken friendship, after they left we had the opportunity to reflect on our situation, sad to say that we are both still in limbo.

Dear Diary – another entry.

Last year he asked me to write a 500-word essay! On the subject of “What I fancy about Phillip”

I never did write that entry. So this book can take its place.

Why was I feeling so emotional?

November 2017

I woke up one morning, I was alone in the house again, I was of course quite used to spending time here alone. However, today was different, I had this very strange sensation of sadness. For some reason, I had these thoughts in my head telling me I didn't want to be here on my own anymore. I was in the kitchen looking out of the window across the compound to the bougainvillea hedge by the huge electric gates, looking at all of the beautiful purple flowers. Then this feeling of sadness welled up inside of me, I had no clue where it came from, it was a huge wave of emotion like someone had just died. I started crying, and sobbing, I felt my heart was breaking and I didn't know why.

When I had managed to calm down, drink some coffee and get myself into a better frame of mind I decided to call Phillip. I explained how I felt and told him I didn't want to be here in Spain on my own anymore.

Of course, he tried to reassure me, telling me that he would be here with me very soon and that I knew that the house could not be left empty as the place needed someone to be there to make sure that the electricity was kept on and that everything was working normally.

I didn't think any more about how I felt that morning, until later, a few weeks later.

Confession to my face.

December 2017

Christmas of 2017 started with the usual photographs in the sunshine, opening gifts and preparing Christmas dinner, everything seemed fine. It was the day after Christmas when he came out with the sentence “he had something to tell me”. He motioned for me to sit next to him on the sofa in the lounge. I had this odd feeling because it wasn’t like him to ask me to sit next to him.

He started out by saying something like, remember when we first met and I used to talk to you about my Wednesday girl.

Well, I couldn’t recall that he talked to me about any Wednesday girl, so I just laughed, because I thought what’s this, a joke or something. Then he went on to tell me that he had connected up with this woman again in November, that she lived in Sheffield and her name was Katrina. I couldn’t quite grasp what he was saying, then after a few seconds, it sunk in. He was confessing to me that he had met up again with a woman that he was seeing in the first months of our relationship, back in 2009. Well, when the reality of what he was saying hit home, I stood up, walked into the middle of the lounge and stood there screaming so loud and for as long as I could before having to breathe again. I was sure I would be heard in the next village. He just sat where he was at first, then he got up and tried to put his arms around me, but that was the last thing I wanted at that point. I felt like my whole world had been shattered. I didn’t

even cry. Although I had damaged my throat by screaming so loud. My thoughts were, why was he telling me this, what did he want to do, was he wanting to end our relationship?

Listen to:

Hearts Ain't Gonna Lie - Arlissa (December 2017)

The Christmas holiday was a bit of a blur, to be honest. I just kept getting up in the mornings and doing what I normally did, making black coffee for the both of us, perhaps bringing some breakfast back to the bedroom. I was likely in shock.

What I do remember was that just after the New Year celebration, he sat me down again in the living room. I was on one sofa, he was on the other sofa and the glass coffee table was between us.

He tells me, “this is what is going to happen.”

“I am going to start to pay money into your business account every month”.

Now I am writing this book in 2021, it dawns on me that the only comment I made was something about the amount, I think at first he told me he was going to pay me £666, and I said something like can you change it and round it up, so he did and started paying £667 directly into my UK business account.

I have to laugh now because 666 has become one of the most widely recognized symbols for the Antichrist or, alternatively, the devil.

He was telling me that he had worked out the bills at the house and if he was paying me this money then I could start paying some of the bills, at least that was my understanding at the time. I certainly never asked him for this money.

Now looking back I would not have been able to pay the utilities or any of the other bills because nearly all of them were paid on direct debit from his personal Spanish bank account. Most of the money I received went on household shopping and keeping the wine and whiskey topped up.

I did spend a little on myself, I bought clothes in the “top exclusive designer outlets”, like Primark in the Cartagena shopping complex known as the “Espacio Mediterraneo” and ModaCity, the discount Chinese clothing store that you can find on the “Avenida Doctor Meca, Puerto de Mazarrón”. The only other interest I had at that time was meeting with the locals for a quiz night on Mondays, InterCambio on Tuesdays and Thursdays and playing darts on Wednesdays. My life was a whirlwind of social activities. I also started walking in the countryside with one of the neighbours I had come to know from being involved in the social activities, and I also love to work on transforming the garden, it is a vast area.

Now while I am writing this book I can reflect on this situation, I can see how his confession came at a point where I had yet again started to learn skills in an online program that I had

invested in. I was still trying to do something to start earning an income online.

I had recently returned from a training event in Costa Rica that I had attended in October. Phillip had helped me with the money for flights and the hotel accommodation, the ticket for the event had been paid for in the investment I had made.

To be honest, speaking with top affiliates in the online education marketing business was a great experience but some aspects of what was going on did play on my mind. I would have preferred to have had Phillip with me, but he was not interested in anything to do with my idea of having an online business. He had told me it was “mug marketing”.

So now after his unexpected confession, I am not in a good place emotionally.

Red flag. Suppression of Potential. (*Was this just another way to devalue me and sabotage any of my attempts to do something to regain financial independence?*)

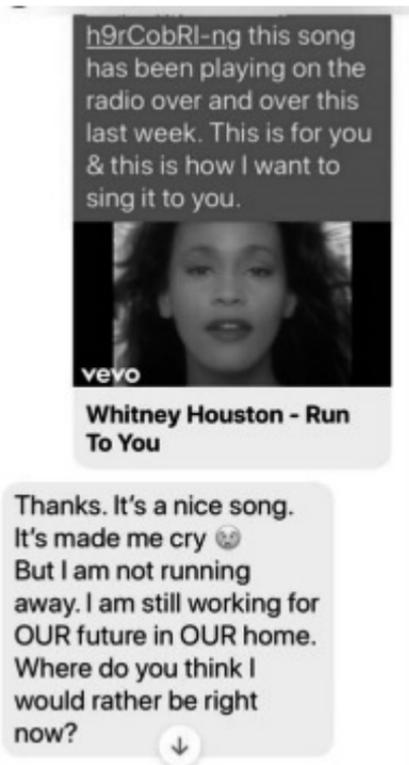
Panic attacks.

Returning to the UK to be with him.

January / February 2018

Listen to Run To You - Whitney Houston

A text message I sent him while I was listening to the radio.



After another angry outburst aimed directly at me.

So hurtful? He is unable to be humble about the pain he has caused me.

Text Message to Phillip Hollby. 23rd January.

I don't like seeing you like that. I now feel sick ? to this pit of my stomach again !!!

How does that happen?

I only want to help you. I'm not laughing at you. Please don't talk to me like that again. . It does you no good and it does me no good either.

I worked through everything you told me and got to a better place in the last couple of days after your outburst at the weekend.

What do you really want?

If you don't want me in your life please tell me.

I don't want a monster, I want a man. Good Night.

Sleep ? on it 😞😞😞😞

In January 2018 just a few weeks after he confessed to another woman in the UK. I started to suffer "panic attacks".

I didn't want to be in our retirement home while he thought it was okay for him to have a second relationship with this "Wednesday girl" that he would now be spending weekends with, while he was in the UK and I was alone in Spain.

I had not spoken to any of my friends about the terrible experience that I had just been through. We had acted out as if everything was fine between us when our neighbour here in Spain had invited us to join her and another couple for a meal between Christmas and New Year.

(This experience was to be repeated again in the days after the final discard of August 2020)

I did however start an online conversation with a neighbour in the UK. He was a drinking buddy of Phillip and lived next door to him.

Here is how that conversation went.

Hi kid - sorry only just read this - difficult on your own I know having had 2 years out in Macedonia.

Me: Yeah even more when Phillip does not call and is floosying with another fucking woman I've a mind to book a flight and get back to UK

I think he wants me to press my self-destruct button.

What makes you think that?

Me: He made it clear because he sat me down on the 27th December and told me he has seen another woman since November. I know you know because he has told me that too. Do you think that is a fair thing to do? I wish he would just make up his mind what he wants because this is killing me very slowly.

I have no family to talk to anymore and I am very isolated out here...

Unfortunately I don't have any answers but I agree I don't think it's fair.

People think it's idyllic out in Spain in the sunshine but it can be lonely - have you made friends out there.

Me: Yes, but non I could confide this too. I'm not even sure I want to be with him anymore but I'm a bit stuck with no income after investing all my savings into another business last year. To top it off I didn't make enough to pay off my credit cards so I have no credit to go anywhere either.

You sound as if you are trapped

Me: Yes and he knows it, hence the way he is beating me down with what he is doing I wrote a blog post about it.

This is the blog article I wrote originally in January of 2018. "7 Stages To Rebuild Your Relationship,"

<https://lifechangeplans.com/7-stages-to-rebuild-your-relationship/> reposted April 2021.

I ask the question, "Why is he angry at me when he is the one that cheated?"

I think he has big issues? Phillip knows that I had a complete breakdown when my youngest daughter was only 4 years old. That was 30 years ago and I've never had any medication since.

That's all heavy stuff - I don't really have any answers - he is feral and I think always will be - not easy to pin down or to sort out his mind.

Me: No, I know that. I have seen a completely different side to him since the episode when Geoff and Mae were out here. He completely turned on me and pushed everything he was feeling onto me. I'm sorry to burden you with this crap. I didn't mean to.

I've got in touch with a Coach who lives in the UK so perhaps I can talk things through with her. Perhaps I can come to some decision on what to do next. I'll use Phillips credit card to pay for the support I need, only fair don't you think.

If money was not an issue what would you want to do?

Me: Travel perhaps to Fiji or Costa Rica again. Learn more about the business I'm involved in. Be creative and help more people.

And would you stay with Phillip?

Me: My head says, If money was no object I would ask him if he wants to join me. My guts are saying he is toxic for me, I'm only just beginning to understand how he can change after he has had a drink or he is stressed. I grew up in a family with an alcoholic father and many times both parents would beat the crap out of one another.

I fear he had just as poor an upbringing as me. Not much love in the parenting thing...

That's concerning - I know that the bdsm thing is controlled but I do wonder if the need to inflict pain on someone else is a deeper, less controlled thing surfacing.

Me: Yes, I think it is. It is more pronounced when he has been drinking heavily, I wish I could have recorded his last outburst which sent me into a gut-wrenching nightmare. He was and can be so very hurtful with the things he says. One of my biggest assets here is time. Time to think. I have discovered this deeper black side to his character. I think both his sons know it too.

I then decided to fight for our relationship. Perhaps I should have forced him to end it then. Anyway, I booked a flight to return to be with him. I made all the flight and taxi arrangements and turned up at his house, I had the keys and the alarm security fob to let myself in. After all, it had been where I was living before I went out to Spain. He hadn't asked me to give the keys back.

He was quite shocked when he returned home. He said I'd turned up "uninvited".

Yes, I did. Why? Because my whole world was rocked on the 27th of December when he dropped the bombshell on our relationship.

He told me that he watched me go through the "Bereavement Cycle". (*Like I was some kind of experiment of his*)

He even got out a presentation to show me the stages a person goes through. Did I really need to be educated on the grieving process by the man who was the cause of my grief?

He even told me why he deserved to have another woman in his life because he was “busting his balls” (*his expression of his circumstances*) working here in the UK. Yet, he also told me he still wanted to be with me in Spain. He wanted to lead a double life, you know the expression: have his cake and eat it.

Why did I panic after last weekend, when he was obviously with someone else. Perhaps because I was unable to feel good about our relationship knowing that he was with this other woman.

Perhaps I should have asked him the questions.

How do you think I should feel?

How do you think I should react?

According to him, I had no reason to feel threatened, and I should accept it.

So me accepting his infidelity would make him happy, even though it made me very unhappy. He also told me he wanted me to make more of a fuss of him, whatever that meant.

Dear Diary

While spending time back in the UK

February 1st

Seems I can't do anything right?

I've upset him again & again interrupting him.

Replying before he has spoken or finished his sentence. Talking about how to change the way things are. Getting worked up when I talk about him being in Spain. Saying he has a plan that he knows will work.

All I have is what ifs!

Dear Diary 2nd February 2018

Friday started a long conversation to try and clear up a few things

On asking how he saw the future he could not answer only to say Katrina is a different type of person (not obvious that he wants to continue our relationship)

He did not confirm a future long term relationship together. Also repeated selling the Spanish Villa as he saw it as a mistake!

He also indicated that Helen a former lover and girlfriend, is still in his circle of friends. I think this was a way of saying if you decide to end our relationship we can still be friends.

My thoughts are NO. On ending this relationship there would be NO way I would continue a friendship. I would want a complete break away.

I don't want the relationship to end, but if he is persistent in treating me the way he has done on a number of occasions, then I would have no choice but to find a way to ESCAPE mainly in order to preserve my own mental health.

I told him how he has hurt me on different occasions. I know I have not helped the situation, I should have talked more openly about what I wanted to do in terms of business.

I still feel that there can be a future together. He has to accept my passion for creating a business and working on my dreams.

I need to be STRONG in my beliefs and if he is adamant in knocking me down I should focus on the positive and those that can help me achieve my dreams for both of us.

After all that is why I started doing the IM business in the first place.

Not for me for both of us so that he doesn't need to be in the UK

Phillip still doesn't see the IM business as I do. Let's see how he feels when I make this work and get the income I deserve. Will he see a future together or not?

Dear diary 6th February

I found my old journal and some of the things I wrote about how I felt when I met Phillip.

No harsh words from Phillip.

No side swipes, all ok for now.

Let's see how things go?

My notes from February 10th 2018**Things we agreed on.**

We have both been through a whole deal of stress since 2015.

- Stress can impact a relationship and health
- We have both felt things were not 100% - but neither of us was strong enough to talk about what we wanted
 - a) as individuals
 - b) as partners, lovers and soul mates.

Why did I know that trying to talk with him on Saturday would not be helpful?

He tells me I don't care and respect him enough to listen to him. (Now I can interpret this little snippet, since my research on narcissistic traits and emotional abuse. This was him projecting onto me, he was the one who would not listen, he was the one who didn't show me respect and care.) That morning in the bedroom he got angry because I was not about to give up on the online business education. This was when he shouted at me telling me I didn't have enough money to buy paper to wipe my backside with.

Thank you Phillip, how charming of you.

I had two choices,

- Bite my lip and give in, or
- Get angry

Easy to say now. The discussion continued downstairs.

He wanted me to focus on the things that will make me happy or happier.

I got angry, he wanted me to give up on my dream of having a business online.

He wanted me to "market myself to estate agents locally in Spain". I had spent a lot of my own money on training and investing in myself in order to create an online business.

So I got angry, it takes a lot for me to get angry or even shout, I am not that type of person.

I shouted, "The only reason I poured all my money into an on-line business education was for us!"

His reaction: An even angrier outburst, as he ran at me from across the kitchen with his hands raised and I saw his twisted face coming towards me. He was shouting and practically spitting in my face. I was frightened and fell to the floor in tears, curled into a little ball. He walked away and left me there sobbing.

I don't know how long I was there on the floor but he came back and got me by my arms and got me standing and then sat me down on the sofa.

I took out my phone and flicked through the photographs in the gallery stopping at the ones he had taken before Christmas day when we had been on a walk around the City. They showed me happy and smiling in a cafe bar. They showed me in the square looking at the Christmas display again, happy and smiling. I showed these photos to Phillip and explained how I had been happy. My happiness was destroyed when he made his decision to tell me about Katrina.

**A double life, how and why?
(It's like Goodnight Sweetheart)**

I had written a very long email to Phillip, because I felt unable to speak with him when he was here in Spain with me. Mostly because I knew that he would react angrily towards me, he did not like to be reminded of his disrespectful behaviour.

In his “Dear Loren” letter.

He accuses me of not wanting to discuss things face to face, yet time after time he has shown me that he is unable to discuss anything meaningful face to face. Why? Mainly because he flies into a rage, says hurtful things, and I end up crying and upset. So after my failed attempts to talk to him, I received a very long letter by email. It read:-

Dear Loren,

Yesterday, I had a very long day. Didn't sleep well the night before. Still got this chesty cough. I talked to you on the way to work, as best I could. I talked to you on my way home, a call which you terminated. I stopped on the way home to eat because I needed to get out of the car and walkabout. When I got home I let you know I was safe and then I crashed out. My phone was on do not disturb as it always is when I go to bed.

Then when I check my phone in the morning I get an avalanche of text messages and missed calls. I know you are upset and hurt, but I need you just for a moment

to try and think about how I would react. We have had ample opportunity to talk about the situation, and you have chosen not to. You also chose not to ask questions and said that you would rather not know. That was an agreement we made, and after that things settled down and we got along fine. Your view of this was if you can't cope with thinking about Katrina and me, then you don't think about it. Distract yourself.

You have known me for a long time. It is obvious to anyone who knows me, and I make no secret about my need for freedom and independence. I can't abide being controlled or manipulated.

(I can't for the life of me see how he would be controlled or manipulated. Plus we did not make any agreement)

Email continues...

Your sudden appearance at my house (despite what you say this has not been your home for 2 years) was not only a shock, it felt like an infringement of my privacy. OK, I understand the various reasons why you did it. Up until you kicked off again I thought perhaps it was a good thing that we spent so much time together as you have seemed to settle down. But inside I am still annoyed about it.

Never do this again Loren.

Then, when I am again preoccupied with work, you send me a long email with an itemised list of things you want me to agree to.

(Perhaps, I am trying to set some boundaries after he caused me so much pain and hurt. Maximum damage, Maximum hurt)

Email continues...

After we have had weeks to discuss this face to face. How did you think I would react?

Don't get me wrong, these are important things to discuss, but would have been best-done face to face. I am writing this now be-

cause I want you to be able to listen to what I am saying – but I can't check for your understanding.

I am still thinking about your list of things and I will get round to responding. But I am still concerned that you have decided you want to know the detailed truth 'rather than live a lie.' I really don't think this is best for you.

Best done face to face. Yeah, like his come and sit next to me on the sofa, face to face confession. Yet, unable to have any real meaningful face to face discussions.

This next phrase appears from time to time in his communications and also in his phone conversations!

“I am writing this now because I want you to be able to listen to what I am saying – but I can't check for your understanding.”

Email continues...

The couple of weeks we were together at Las Zinas we were barely separated.

But we got on OK didn't we? Just as we did that first week at Christmas. When I am in Spain, everything is OK, we get on with being together and Katrina is not an issue. I do not phone her when I am with you. Its just me and you.

You and Katrina live in two separate worlds. I move between them.

So our situation is more like the Goodnight Sweetheart programme than a polygamous household where all the wives and

children live under the same roof and have to cope with all the in-your-face competition and jealousy that creates.

And yet many (and not only Muslim and Mormon) families cope with this. (personally I can't imagine anything worse than have 2 or more mothers in law). Also, our situation is not a polyamory 'threesome' where we all sleep together, although unlike the Mothers in law that sounds like it could be fun.

Equally it is not as if I was shagging my secretary after work then coming home to sleep with my wife with lipstick on my collar. A relationship which 'the community' know is going on behind your back. This type of affair is so widespread it ought to be considered normal. It happens in more relationships than not – as we both know.

How do the betrayed wives cope with this? I can only speak for what I have seen – which is they pretend it isn't happening and hope it will go away. Although it often doesn't – it can last for decades, my own mother and my uncle Sid are just two examples. I can think of other ones that I will not tell you about because you know the people involved. I am sure you know examples of your own.

Yes, I do know of examples, but quite often the betrayed wives or partners do not cope with this. Why? They bottle up the situation, they do not seek help, they start abusing alcohol, food, or even medications as a way to cope or forget the trauma and the hurt. They can bottle up stress, anger and resentment and that can lead to all manner of things. Including physical illnesses, like cancers, heart disease, and many other mental health

issues. It is well documented. Not to mention the crimes that may be committed when one party is taken by jealousy and in a fit of rage murders the other party.

Email continues..

It seemed to me that you had accepted this situation, not liked it, but accepted it was happening. And yet I am now getting these emails, panicky messages and phone calls.

When we are together everything can be as normal. You are safe and secure in Las Zinas, you have plenty of money/work issues of your own to resolve, but buying food and diesel, and paying all the bills are not part of it. Until I am able to retire we can't be together all the time. That's just the way it has turned out.

Mainly, it turned out this way because he did not want to make a commitment to me. He would not listen to any other solutions of how he could work from Spain and have his UK house rented out, reducing his overheads and providing him with a monthly income. Allowing him to spend more time enjoying himself, going diving, swimming in the pool, and living in the retirement home we were meant to be sharing.

Email continues...

When I am in England I have to work some of the time. When I am not working, I want to spend some time with Katrina. This isn't in your face. You would not even know about it had I not decided to tell you. It isn't affecting our relationship in any material / physical way. For example none of your friends in Spain can see it going on.

All I am asking is that you give me the space and freedom to be with Katrina sometimes. Cope with it by distracting yourself. Don't fret about it. Try to keep it in perspective – yes it is 'infidelity'. But I can't imagine a less harmful or intrusive type of infidelity. You might think this is a big ask – and emotionally I suppose it may be. But then, your end of the bargain ain't so shabby.

Then I am seeing Katrina this weekend. This means that I won't be calling you on the phone. This will give you plenty of time to read this. Try to put things in perspective and come out feeling positive. Count your blessings, please. Just give me a little space for 48 hours. I will talk to you Sunday evening.

DFILY x

So he tells me, my end of the bargain ain't so shabby. Apart from the panic attacks, the anxiety, the feelings of being trapped, not knowing what to do, spending a lot of my time here on my own. I started to take risks, I would go out when he was not here with me. Going out usually means going to the local bar. The local bar means having a drink or two.

Monday evenings - Quiz Night

Tuesday - Intercambio & learning Spanish

Wednesday evenings - Darts

Thursday - Intercambio & learning Spanish

Friday - 6 O'clock club then maybe the 8 O'clock club So, yes most nights I tried to get out of the house and do something which also involved drinking beer or wine.

You lied to me, Cyprus diving holiday

I couldn't get the conversation out of my head. The one where I was sitting in the kitchen in Spain having a facetime conversation with him while he was in his UK home telling me about how he had booked a diving holiday in Cyprus. What did I say, "are we going to be leading separate lives now." I was asking myself why he didn't want to take me to Cyprus? I decided to try to log into the laptop, as him. I had no clue how I might do this, but after trying a couple of searches on

Google I discovered a way of changing the password. I knew I could use one of the domain emails within my hosting account in order to change and recover login access to the laptop.

It worked! I discovered from his emails his sordid holiday plans with Katrina.

Yet another Dear Diary entry.

Dear Phillip

You lied to me.

What type of man starts an affair with a woman he met (around August 2009) nine years ago.

Then tells the current woman he has been with for the past nine years that he has started seeing another woman after just four weeks of meeting up again.

You told me you were going to Cyprus diving alone.

You told me you were staying in a B&B near the dive centre.

For some reason I knew in my gut and in my heart you were going on holiday with Katrina.

As I now know you purchased a room in the Roman Boutique Hotel and sent an email to confirm that you had a double bed in the room before you arrived. You had entered 23rd to 8th April in your diary indicating you booked out to KVH her initials, you were going on holiday with Katrina.

When you left me in March and I sat down to write that long email, I was very upset and hurt.

One of the rules that I wanted to put down after I sent the email was “not having holidays with Katrina.”

Unfortunately, I left that out, now I discover that it was too late. You sent Katrina a book on Cyprus car tours and walks, that you ordered on Amazon on the 12th of February, while I was staying with you in Brady Cottage. You sent that directly to her home address.

Now I have Katrina’s home address, her mobile number, her landline number, her date of birth.

I have her photograph, I know where she works.

I know you have blocked out the 14th of July to the 1st of September with the initials KVH in your diary.

I have known this since you were in Cyprus with her in April. Yet you tell me that Katrina is not a threat. Don't insult my intelligence.

I have been waiting for you to tell me some excuse for why you are not able to visit me here in Spain, during July and August.

Dear Diary May 2018

May 19th A Message from Phillip

Weather here is supposed to be good tomorrow so I am going out for the day with K, to avoid the fucking wedding and the fucking cup final.

Scottie is coming round on Sunday, I have some tobacco for him. I will call you in the afternoon, if you will be around.

Monday I am setting off 06:30 for a 4 ½ hour drive to South Wales, so it wont be a late night.

Dear diary, He can't even write her name in the flaming text message. What is wrong with him?

Is he hell bent on destroying all he has, and all we have together?

I've not had a telephone call since Thursday evening. When he phoned to say he was going home and straight to bed.

I had thoughts that he was stopping off in Sheffield, not York.

May 20th Message from Phillip

My bell end is sore, thrush or something so there

will be no hanky panky. Otherwise I am feeling fine thanks. Will txt more when I get up and will phone you on Sunday.

Dear dairy, I did tell him on his last day here that I was sore after we'd had sex. Something that came on during his stay with me. Yeast infection, possibly, although I don't have the discharge I have been sore.

So he will text when he gets up, so he is with Katrina on a Friday evening, Saturday morning.

Am I prepared to start over again on my own?

Perhaps I should contact a therapist?

I should also have a plan B

I can be happy in my life with or without him.

I should also let him know that I have never ever been in contact with any of my past boyfriends & lovers. Once I started

our committed relationship I deleted all of the male companions that were in my address book

Perhaps he should have considered doing that nine years ago when we became more involved.

May 21st Dear Dairy

Thinking - on my mind questions

Was Katrina married when you met her?

What is she getting out of this relationship?

Does she think that it can become a long term relationship? Do you?

No good can come out of seeing two women at the same time, you are using both of us for your own ego. You are asking me to accept the situation, and wait around while you have a fling with a younger woman.

I am the long term partner, she is the mistress and these situations happen all of the time. I can tell you many stories of how these things usually end. And you need to know that it is never easy, someone will be hurt, emotionally, exhausted physically and or financially, or even become ill with life threatening diseases due to stress. Not to mention the early demise of people who find things too much to handle (suicide). These are the realities of the situation.

You are a serial adulterer. You admitted that to me nine years ago.

I was cautious about a relationship in the beginning after losing my long term partner. I was looking for a better, stronger man.

I found that in you, however now I have been cheated on and I'm truly disappointed that you returned to your old ways.

Now this week, May 23rd to be precise you decide to start to tell me you have won contracts to do work in Wales. Another 18 months of work.

Where does that get you, December 2019?

Trying to tell me that this will mean that you will have less time to visit.

Why not just cut your ties completely, sign over this property to me, and I will live as best I can without you in my life. Then you can continue to enjoy your time in the UK, and be with Katrina.

Or you can do what you were supposed to do. Move to Spain, rent out Brady Cottage.

Reduce your overheads, and make the most of everything you have right now.

Not in 18 months' time.

Carpe Diem my friend, Carpe Diem.

May 30th Dear Dairy

For the last day or so I have felt sad while I have been alone with my thoughts. I have tried to stay positive and not to dwell too much on the situation I find myself in. However it is proving very difficult.

Even though I keep myself busy and active as much as possible.

Anyway today was one of those days which started in me thinking I would hear from Phillip and I would at last get the chance to talk to him and even FaceTime.

However, I discovered that was not to be, and forced the situation to a head. I had messaged him many texts over the past 24 hours with a small response in return. Anyway Phillip did call me, and I asked him how he thought I felt right now? I asked if he understood why I might feel upset. I told him that being open about what was going on is one thing, but then telling me you were going home today on Tuesday then changing your plans and staying until Thursday was another thing.

I explained that if he wants to be with Katrina full time he should sort it out. He told me that he didn't want Katrina full time. I feel that he should be open and honest with her and tell her now.

If he doesn't tell her, then I could write or call her and explain how I feel and ask her what her intentions are in the relationship.

Phillip admitted that over the past year he felt that I was rejecting him.

This was not my intention, but I was not in a good place with myself, my lost identity and my financial situation, lack of results in my dreams of having an online business were causing me a huge amount of stress.

On top of that I felt from July 2016 that our relationship had hit a rocky patch. I felt bullied, that I was on the receiving end of emotional abuse. There had been situations that had caused me immense embarrassment in front of friends invited into our home. Mostly verbal and emotional not physical. Phillip raising his voice, being angry, being frustrated, speaking in an angry tone, accusing me of moving things. It was like bully behaviour, a lot of little things but triggers that caused upset on a few occasions. Things that normally I would have laughed off because he was the one who was showing himself up, only my current situation was different than before because I had caused myself to be locked into a negative situation of my own doing and I felt insecure and vulnerable. So Phillip's outbursts caused me upset and anguish and tears.

Hence the dear diary notes started in July 2016.

Killing myself slowly

(Maximum damage, maximum hurt)

When a guy you are married to or in a relationship with "*intentionally inflicts emotional distress*" by confessing something that he knows will cause you pain and suffering and grieving. He knows that it will cause you stress, anxiety and trauma.

Oh, he was straight with me.

The panic attacks and trauma afterwards were real enough. The betrayal, the sleepless nights, worry and stress of my situation that experience was real enough.

Perhaps I should have acted on my idea of counselling or therapy at the time that I was going through the trauma of 2018.

The question is: What qualifies as (IIED) intentional infliction of emotional distress?

What Is Anguish?

Anguish is often referred to as emotional distress and can encompass a number of different emotions, such as trauma, grief, sorrow, fear, and anxiety. Simply put, the anguish can refer to being in severe pain, and it is important to note that anguish can be mental and physical. It is a reasonable, typical, and even a rational response to a horrible situation. Someone may experience anguish when going through a divorce or through the loss of a loved one. These examples of grief have the potential to wreak havoc on your well-being. A traumatic event can change you as a person, especially if anguish goes on for long enough.

What is the definition of "ABUSE"

- to use or treat so as to injure or damage.

Or maybe this definition: any action which intentionally harms or injures another person. Not just physical but also intentional infliction of emotional distress which causes psychological damage.

What Is Emotional Abuse?

Emotional abuse is a way to control another person by using emotions to criticise, embarrass, shame, blame, or otherwise manipulate another person. In general, a relationship is emotionally abusive when there is a consistent pattern of abusive words and bullying behaviours that wear down a person's self-esteem and undermine their mental health.

Emotional abuse is one of the hardest forms of abuse to recognize. It can be subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality.

The underlying goal of emotional abuse is to control the victim by discrediting, isolating, and silencing.

Forgiveness

This is how I remained calm over the past weeks, discovering he went on holiday with Katrina was the final blow.

I discovered that I was hurting more than I wanted to be hurt. I was killing myself slowly, the pain and the anguish I suffered

due to the decisions he was making, I was so upset and disappointed.

I repeated to myself: I'm not angry, I'm not resentful, I'm not fearful.

(I was listening to a lot of personal development during this period of my life.)

I've used the following statements to help myself and calm my mind. Forgiveness is my way forward. I have been saying these statements out loud most days.

Phillip, I have forgiven you for your infidelity.

Phillip, I have forgiven you for your ANGRY outbursts towards me.

Phillip, I have forgiven you for the hurtful words and actions.

My tip.

Don't carry anger and resentment?

Keeping those emotions inside of you can make you unhappy, frustrated, feel helpless and they can actually make you feel physically ill.

Quote.

“Resentment is like drinking poison and then hoping it will kill your enemies.— Nelson Mandela”

Why does he say that?

Listen to, Words - The Christians (April May 2018)

What did he say in that telephone call? In that conversation where I pressed record on my iPad because he started going off into a rage again because I dared to voice my opinion on how I was feeling?

Oh yes. That’s right, he told me:

“I made you dependent on me,

It’s my fault, I’ve made you dependent on me, Phillip’s an evil bastard ”

In January 2018, he had started paying money into my business account. Why?

I never asked for any money, I was happy to try and earn my own income by looking at how I might start an online business venture. One of my goals has been to have an online business that keeps me financially secure. But in January 2018 just after his “Wednesday girl” confession he sat me down and told me “this is what is going to happen.” So before he left for the UK Phillip started to pay nearly £700 per month into my UK business account.

I suppose I was still in shock from what he had told me just two weeks before. Whatever his motive for paying me this money, it was not so that I could pay towards the running costs of the property, which is what he had told me it was for. Why? Because I did not have access to make payments, most of the monthly running costs were on direct debit from his own Spanish bank account.

Some months later around April 2018, after driving him to Alicante airport, so he could return to the UK, I called him on the phone to again try to have some form of conversation, only to be greeted with him going off into a rage, and there was me apologising again for thinking I had upset him because I had dared to call him on the phone wanting some clarity and answers.

When I'm saying,

"I'm sorry I didn't mean to upset you"

and he replies,

"Yes, you bloody well did" "what was it designed to do if it wasn't designed to bloody upset me."

Then I tell him how I feel because he has this other woman who he wants to keep meeting in the UK, and he has told me that I should be grateful for everything I have where I am, I have this lovely place to live, I can stay there, and he is sending me money.

Only, I'm confused because I'm receiving mixed messages from him, he had told me in another phone conversation, perhaps after he had drunk too much alcohol, or consumed other substances when he angrily shouted at me saying:-

"I'm throwing nearly £700 a month at you"

That's right, the money he decided to pay me, that I never asked for. Then he throws this back in my face. Then I'm left feeling like some kind of inferior person. And I still apologise, saying "okay I'm sorry."

Then he tells me,

"it's more money than you're getting from anywhere else, your lovely businesses that you've been developing, what are they producing?"

And when I reply that they are not producing anything... he interrupts me to say,

"then don't fucking knock the money that you get, don't fucking bite the hand that's fucking feeding you"

And I still say "I'm sorry."

So he goes on to tell me how I am feeling!

"you're upset because you've made some bad decisions, and what you are doing is, you're now trying to make me feel emotionally responsible for your bad decisions as if it's my fault I've made you dependent on me, it's

my fault, you were a strong, powerful, independent woman till I came along, and made you into what you are now”

So I say “No” and he continues to rant....

“I’ve made you dependant on me, it’s my fault that I’ve made you dependant on me, Phillip’s an evil bastard”

So I say, “I haven’t said that,”

Apparently, he can hear it in my voice when I’m talking to him!!!

He says:

“No, no, I can hear it in your fucking voice”

What a strange thing to say, so again I tell him,

“I haven’t said that, when have I said that? I haven’t said anything about that...”

And so he goes on,

“This is exactly why we shouldn’t be having conversations like this either a) on the phone, or b) on the way to the fucking airport, on the way home, you’ve had plenty of time to have conversations, and then you choose not to.”

In my head, I am saying, WHY? Why do I choose not to have these conversations?

So he then tells me he has to ring his missed call back because it is more useful to him than talking to me on the phone.

And, I still apologise, saying “I’m very sorry, that you are angry with me”

He talks over me telling me

“it’s going nowhere, it never could go anywhere, cos we’re on the bloody phone, it can’t go anywhere, this kind of conversation can’t work on the fucking phone, why don’t you understand that?”

I try to say... “because...” but he continues to talk

“Why is it? Look I’m..... you’ve fucking upset me now, I’m going, I’ll talk to you later....” Then he hangs up.

You can listen to the audio clips of how this conversation went.

<https://lifechangeplans.com/verbal-abuse-in-relationships/>

Ending his affair 2018

Dear Diary June - July 2018

June 5th Dear Diary

Tonight Phillip rang me and when I asked if he had got a room sorted for the evening he said No, he was driving up to stay with Katrina.

I can't believe how casual he was about telling me.

What the heck is he playing at?

Now I had offered to find him somewhere when he told me this morning and he said it was ok.

Had he already had thoughts about driving to Sheffield after his room was cancelled last night?

I went to AirBnB and found two places asap for under £100 and only 30 mins away.

June 6th Dear Diary

Awake at 3-30am

Write a text to Phillip and send it

Not sure how he will react?

My text:

Guess, what? I can't sleep.

I wonder why that is?

Just had these thoughts of a scenario.

You turn up at the airport, I greet you with a slap in the face.

I say to you, "it's only what you deserve"

Then say, "why don't you just book the next flight back and go stay with Katrina, until you sort your life out, and pay me the respect that I deserve"

Questions, questions, questions.

Who are you?

What do you want?

Why are you behaving this way?

What are you gaining from this situation?

How do you see this situation being resolved?

What do you really want?

No need to answer these questions yet.

But you can start to think about how you would answer.

Phillip has decided to end things with Katrina. He tells me to trust him and he is dealing with this.

July 15th Dear Diary

Yesterday evening I was sad and emotional. I cried when I was alone in bed thinking of how things are.

Today I'm still emotional. I've left the house and taken myself out for the day. Now sitting in the port writing this with tears streaming down my face. WHY?

I've turned off the WiFi at home and left the cameras down. I've got missed calls from the security.

Nothing from Phillip? Not 1 text, not 1 missed call to see how I am today.

When will he contact me if I don't contact him? I'm waiting to find out?

Obviously not even aware yet.

1st Text and missed call at 12-18pm.

Meeting K at train station?

A thought occurred to me, how long is she staying?

What has he not told me this time?

Monday 16th Dear Diary

After telling me he was collecting K from the train station yesterday at around 1pm. I had 2 text messages yesterday.

Now today, he sends me this message at 4.33am

She wanted "one last night".

She cried. There was no sex.

I will take her to Railway station on my way to hospital appointment.

I will ring you afterwards.

Stay calm, I am dealing with this.

Dfily x

Confidence restored trusting and believing

2019

It took me a number of months to feel better in myself after the terrible year of him and his double lifestyle and his Wednesday girl ego trip. There were still some periods of uncertainty. But Phillip had told me that he wanted to be with me and that he would work for just another 12 to 18 months in the UK. He was wanting to earn more so he could top up his retirement pot.

I didn't really know what was in his bank accounts or how much he had saved or even if he had a ton of debts. It is something that he never spoke to me about. I just know that he worked in the UK at various companies and he was telling me he was making a lot of money.

He expected to be able to put another £100k into his retirement fund, telling me it was so we could be secure in our retirement here in Spain. By mid 2019

I had started to enjoy a few activities, on top of the activities I was already involved in. I was going to a Yoga class, and I also joined an art class. Then in November, I was invited to dance practice to prepare for the Cartagena Carnival. This was a first, I had never been involved in a carnival before. I also enjoyed the sunshine, the pool, the hot tub and working hard in the garden. By the end of 2019, I was beginning to think everything was going to work out between us.

Covid lockdown in Spain March 2020

Busy with improvements

When the Spanish Government made the announcement of the Covid Pandemic it was shortly after my 59th birthday in March. I had enjoyed a party with friends that we had invited to our home and then a day or so later we had a lovely meal out in a restaurant. Then all of a sudden we were being instructed that restrictions were coming into force. Of course, Phillip made a quick decision not to return to the UK on the flights he had booked. He didn't want to leave me alone in Spain, and also he didn't want to be in the UK alone either.

I remember that he seemed worried, he decided that we should go shopping that evening just as the announcement was made. He even instructed me to put my passport and ID card in my handbag just in case we were stopped at any roadblocks.

We decided to shop in the larger supermarket in Puerto Mazarron, of course, there were no roadblocks, nor did we see any local Policia or Guardia vehicles on our way there. We stocked up on all sorts of long shelf life foods, obviously, he was thinking that this lockdown restriction could last a long while. Little did we know right then just how long this situation would play out.

During the lockdown, Phillip decided that we could make a few improvements around the villa. So it started with an A3

size drawing pad where he sat me down with coloured pens and we started to brainstorm ideas of things that needed to be done and things that we would like to do.

That document became our working plan for all sorts of DIY projects that one by one from March to June were taken care of.

We painted the entrance gate changing the colour from black to blue, and repainted the light fittings on the gate posts and on the double garage to match. Phillip also ordered air conditioning for two of the bedrooms. Then my idea for a wooden fence came into being when he purchased the wood and built the fence with the help of a friend and neighbour.

Bit by bit we did things to make the place better. My other idea of creating paths and planting up the land on the top tier also took shape, as Phillip ordered gravel, sand and paving slabs before he left for the UK in July. I worked on that project alone, apart from the help of my neighbour who had an electric barrow he helped to move the heavy slabs and the sand up to the top deck so I could get started on the idea I'd had to transform that plot of land.

A conversation was overheard. June 2020

It was June 2020 in the middle of the Covid pandemic and lockdown. I had been out that morning and returned home after an art class, he obviously didn't hear me coming in the kitchen door. He was sitting on the front porch and I could hear that he was talking to someone on his iPad. At first, I thought he was talking to one of his sons.

However, I heard him saying "Loren is very insecure" then I thought what? I'm insecure?

Then in the next breath, he went on to tell this person about how he had arranged his Spanish and UK wills, even telling the person that he was leaving the Spanish house to me and his boys would inherit the UK property he had.

When I went through to the porch, he looked up and very quickly ended the conversation, telling the person he had to go as Loren was home. I never let on about the part of the conversation I had just overheard. But I knew he was not talking to one of his boys, besides he had told them and also me what he had planned for his will and his properties during 2016.

Later that day, we were both outside and had been swimming and then sat in the hot tub. I questioned him on who he had been talking to earlier. He then gave me his story, about how he had seen some post on Facebook from his old friend Harry and he noticed a comment from a woman he knew from Poole her name was Delia.

Then I realised that he was talking about an old flame from his past. I still did not ask him why he had told the person that he thought I was insecure or that I heard him telling her about how he had arranged his Spanish and UK wills. Don't ask me why I didn't want to confront him. This was another one of those moments where I thought it was most likely best not to ask and again brushed things under the carpet.

Now, however, I am not sure if he was talking to Delia, the old flame from the past. Why?

Because in January 2021 his (ex-wife) Jenny Hollby now Lambert connected to me via Facebook messenger, to "supposedly" find out if I was okay after she realised that the relationship had ended.

She saw that his York property was up for sale, apparently found out through her daughter who is still connected to his two boys, she said she doesn't do Facebook much!!

In one Facebook message, she mentioned that I had walked in on a skype call he was having with her. She didn't say when that was, even though I questioned her. Was it his ex-wife Jenny that he was talking to in June 2020 before he left Spain for the UK again? Or was it really Delia, the old flame from Poole.

Jenny went on to tell me that throughout the whole 11 years of our relationship together she had conversations and meetings with Phillip. Even though their "marriage" (that lasted 6 months) had ended, their BDSM bond had not. So Jenny tells me.

“Thank you for chatting yesterday. It tidied up some emotional loose ends for me”

Emotional loose ends! Yet she claimed she had moved on years ago. Ha!

Phillip returns to the UK. July 2020
The Removal van is finally booked.
Will I harvest the cannabis?

His return to the UK was delayed because of the Covid lockdown so we had spent six months together in Spain. We had been working on our home transforming the place, fixing things, and making improvements. I finally felt that I was leaving the terrible memory of his past infidelity behind.

I started to recover lost self-confidence once again. I was really enjoying the dance classes with the other Spanish women and another English neighbour and in February 2020 the big moment arrived where we all were involved happily dancing through the streets of Cartagena taking part in the colourful Carnival, with all the wonderful costumes and the music playing loud into the night, it was a lovely family party atmosphere. The music was ringing around my head for days afterwards. I got such a thrill from taking part.

Everything seemed to be coming together. We seemed to be getting along fine, apart from that odd conversation in June that I had walked in on.

While he was back in the UK, the removal van that was meant to happen in April was rescheduled and he sent me photos of the van packed with all of the things he wanted to bring out from his York property, this included a few items that were mine. The van was due to arrive here in Spain before he was due back, unfortunately, things didn't go to plan. The removal van broke down twice on the way from the UK to Spain, causing a massive delay. It actually didn't arrive until September.

Cannabis Harvest

So while Phillip is back in the UK, I am needed here to look after the cannabis plants that he had been growing for months. He asks me to take some photos to send to him, so I of course oblige. I send him the photos of the plants and then Phillip sends me a message back asking if I could harvest one of the plants. So of course I am saying yes to pruning the plants, washing them and hanging them to dry in the games room above the snooker table.

Phillip delayed his return to Spain by a week. He was telling me about his plan to visit a therapist in the UK somewhere near Cardiff in Wales. This came as a bit of a shock, to be honest it was the first he had spoken to me about wanting to have any sort of therapy.

A bombshell is dropped. 27th August 2020

I'm collateral damage, unfortunately.

Phillip arrived in Spain to be with me on the 25th of August 2020. Every time he returned to the villa I would spend two days preparing the property for his return. I would go through every room in turn making sure it was clean and tidy and dust-free. I also made sure that there were plenty of his favourite foods in the fridge and the cupboards. Oh, and ensure that there were at least two or three bottles of whiskey and that the wine rack was stocked up with his favourite Jumilla wines that he said he liked.

Driving to the airport in Alicante is a one and a half hour journey, a three hour round trip for me. I would always feel excited that we would be together again. I had packed him a picnic and a chilled vodka and tonic for the journey home. I always put a little something together for him for the journey back from the airport.

He had spent the previous weekend, the 21st to the 24th of August in Bridge County, or so I was told. He had booked and was undergoing a "breakthrough transformation weekend" with an ex GP who is an NLP transformation coach.

This was meant to be a 2-day session over the weekend to help him transform his health and reduce back pain, which he experienced throughout his life, from an injury he received when

he was in his twenties. That weekend, on Saturday the 22nd of August he told me the transformation coaching had been difficult, and he had been a bit tearful. Later he told me he was feeling a "bit shaken up, to be honest." On day 2, he continued through the session and on Sunday he was telling me he had "shifted something deep" he was still processing everything and said to me

" I know that I can get healthy again, it needs work".

He was apparently looking forward to seeing me telling me that he was excited and that we have so much to talk about.

When we meet in the airport car park he does look different somehow, a little more energetic perhaps, anyway I thought he looked different and healthier perhaps. He was talking about what he had experienced in the coaching over the weekend as I was concentrating on driving home.

On the 26th of August, he wanted the day for just the two of us. Because he wanted to talk about his weekend experience again. He had sought help for his health problems, his arthritis in his back and his shoulder, his Crohn's disease and other ailments, he told me that on the first day the female practitioner, an NLP hypnotherapist apparently couldn't get through to him and was going to call an end to the therapy session.

He told the therapist that he wanted to continue and so she did, apparently gaining some breakthrough after quite some time on the first day.

He wrote to me in a text message that night and told me that it was all quite emotional. It had made him cry and that he had shifted something deep.

After the end of the first-day session, back in the hotel that he said he'd booked, he told me he was unwell. He said that he had purged himself. He was quite ill with vomiting and diarrhoea at the same time he became somewhat disorientated.

When this episode calmed down he explained to me how he heard voices in his head, voices that were saying to him, "Phillip you know this, you know this."

I thought it was all very bizarre.

Something in the back of my mind was saying to me that I wonder if he had been given some form of drug in the session that he didn't know about.

After all, the therapist had been a GP. Perhaps that was why he had had such a reaction.

Anyway, he was now telling me that he felt better than he ever had before and his back and shoulder pain from arthritis was not a problem anymore. He also thought that I could benefit from the coaching, and offered to pay for a weekend therapy session. He described how he could fly us both back to the UK, book a hotel, hire a car, and he would be there for me, so I could transform my life and find the success in business that I had always wanted. I just sat there thinking, a bit bewildered, WHY? I had listened to everything that he had said about the

weekend but had an odd intuitive feeling that something was not right.

The abrupt termination on the 27th of August.

We were entertaining friends later in the day. I was going shopping, and before I left I gave Phillip a hug and a kiss and said as he was now a new man, perhaps we could get back to making love again.

He had experienced some difficulty in this department over the previous six months, his ill health being a factor. He had told me he had a slightly enlarged prostate, he also experienced an episode of Crohn's disease, that had flared up before he had left Spain for the UK in July. Phillip had even purchased some "new man tablets" but even then due to his miscommunication between us, things didn't work out as planned. Like him taking a pill and then me not knowing he had done so, anyway back to the 27th.

We had invited a couple of friends to spend the evening with us, they were over from the UK on a holiday. So the four of us had spent a few hours together, eating and drinking and talking. Phillip had asked me to sit on his knee and of course to give him a kiss. We had even talked about our plans for planting more oleander around the perimeter of the driveway behind the Washington palms.

After our friends had left Phillip had said, "let's have a nightcap and sit in the comfy chairs on the porch". So after tidying away and preparing the drinks, we sat down on the winged backed

armchairs, then he said to me "I've got something to tell you" so I'm thinking, here we go, I knew it, that little voice in my head, (Flashback to December 2017) Phillip then said,

"I'm in love with another woman, we can remain friends, if you want to remain friends, we just can't have sex anymore" just like that.

He explained, he still loved me and that we could remain friends.

Red flag - wanting to remain friends with an ex keeping you in a web so he can wind you back in anytime he needs an ego boost or what is termed narcissistic supply, excessive need for attention or admiration.

Why did I not react?

Well, what would you do? Hit him with something? Slap him in the face? Kick him where it hurts?

I didn't do any of those things. I walked away and went into the kitchen. I was angry, I was annoyed, I was in shock, I threw my phone down onto the glass table and it bounced onto the floor and I thought to myself, no don't break that, you need it. I walked through to the lounge and into the bedroom and once I was in the bedroom I shouted out three times, "You bastard, you fucking bastard". I then returned to the lounge, where he was now sitting on the sofa, there were no tears.

This was not the first time that Phillip had arrived in Spain and announced his infidelity to me as if I didn't matter, as if my emotional wellbeing was something he could trample all over.

This time he had reconnected with a woman from nearly forty years in his past, her name is Delia, a

woman he spent a few years with when he was in his twenties when he lived in Poole in Dorset. I knew of this relationship because Phillip had talked to me about his various ex-girl-friends or love affairs. When we had first met, he had even confessed that he had been a serial adulterer throughout his marriage to his long term wife. Delia had predated this marriage.

Repeating mistakes of the past

After his confession, we continued to talk. At first, I was annoyed and told Phillip that it was finished between us. I had vowed to myself that if he was ever unfaithful again that it would be the end. I was not willing to stand by and be disrespected again, to wait while he carried on an affair with another woman. I said to him in frustration, just pay off my mortgage and let me stay here, or smash all the dreams, sell the house and provide me with half of the value.

After calming down a little, I talked through the various life experiences of my past and explained to Phillip how I thought that he was repeating mistakes of his past.

His persona of the serial adulterer was still with him, little did I know the true persona of the man I had spent eleven years

with. He was in a pattern of repeating the mistakes of his past. I realised afterwards that I too was in a repeating pattern and I had attracted another toxic abusive man and relationship into my life.

The “dominoes are suspended”

That night after his unexpected confession and abrupt termination of our relationship, while I was talking to him and going over my past life experiences, I remember telling him that I thought he had thrown a whole box of dominoes up in the air, now those dominoes were suspended above us and neither of us knew where those dominoes would start to fall, and what damage they would do. I would very soon find out.

Listen to Tired of Waiting For You - The Kinks (28th /29th August 2020)

His way or no way at all

His Dear Loren letter. 29th August

(He wanted to give me some figures to consider)

So just two days after the unexpected termination of the relationship, less than a week since his “transformation breakthrough” coaching, Phillip had made some huge life-changing decisions not just for him but decisions that also involved me. He was going to sell his UK property and his Spanish property. He was telling me that he wanted to buy another Spanish

property in the coastal resort of La Azohia. This was the area we had talked about as an option for where we could move to when the villa got too much for both of us. On the morning of the 29th, I had made an arrangement to call the NLP practitioner that he had seen over the weekend before he arrived back in Spain.

I couldn't make the call where I was so my plan was to drive to a nearby village where I could call in private.

Before I was about to leave, I went into the room that doubled as an office, spare bedroom and utility room. Phillip was sitting at the huge glass office desk trying to print out the letter he had written.

He pleaded with me to help him. He couldn't get the printer to work. He was telling me that he wanted me to have some figures before I spoke to anyone. He hadn't even discussed his

plans with me, he was writing all the details in a letter which started “Dear Loren”. I just told him to send it in an email.

When I arrive in the next village I am getting ready to make the phone call to Dr Bella, when I check my emails on my mobile phone. Sure enough, Phillip has sent his letter by email. I quickly read it. I see the words “I know that you have a lot to process at the moment.”

I return his email with, Thanks but No Thanks, I have a lot to process right now. Then I called the NLP practitioner.

Here is his letter:

Dear Loren,

I am sorry. My decision to end our relationship is bound to cause distress and I am doing my best to be kind to you. I know that you have a lot to process at the moment so it may be helpful to have some numbers written down to think about. I’ve outlined a financial proposal below which I’d like you to consider. Within this, I very much want to recognise the support you have given me and the hard work you have put into our life together. I am being as generous as I can, whilst leaving me with enough to move forward too

Here is what I am proposing:

When you move out of Las Zinas, I will gift you 35,000 GBP so you can choose to pay off your mortgage on your Sunderland property, providing you with a regular rental income.

I will also help you buy a house in Spain that you can also own outright by gifting you a further 75,000 EURO. I will also pay your removal and legal fees, but the choice of house will be yours. You have been very clear that you want to move on as quickly as possible. There are lots of good houses advertised in the area between 60 and 80K EURO, and as you know it can take as little as six weeks to complete. But if you want to move out straight away, I am willing to help you rent somewhere until you can find and move into a new house. If you'd like to take any furniture from Las Zinas then please feel free to do so.

I would like to count on your support in helping to sell Las Zinas to get the best possible price. This is in the best interest of us both. You will not receive less than half the value of Las Zinas. Should it fetch more than 230K EURO I am prepared to split the excess with you.

I am doing my best to be as considerate as I can to you, I would like you to do the same, especially during the coming time as we untangle our lives together.

If it would help provide you with greater security, we can take this proposal to a notary (on Monday if you want) and have it signed so that you have a legally binding document.

Nothing about this change is easy so thank you for helping to resolve things nicely. Phillip.

His best friends tell me WHAT EXACTLY?

I sent one of Phillip's friends a message on the 3rd of September. Explaining how I have gone from feeling safe and secure, awaiting the delivery of furniture and items from York, thinking finally Phillip was ready to make a commitment to our relationship and be closer together instead of in a perpetual long-distance relationship. 11 years I have been waiting and now not knowing where I will go, or what I will do.

He sends me the following text message in reply.

My Dearest Loren, I can't help but feel that you have been shat on. Phillip does assure me that he will look after you financially following the sale of the house, but until then I can't imagine how difficult it is to cope, you've got to be strong and think only of what's best for you. It's likely to be a few months (at best) before you receive any monies from the house.

I wish you all the strength in the world and I think you are more than capable of doing really great things, you are bright and talented, strong and capable.

(4th September 2020)

The conversation moved on and by the 8th of September, I told his friend.

Phillip has put the house on the market. It's all moving very quickly.

But even so at the same time, Phillip said I could buy him out if I could raise the 50% of the money he needs, €115k.

So here is his friend telling me that Phillip had assured him that he would look after me financially following the sale of the house.

Now if I had not suffered emotionally and psychologically after he departed the way he did. Then perhaps I might have been able to gather my strength sooner and create my next venture.

But things didn't really turn out like that, did they?

Not only did I have to live without him in my life, but I also had to come to terms with the way he had behaved toward me. To come to terms with the emails I received from him, telling me he never loved me. Then the very sudden changes in how he spoke to me from one minute to the next.

I think that he forgot that I was the person that had been disrespected.

I think that he had forgotten that I was the one that he had tormented with his double lifestyle with Katrina in Sheffield for nine long months.

The "she wants one more night" then "she cried there was no sex" text messages that he had sent to me, that wrecked me emotionally.

Then there was the time he told me that he did not want me to go off seeing other men when he took me for a drive in his MG. Meanwhile, he was entitled to carry on a double life, while I

still had to be here to keep the house, shop, cook, clean, cut his hair, manicure his nails, be his taxi service to and from the airport, even take him a picnic and drink for the journey home, and be expected to anticipate his every need.

He had pushed me to the brink, even knowing that I had one period in my life where I spent time in a psychiatric hospital. Even if that was when I was 27 years old. I had been through a lot of trauma for a person so young.

Now I am older and wiser.

I wonder what his excuse is?

Another family friend of Phillip.

Another long term family friend of his that I had reached out to, sent me her email on the 5th of September.

She said she was incredibly sad and shocked. She thought that I was a person that he could finally be happy and settled with. She even tells me that Phillip had kept in touch with Delia on and off over the years.

I thought it was very strange that a man can keep in touch with an ex-girlfriend for so long, a girlfriend whom he originally spent so little time with.

She explained that his life is littered with women that he has betrayed and abandoned and that someone who never invests emotionally in a relationship doesn't have a problem walking away. As long as they do the right thing financially and practically they convince themselves that's enough.

My financial proposal email. 12th September On the morning of the 12th of September he was already in a BnB in another village further along the coast. The day before I had spent some time doing some research I had checked on mortgages for buy-to-let interest rates and how much I actually owed on my mortgage. I wanted to put a proposal to him. I thought we might be able to sort things out amicably. I was looking for more time to get over the relationship, but also to actually start a business where I was, here in the house I had been living in for the last 5 years. I didn't think it was unreasonable.

I had already looked at hundreds of properties for sale online. I didn't want to buy a flat and live in a place where I knew no one, where I might not feel safe and secure. I had talked to Phillip about two properties that I wanted to look at. He actually proposed going to check them out before I made an agent's appointment. So we both went to Isla Plana and I checked out the location of a two-bedroom mid-terraced property. I didn't really like the location. It was overlooked by an apartment block and the children's school was just a few yards away at the end of the road. I envisaged all the children going in and coming out at the start and end of the school day, that put me right off.

The second property was in a different location near a local community social and bar. That property looked very old on the outside and I felt that it would likely need a lot of work to

get it habitable on the inside. So neither of the houses was what I would have jumped at wanting to view.

Anyway, on the 12th of September, I decided to write an email. I was awake really early in the morning and I wrote out the email and I sent it to Phillip. I had to get out of bed early anyway because that was the day of the zoom meeting with Doctor Bella. It had all been arranged already and Phillip had paid for the sessions that were booked for the 12th and 13th of September.

I had already shared my ideas and email with a friend of his family. What I was proposing would help me, I was trying to protect my position, what I was asking for was my mortgage redeemed on a property in the UK. In return for him paying down the mortgage, I was prepared to give him a thirty percent equity stake in my property. This would give me income moving forward. A monthly income whereby I could support myself and perhaps start some profitable enterprise.

I have no clue why I thought that he might be supportive of this idea, because, in reality, he was never really supportive of any of my ideas or plans that involved me making anything of myself in any type of business situation.

You see, my idea was that I might be able to then take out a BTL mortgage on the unencumbered property, then maybe I could purchase another property in the UK which would then help to increase my income. Rent income from two properties, not just one. The idea that I had was that I could perhaps start

and run a retreat from the property where I was and begin to earn an income from that as well.

I had even researched the cost involved in obtaining permissions for entertainment and tourist licences.

The weekend of the zoom coaching.

12th / 13th September

During the two days of the coaching by Dr Bella I wasn't really impressed. I didn't really have any clue why I actually agreed to take part. I knew that in the last couple of weeks due to what had happened that I hadn't really slept very well but despite not sleeping very well I still was having ideas trying to make sense of everything that had happened and trying to think of a way forward. I knew that I didn't have any income. But with some help and support, I thought that creating a business was still a possibility.

I had gone into a private Facebook group of property professionals and made a post asking for advice on the position I had found myself in. There were a lot of comments on the post I created. Some helped me to formulate ideas for myself. Others offered advice and provided details of people to contact who I thought were mortgage advisors, but also a couple of people provided me details of contacts for legal advice and a Spanish solicitor. Due to the nature of the post I had created, I copied all of the comments and the advice received and put them into a document on my laptop. I then deleted the post.

I did talk to Dr Bella about my ideas for opening and starting a retreat. Of course, she thought it was a good idea, mind you at the time of September 2020 and covid it might not have been possible to actually get started because of the restrictions on tourism and flights in and out of Spain. The idea was that a business could be started around May 2021.

I even discussed prices and activities with Doctor Bella. I had already created a GoFund page and had ideas of sending that page to friends and family and people I knew. I thought that even just a small donation from friends would get that ball rolling then with a little bit of funds coming in, I could launch publicity and take the idea to a wider platform. I'm full of big ideas. Unfortunately, it seems that sometimes my ideas might not be helpful. So I did send out the GoFund page link just to some family and acquaintances and friends asking them to support my idea. I never really got any response from anybody, good, bad or indifferent, so not having any feedback didn't really help me.

He saw my Crowdfunding Page shared by a friend I ask for the meeting to be recorded.

On the 15th of September, we had made arrangements for him to return to the property to discuss the email I had written on the 12th of September. However, at some point in the day a friend of mine / ours shared the GoFund page link that I had sent to her privately in messenger, it was shared on

her Facebook news feed. Of course, it wasn't too

long before Phillip got to see the GoFund page in the Facebook newsfeed. Then he started to send me text messages that were obviously a bit upsetting.

He asked me to get the page deleted, I had no idea at the time who had shared the page publicly.

His text:

Are you even listening?

My reply:

Have you treated me badly Phillip?

I said that I hope we can come to an amicable agreement for a win-win situation while ending our love relationship.

I just want to let you know that I am very grateful for everything that you have helped me with and supported me in, during our time together.

His Text:

And then launder my infidelity in a public begging letter using my house as bait? Are you out of your mind?

My Text:

Who Knows?

My mind came up with the idea

His text:

We discussed what I expected of you as a condition of staying there and you have fucked up already.

Actually, we had not discussed anything apart from the night of the abrupt discard. I had not really wanted to talk to him. When I had gone looking for him to discuss some of the options I had thought of, I'd found him sitting in the building we had named the games room because it housed the snooker table that I had bought for his 60th birthday. I could see he was chatting to someone over his iPad, as I walked into the door, he was sitting trimming the buds from the legally grown cannabis plants that I had been looking after for him, while he was out of the country.

Anyway, he looked up and then said hello and quickly followed that by "Loren this is Delia" and "Delia this is Loren" I looked at Phillip and said "You know what I'll send you an email", while Delia piped up in a squeaky feminine voice "Oh, I think you are doing remarkably well" I turned around and walked out.

Red flag - Introducing you to the other woman.

My next text in reply:

I only know how I feel right now. I know the house is yours. I am trying to make the best of a situation that I find myself in. I am doing the best I can with the knowledge and resources that I have in my control.

Like I say no one has offered any information or feedback.

Perhaps I should not have told the truth about the situation I find myself in.

Yes, it does sound very desperate and personal.

What do you expect of me, Phillip?

What did you think would happen after you confessed for the 2nd time that you had been unfaithful in our relationship.

Perhaps it is you who has “fucked up” as you say that we could not have sex ever again, that you still loved me but that you wanted us to remain friends.

I was not strong enough in our relationship. I discovered that over the weekend, with Dr Bella.

His Text In Response:

I have treated you with respect. Treating me dis-respectably is not “being strong”. I will not tolerate it.

Is there any point in me coming over tonight?

My reply:

I am not intentionally being disrespectful.

I really am not.

You can come here as you planned. If you wish. As long as you are calm and not angry or abusive.

I'm not angry, I'm trying to work through and process a situation that's all. Honestly.

Like I said, no one pointed out that I might be behaving disrespectfully.

I was talking about being strong in our relationship from the start. Not now, as we do not have a love relationship anymore. Perhaps you really need to accept that you have been disrespectful towards me.

Perhaps then you will understand.

My laptop has expired, and I now have no charger.

I understand you need to work tomorrow but I would be grateful if I could charge my laptop up again.

His text:

I will come over at 6.

My reply:

Okay let's not discuss any of this when you arrive.

The meeting we agreed to record 15th of September

PH Right so we're recording this because that was your request.

LK. Yeah,

PH Okay

PH. I don't want to get into an argument about what you've done with this GoFundMe thing, I don't want to talk about that now, what I wanted to talk about was this so-called financial settlement document that you sent me.

LK. (Interrupts) Proposal

PH. That's what we're supposed to be talking about

LK. Exactly, so if I can look and find it so I can...

PH (interrupts) Hang on before you find it

LK. *hmm (So I was unable to discuss anything in the proposal that I had written to him on the 12th)*

PH. You, you need to be absolutely clear about what I want and need because reading through this document you put together, I don't really think you've listened at all, to what I need.

Or maybe I haven't made it clear enough.

So.. I need to make clear to you what I want and what I need, and then, You need to go away and think about it, because the first thing I want, is I want to break off, terminate, get rid of, all my errr financial physical obligations and commitments to you, I want it to stop.

So I'm not interested in investing in Aiskell Road or anything else I'm not interested, I have offered you some money and with that money, you can do what you want, but I don't want to get involved in it, I don't want to be part of it, I don't want to be involved.

I want a clean break, that's what we said, that's what we discussed and that's what I want. That's what I want a clean break, now talk about exactly how, and when, but you need to understand that anything you want to do that relies on me making investments beyond whatever time we decide the cut off for all this is. It isn't gonna happen.

(Actually, this was the first time that we had sat down together to discuss anything, so all of the "that's what we said, that's what we discussed" never happened)

(Again, "beyond whatever time we decide the cut off for all this is," the "we decide" means nothing if I am unable to say anything or discuss anything so there wasn't any "we decide")

PH. So that's the first thing, do you understand?

Me. Well, you are making yourself very loud and clear.

P. I'm making myself clear because it's clear, it's clear that you haven't understood, see we don't communicate terribly well and you have a habit of grabbing some idea and running off with it without stopping and thinking about it, this GoFundMe thing is a perfect example of that but that's not my point I'm wanting to argue about. My point is you haven't considered me and what I want.

Because you know that's, that's not generally what you do.

Now, now I'm telling you, what I want, I want it over and done with.

If we can stay friends let's stay friends, but I want it over and done with, I do not want to be hanging on to investment in your house or anything else, not at all, (raises voice)

It's a terribly, terribly, terribly BAD idea, and it isn't going to happen.

So that's the first thing to be sure and clear about (low voice)

Me. Mm (feeling in shock) is that enough?

P. The second thing is, that was what I need, now I'll tell you what I want.

I want to get 115,000 euros out of this, I'd like to get back what it's cost me, which would be about €250,000 euros but that aint gonna happen.

Unless I cut you off with nothing.

Me. Okay (*Unless I cut you off with nothing - feeling sick to my stomach.*)

P. Erm, and it's not my intention to cut you off with nothing

Me Aha, (meaning a sort of yes)

P. Pull any more stunts like this one, and I and I bloody will, because I was deciding whether to give you 24 or 48 hours this afternoon.

Me. 24 or 48 hours of what?

P. (raises voice) To get out of here, after what you fucking put up on that bloody internet.

(raises voice) You still don't seem to understand how deeply offensive that was.

Again, you, you, seem to lack any empathy for me at all, I keep, I keep seeing this more and more in you.

You, you, anyway look. *(me, thinking really! I lack empathy after the way you have treated me in this relationship.)*

Me. You said you weren't going to talk about that.

P. No, I want to tell you, what I am, need to make clear

Me. Hmmn (draws in breath) okay

P. (louder voice) So I have a suggestion to how we get this out I have listened to what you said in your proposal I've tried to understand you, and I've tried to recognise your need for security, so, erm. I have decided to present my offer to you in a slightly different way.

It's the same thing, it's the same amount of money, thing is Loren the other bit you seem to not quite got here is, you, **Is you do not negotiate a gift.**

You can not negotiate a gift. You can't do that.

(There is a long silence here)

P. But here's what I'm willing to do, with the gift, to try and help you. So, are you happy just listening to this? Or do you want to write it down?

Me. No, I've got it on recording haven't I so obviously you just, do what, whatever you are going to say.

(P. INTERRUPTS)

P. (louder voice) You have, you have a need for £28,500 pounds, to pay off, to redeem the mortgage on Aiskell Street. (another long gap)

P. You want that paid off, so that you've got some income to live on, because if I'm even if I continue to pay the bills here you still need money.... Right.

(Long silence)

P. So here's what I propose to do... (long gap)

I propose we set a deadline of the 15th of January

(He means he has just set a deadline without asking me.)

That gives you just over four months, four months, not one month, not three months, four months. Right. *(I'm in shock again, what does he think I am going to do in four months?)*

P. And by the 15th of January I want this over with...

(another long silence)

(Me. Thinking okay you want this over with, I want this over with, a little voice in my head saying, I'll just kill myself then should I?)

P. One way or another this is going to be over with. Right. So I've explained what I'm gonna do, and then I'll explain what

the various options are. And then I just want to check that you've understood.

Me. Well I've got it recording.

(You see, here he is again with this "check for understanding" thing which has been repeated by him in verbal and written communications many times)

P. Okay So

Me. So obviously, it will be understood.

P. Okay, right so...

(in a louder voice) If we agree *(me thinking, we agree?)* that this is what you're going to do, and you agree to erm behave as I've requested.

Me: What's the "behave as you request?"

(Raises voice)

P. That you don't do STUPID stunts like this thing you did with GoFundMe.

That you take care of the house

That you don't get in the way of selling it

That you behave decently and treat the house with respect and treat me with respect.

P. I am trying very hard to treat you with respect, I still need to get what I need.

(Me thinking, is he treating me with respect?)

Me: €115k

P. This isn't easy for me Loren because I put other people first all of my life, and now I'm putting me first.

(Me thinking, this isn't easy for me either)

And unfortunately, you're a bit of collateral damage on that...

But I'm trying to make it as easy as I can.

So this is what I'm suggesting we do. Right.

(Actually, not we, what he does, I'm listening but not getting any opportunity to say anything)

I will put £500 a month into your Barclays account as if you are getting income from Aiskell St. and I'll do that for four months. This is the same four months deadline of the 15th of January you will have four £500 payments, so for those four months you will have £500 per month coming in, that's the 1st point.

(No mention of when he will start to pay that money or when the £28,500 will be paid off)

2nd point

Add that to the other money you need in cash, I'm working in Pounds and Euros here, you need £28,500 in cash.

Plus the £2,000 if I let you have that in £500 instalments so that in four month's time that will amount to £30,500... Got that.

Me: Yeah

P. Where the (£35,500/ £30,500) is from, it's £28,500 plus £2,000 that comes to £30,500 for the sake of argument let's call that €33,000 We take €33,000 away from €115k and what's left is €82,000

So... to recap – I'm offering you £500 per month into your bank account for four months plus £28,500 to redeem a mortgage on Aiskell St. plus €82,000

Now... here's the various permutations we've got on this.

The first one is I'm still willing to sell it to you, for €115k and that will still be my first choice because it gives you what you want. If you can't raise that money in four months you are never going to raise it. You might have to work at it, but it's possible, if you can't do it in 2-3 months you ain't gonna do it if you gonna work at it seriously, if you can't prove you can do it, if you can't find a way of sourcing that money you're not going to be able to.

(I just want more time, I don't want any further contact with Phillip, I prefer to remain here so I can recover my emotional, psychological and physical wellbeing)

Here's what is going to happen. I'm not taking the house off the market if people want to come and look at it, I expect you to come and look at it. I don't expect

you to tell them about the 15th of January or anything else.

If somebody offers more than the asking price, then I will sit down with you we will review your situation.

And by review your situation, how are you getting on towards raising the money, are you likely to raise it or not likely to raise it.

If I get a chance of more than the asking price and you aren't gonna meet the 15th January deadline with the money to buy it, then we might be better to take the money and go.

But I'm not just going to do that without discussing that with you. I'm not going to snatch this thing away from you. I'm going to give you.

I'm going to give you every opportunity to try and raise the money, but I'm not going to let that prevent me from selling this house.

So I need to know that you are serious about raising the money and I need to know how you are doing. I don't care how you raise it but I need to know how it is doing because I'm not, not putting this past the 15th of January because if you don't buy it on the 15th of January, if the place isn't sold by the 15th of January, I am moving back in on the 16th of January. You've got four months in this house and if you haven't bought it and if it isn't sold I'm moving back in.

And you are out on the 15th of January at the latest and I will gift you that money when you leave...

(Thinking, how do I leave and where do I go? If I have no money, could I actually trust him to pay the money if I have already left the property?)

So... you have four months to sort yourself out either the money to buy this place or do something else.

You could take that money (louder voice) Loren you could pay yourself errr a £1,000 per month for the next nine years out of that money without getting any interest off it, you could live off it for the next nine years without doing anything.

You can do whatever you want to.

(Me: Thinking. When and how do I receive this money? €82,000, if the property is not sold and he intends to move back in on January 16th?)

P. But that's what I want. I need to be finished with this. No more financial commitments, no entanglement at all, 15th of January absolute latest – four months.

Me. (Long sigh)

P. And if it's not sold I'm moving back in until it is sold. I am not giving up on living in Spain and if I can't sell this and buy somewhere else then I'll stay here...

I didn't want to, (long silence) but at least I'll be here to sell it. (silence)

If you haven't managed to.

Questions?

Me: You've made yourself very clear.

(long silence)

Me. Why the 15th of January?

P. To give you four months

Me: Why four months?

P. Because I think four months is enough I think three months might be difficult because of Christmas coming in the middle of it, so I give you an extra month.

Me. Why the 15th exactly, why not the end of January?

P. Because (raised voice) **You can't negotiate with me Loren. I've just told you why it's my choice** (violently bangs his hand on the glass coffee table)

(13 mins into the meeting, he completely loses it and has an angry raging outburst)

I'll make it the 15th of fucking November if I want to... Don't fuck about with me, I've told you four months, I've told you the 15th of January,

You asked me why I said because of Christmas, do not push your luck, do you understand me.

Me: Perfectly.. (In a very quiet voice, feeling intimidated and a bit shell shocked, sick to the pit of my stomach again, how does he do that, how does he make me feel this way?)

P. Good.

Don't take the piss out of me, you've had one strike already and you were that far away to have your fucking suitcase thrown out of the fucking door.. So,

Just be careful how you tread, like I've said to you this afternoon, your future security depends on having me on your side so don't alienate me and I've told you already, you can't negotiate a gift.

So –

I'm telling you how it's going to be and you have various options open to you.

Help me to sell this place, buy it yourself, or just sit here until the 15th of January and fuck off.

Or any permutation of those three.

P. (Raised voice) **But I am not letting you stay here indefinitely and I don't intend to kick you out this side of Christmas.**

So - the 15th of January is good enough, that's four months, that's four months.

Me. Okay

P. More notice than you've ever given anyone!

Me. What do you mean by that?

P. It's more notice than you've ever given anybody!

Me. What do you mean by that?

P. You've never given anybody four months' notice to quit.

Me. Do you mean in my property business?

P. Yes (softly)

(Louder voice)

P. I'm just saying you've got four months

(Louder voice)

P. And in that time, I don't expect you to pay the bills here, I will continue to pay all the bills here... this continues to be my house.

I will continue to be responsible for it, paying insurance, the electric and everything else and I will gift a stipend of £500 a month so you've got your own money so you don't have to cash in

the mortgage to get the money...

(All I need is TIME, my needs and wants in this are being ignored, I have no say in this, I have to accept his "kind and generous offer" and fuck off by the 15th of January, I don't know how and I don't know where?)

Or even if I have the strength to do anything on my own because I feel that I have been pushed into a corner, disrespected, devalued, and discarded.

My mental health and physical health are now suffering, and it is important that I recover and become an independent woman

again. Phillip does not seem to care or have any empathy whatsoever for how I might be feeling right now. He will not listen, he has never listened to any of my suggestions over the years,

that is why he is where he is right now, repeating the same mistakes of his past. Betraying a woman he has used, (never loved me apparently) then discards her by offering a “very kind and generous offer”, leaving her alone to pick up the pieces of a shattered life, while he strolls off into the sunset with his new girlfriend his reputation intact, his sense of dignity and sense of self-importance all intact, while the ex woman in his life is “collateral damage, unfortunately,” I confided in an old female friend of the Hollby family, and even she is shocked by his behaviour, but she can see that Phillip’s life is littered with women who he has “betrayed and abandoned” her words.)

P. You’ve got something to live on... and four months to sort yourself out.

(There is a very long silence)

P. I think it’s a kind and generous offer.

I think it’s a very reasonable offer.

Everybody I’ve spoken to has told me it’s an extremely generous offer.

(Another long silence)

P. But I can’t make you decide what to do with it.

Me: This is true, you can't really make me do, take, whatever, your offer.

(By this point I am unable to string a sentence together, I can't think straight)

P. No I can't

Me: and say thank you very much or whatever...

P. You can do what you want..

Me. This is true

(Another long silence)

Me: Is that all you've got to say now? Have you got anything else that you want to say?

(yet another long silence)

P. No, I needed you to understand what I want and need.

Me. You want €115k and you are giving me the first opportunity to buy that if I raise the money in four months, within four months.

P. Yes

Me: And I've still got the first option of buying this house for €115k

P. Yes, But, if someone else in the meantime offers more than the asking price before I turn them down we will have a serious conversation about your probability of making it...

Cos if we're 3 months in and you've made no progress well then we can fucking forget it, can't we. I am not turning down an offer over the asking price.

If somebody comes in and makes me a silly offer I'm just going to say no.

And I'm perfectly prepared to move back in on the 15th of January, 16th of January.

Me: Okay, So you've got a flight booked on 28th

P. Yes

Me: What do you intend to do between the 28th and the 15th?

P. Well, that's none of your business.

Me: No, I meant. Do you intend to come back here (interrupts) P. I will come

Me. and stay here.

P. No I will come back here if I need to come back here.

Me: Okay

P: My intention is to stay out of the way and let you get on with it.

Me: Okay

P. I have to put the house in York on the market-

Me: You did explain that.

P. That's my first task....

(interrupts)Me: and that is

P. And I have a lot of work to catch up with I've got a lot of work to catch up with. I have lots to keep me busy I have no need to come back here.

Me: Okay

P. Unless I need to come back here,

(silence)

P. I want this to stay amicable Loren. That's what I said from the start. And I have tried

Me: Tried what?

P. I have tried my best to be respectful and to treat you with respect and amicably, I have done my best ... and I don't think I deserved what you did.

I think that was extremely ill-thought through...

(REF: Go FundMe page that I put together in the middle of the night on the 2nd of September just a few days after Phillip had ended our relationship, my idea that I had, to run a retreat.)

P. And you still don't seem to understand why it's upset me. You looked at it and said it's made you look a bit pathetic.. Ah, it's worse than that. It's worse than that (low voice)

Me: (Sharp intake of breath) Well, obviously, my first thoughts were how? And that was the erm the idea that I came up with.

P. Yeah

Me: And I've tried three times, three times over because the first time I put the page live was the 2nd of September, but I never did anything with it, nothing was public, it was all just between a couple of friends, for feedback. And obviously, nobody fed back anything really, and so,

I looked at it and looked at, and read it, and read it and thought Nah, Nah!

(He Interrupts)

PH: Well the punctuation is shit and the spelling is shit but worse than that, it's disgusting, saying stuff like that it's disgusting how would you feel if I'd said something about you like that if I slurred you... (raised voice) **Damn it!** you know I, I didn't, I haven't touched anything on Facebook, I didn't touch the relationship with you or anything until you were ready to change it. I've tried to treat you gently,

(louder voice) **and here you are calling me a cunt all over the fucking internet.**

Me: I don't think the words were cunt.

P. No they weren't, but you might just as well be

(raised voice) **But actually what it does is, it shows you up for the loser that you are, that's what that does. That shows you up for the loser you are...**

(Even louder voice)

P: Quite apart from the fact that you're auctioning my fucking house on the internet without my fucking permission. Don't worry I've checked very carefully with GoFundMe and I could, arguably, I could get you banned for what you have done, I've had a little look at it's not straight out and out fraud but I could still get you banned and I haven't done..

Me: No but it's not fraud because you gave me a financial settlement and then you actually did sort of verbally agree if I could get €115k that...

P. (Interrupts) I never said you could advertise my house as a fucking spiritual retreat on the bloody internet and say a load of crap about my infidelity... and ripping your life to bits. It's appalling, it's disgusting, and if you do anything like it again, I'll be back to thinking should I give you 24 hours or 48.... Don't think for a moment that I'm going to be a "pink fluffy dom" (*This was a term of endearment I used in the early days of our relationship*) if I make up my mind about that. Because it will happen quickly and it won't be pleasant. (more silence)

And I'm not making an idle threat, I'm informing you of what will happen if you pull another stunt like that.

And you better think through very carefully how I might react to things. You better think that through.

Me: Well obviously, I was in a situation that I was probably still hurting myself.

P. (interrupts) Yeah!

Me. And obviously some of the things. I've done and some of the things I've written down is basically everything that is coming out and even though no person has come back to me and said, whatever about it, really are you, you know...

(PHILLIP's 2nd Angry Outburst)

P. I don't give a flying fuck what Jaquie or anyone else thinks, .. for fucks sake. I don't give a fuck.

Me: Nobody

Phillip interrupts, in a loud angry voice.

P. They're not going to give you feedback and say actually you look like a fucking bleeding heart,

postmenopausal, sad old bitch who's just been fucking dumped on her own again.

It doesn't look great, it doesn't look like a very good advert for a spiritual fucking retreat...

No, they are not going to tell you that, are they? They are not going to tell you that.

They are not going to tell you how pathetic it looks. They're not going to tell you how it, how it, how it, might offend me.

Why would they?

Nah... No, I think, I think you've seriously underestimated just what a bad thing you've done there.

(More silence)

But, like I said I'll put it down to you being

Me: Being what? (Quiet voice)

P. Having bad judgement.

Me: Bad judgement?

P. Yes

Me: (Very quiet) Yeah, you could probably say that again... (*Me thinking, my bad judgement staying in this relationship 11 years, believing he cared for me believing he loved me.*)

P. (Takes a breath in, speaking in a loud voice)

Well if you want to play bad judgement games, Loren.

Yes.. the whole fucking things been one big bad judgement right from the very beginning but the thing is... I'm the one paying the price for it now financially, not you. (quiet voice)

You've had a nice easy ride. You might not think that you've had an easy ride, but you've had an easy ride living out here in all of this, making it your fucking dream.

And I'm the one that's been fucking working for it.

I'm the one that's been tearing my arse up and down the fucking motorways. I'm the one that's been driving myself into the ground to raise the money to pay for all of this and to keep you out here.

And now, guess what?

I'm back doing it again. I need to get this next job done, cos that's gonna be the bulk of the money towards (shouting, raised voice) **YOUR mortgage.**

ME: (Thinking, I never asked for any of this, Phillip never listened to any of my suggestions of how he might retire earlier so that we could be together supporting each other, so that he could take it easy.

My suggestion of renting out his property in the UK fell on deaf ears, he would not have had two properties to pay expenses on, only one and a rental income would have given him the opportunity to slow down and not work so hard)

(raised voice)

P. Here's me again

(Me thinking repeating the same mistakes of your past) **dragging my sorry arse through airports and up and down the fucking motorways to raise money** (getting louder) **to send YOU money every month** (raised voice) while you sit here on your arse thinking up fucking pipe dreams and telling the world what a cunt I am.

(Me thinking...yeah repeating the same mistakes of your past, betraying the woman you are with, starting a new relationship with a new woman, having disrespected, devalued, and now discarded your current woman, you are having to find the finances, working harder, in order to provide a financial settlement for the poor bereft, broken-hearted, woman you are leaving behind. The money you started sending me every month was after your first confes-

sion of starting an affair in 2017, I never asked for that money, you put that money into my business account then asked me to provide you with tax invoices in order that you could file that money as business expenses.

You sat me down in January 2018 and told me what you were going to do, "here's what is going to happen" so that you could continue to see the other woman in the UK, keep me here wholly dependent on you so that I could be here for you and look after you and look after the house and look after your precious cannabis plants.)

(Phillip raising his voice again)

P. You have no moral high ground at all Loren, because we haven't talked about why our relationship failed and it's not all down to me. It's not all down to me and we don't need to talk about it cos it's over.

(**Red flag** - No closure)

But I want all those financial ties cut. Clear.

Do you understand? (quiet voice)

There's no use just looking at me with your angry face, (nervous laughter from me) I want to know that you understand?

Me: That's not an angry face (nervous laughter)

P. Well then do you understand me? (being reasonable and quiet again)

Me: It's quite clear making (Interrupts)

P. Right Well

Me. You're making yourself perfectly clear.

(Interrupts)

P.. Right well. Well then, if you want to think about it, go away and think about it, because I'll be back tomorrow. If the van comes tomorrow. (very quiet) Are we finished talking?

Me: Yes, as long as you don't start talking again. Are you leaving now?

P. Well, I think I might as well get back. (When he says "if you want to think about it, go away and think about it" I had already thought about it, this was the meeting where we were meant to talk or discuss things and reach some agreement, only obviously he did not want to actually discuss any of the financial proposal I had written. He is offering money but when I had asked him to help pay off my mortgage before leaving he said he didn't have the money. But somehow if I had decided to leave first he would have the money)

The removal van finally arrives

Mid September.

This van didn't reach the villa until mid-September, actually after the abrupt and sudden end of our relationship. After all the hassle the guy had been through to bring the items over from York, after the money that Phillip spent on transporting all the things he wanted from his UK property.

Only a few items were taken off the van, my items which included some jewellery, an antique chest, some of my clothes and shoes and a huge print of a lake and trees that Phillip bought for me in the earlier years of our relationship while we were actually on a holiday in the Lake District. When I opened up the drawers of the miniature antique chest there was a bible from my christening and boxes with my jewellery. While I was pulling out some of the jewellery, some of which were items he had bought for me on holidays that we had had together over the years, or for birthdays, I actually thought he was close to tears, he looked drained and pale like he was in total shock.

The new woman changes her FB profile.

21st of September

Around the time that I changed my Facebook profile and deleted our relationship from my personal profile I discovered his new woman has changed her profile as well, she had now gone from Delia Peers-Scott to Delia Grant, her maiden name, I guess. She is now declaring she has been in a relationship with Phillip Hollby since the 21st of August 2020.

Given the fact that the “new” Phillip had travelled to Bristol to take part in the “transformation timeline therapy” with the NLP practitioner Dr Bella on the weekend of the 22nd and 23rd of August, he must

have arranged to meet Delia before the weekend therapy.

Then he flew out to Spain to be with me, on the 25th of August, then ended our 11 years relationship just two Days Later on the 27th of August.

Phillip then had told me that it was actually Delia that had recommended he undergo the therapy, it was meant to be to help him with his various ailments, to improve his back pain,

I could have told her to save her breath. He has been there and done it all before. Acupuncture, cupping therapy (or so he said) when he had red rings all over his back once. Joint manipulation (for his back) exercises to do at home. Lots and lots of vitamins and

lots of prescription medicines too. So I could clearly see from her Facebook profile the face of the NLP practitioner Dr Bella Kane. Who I had sat with for two days in the zoom session that was meant to help me.

Actually, I don't believe that the sessions were of any use to me. I really could not actively participate because my mind was on what had happened and how because of the "transformation" that Phillip had experienced and I use that word loosely, I was now going to be left in Spain while he jetted off to his NEW old flame that he has declared a rekindled love for.

Now, I'm having thoughts about whether Phillip and Delia are both "narcissistic"?

The final farewell letter. 24th September

(reproduced as it was with only the names changed)

Phillip

I forgive you for your infidelity.

I forgive you for your angry outbursts.

I forgive you for your hurtful comments.

But most of all

I am grateful for having had you in my life.

I am grateful for all the happy times we've spent together and the memories we've made.

I am grateful for all the good things you have done for me and for your generosity towards me.

I hope you live a happy, healthy, complete and energetic life in your new relationship with Delia Grant or Delia Perry-Scott as was.

Lots of love from me

Stay safe and stay strong, Loren

Listen to "Don't Speak" - No Doubt (24th September 2020)

Reflection: He had promised me financial security in our retirement together.

After forgiving myself and getting through the stressful emotions of his first confession of "cheating" on me with his "Wednesday girl". Yes, I forgave him, he told me he "was working things out", "to trust him" he would work another 18 months to put away £100k in his pension fund then we would be together, he lied to me, betrayed me, he hurt me deeply. He cheated again, discarded me, abandoned me, deserted me. Now his emails tell me he wants to see me with nothing!!

Email on October 6th

Just a few weeks later, after Phillip had done all of his angry outbursts and throwing me out of the door with just my fucking suitcases ranting speech.

The next email I receive from a family friend is on the 6th of October.

It says. Oh, Loren! I'm so sorry this is happening to you. You don't deserve this treatment from anyone, let alone someone you care for.

She tells me in her email that she is appalled, but not surprised by Phillips' behaviour. He has treated every woman he has lived with, in a similar way eventually.

She writes, some men are incapable of committing to one person and unfortunately, Phillip seems to be one of them.

She has known Phillip for around 40 years as he is a good friend to her husband. She explains to me that the thing that Phillip hates most is anyone challenging him on anything and it angers him even more if that person is a woman. Ending with, I don't like misogynists.

Hmmmm!! I think I have a different term for him.

PART TWO

Post-separation legal advice

Phillip has now left the Villa and has flown back to the UK to spend Covid lockdown with Dehlia in her home.

After everything I have gone through in the past four weeks, it is a bit of a relief to not have him around. On the 24th of September the day he left, there were of course tears and an emotional breakdown. I had been bottling that up all the while he was here in the Villa with me. I did not want him to see me so upset and a snivelling wreck. After the tears, I went into every room of the house and made a huge pile of his possessions in one of the bedrooms.

I carefully packed the clothes and shoes he had left behind. I had already taken down all of our photographs together, I wrapped up a couple of his Salvador Dali prints which I never really liked as they had a dark energy. The two that were hanging in the lounge were Women forming a skull (1951) and Metamorphosis of Narcissus (1937) a third print was the Slave market with the disappearing bust of Voltaire (1940) which had not survived the journey from the UK when it was shipped over in 2015 so that was hanging in the games room.

There was a whole drawer full of hoarded prescription medications some that dated back to 2016 and 2017

that I put into a bin bag and disposed of. Everything that I packed away that morning was moved into the double garage

by late afternoon. I just wanted to clear his things out of the house, nothing destroyed and all carefully packed away.

There is one mystery, I have no clue what he did with all the newly harvested cannabis buds. I didn't find it anywhere in the house or in any of the outbuildings.

I actually had thoughts that he may have hidden it inside a case or package that is being transported back to the UK when the removal van was here offloading some of my personal belongings. I decided to send a message to the guy who owns the van to warn him about it. He did not reply to me so I was not even sure that he got my message.

Then late evening on the 27th of September I received a text message from Phillip.

Three strikes and you are
out. Remember?
22:31

My guess is that the removal guy has been in contact with him and this is Phillip's reply to me. I sent an email to ask Phillip to stop threatening me and asking him not to call me.

I'm going through a huge turmoil, my emotions are all over the place, sadness, fear, hurt, upset and crying, then interspersed with anger, and questioning. How can he do this? Why is he

behaving like this? I think Phillips's message hit a nerve last night.

I don't want a legal fight, I just want what is best for me in order to come out of this situation and circumstance with the least damage and hurt, so I can remain safe and secure.

But if I have to I will take action to ensure my own safety.

My first legal advice 28th September

I eventually got a response from a Spanish solicitor after lots of calls and sending out emails. I had also written emails to Phillip's solicitor Alexander Fontaine and copied Phillip in. This is a huge mistake, not recommended.

I have tried to explain my position to the female Spanish solicitor in an email.

In her reply, she tells me if this is your home and where you live permanently, nobody can evict you without a Court Order, not even the owner of the property.

In her second sentence, she gives me advice about a telephone line specifically for victims of domestic abuse, with instructions to call the number if things get out of hand or if I feel threatened. So the advice I received was to remain in the home.

I really did not want a legal fight but I saved the domestic abuse telephone number in case I needed to call the helpline for advice.

Viewings on the property.

Phillip left me here in a state of confusion, emotionally drained and expecting me to deal with the estate agents and prospective buyers looking around. It was just a few days later that I received a call from the agent to let me know about viewing later in the week. I put the date and time in my Google calendar. I'm not happy about the situation but I am prepared to allow the viewing. Then I noticed that Phillip has put the same viewing appointment into a calendar that we shared together, I thought to myself he has a nerve to still be using the shared calendar for appointments. Now I'm confused about the time of the viewing. I delete the entry and remove my email from the shared calendar.

September 30th

The viewing is booked for tomorrow and Phillip has sent me two emails, including one email that he sent to the agency. He has copied part of the message he sent to me to the agent by saying "this is what he expects", and the other is him telling me "It is disappointing to note that you have deleted the estate agent's appointment which I entered to the shared diary."

And

"To avoid any doubt, this is what I expect from you;"

Then a list of things he expected. Ending

"I trust you will think carefully about the consequences of any further negative behaviour, and choose to do the intelligent thing."

After reading those emails I am angry, again. What the fuck does he actually mean about "negative behaviour". I now have to call the agent to confirm the time of the viewing as his entry differed from mine. The call starts off ok, but I mention Phillip's email and ask if she had seen his message. She told me she hadn't seen his email.

I completely lose it as I try to tell her how I felt and then launch into an angry outburst swearing and also crying, having some sort of emotional meltdown. The agent hangs up the phone, I don't blame her. I am very upset, it's not like me to behave this way.

I then message a friend telling her.

“I need help, I think I’m losing my marbles. I just had a shouting match with agents.”

She asks me for the telephone number of the agent and then makes a call to them to give them details of the situation, she calls me back and tells me the Agents are taking the property off the market.

Also, she explains that no other agents will take on the marketing of the house in the circumstances.

Negotiation vs Conflict October 2020

Later, Phillip accuses me of telephoning the agents and threatening them with the Guardia if they turn up at the property. I have no idea where that accusation came from. There are only two people who can confirm what was said, the Agent and my friend who called them.

Phillips Email Communication - October 5th

I received another long email from Phillip. His final words in the email told me he would go to court to have me evicted from his house, *“Be in no doubt that under those circumstances, you will leave my house with absolutely no financial support whatsoever from me.”*

(So this is the third time that I was being threatened with being thrown out of the property legally or unlawfully, I am at my wits ends. It was bad enough that he ended our relationship the way he did. But now I'm being threatened with eviction and further emotional and financial devastation) My friends keep telling me to seek legal advice, I have tried but to be honest I seem to be getting nowhere with the Solicitors I'm contacting. They either do not deal with the advice I'm seeking or they don't get back to me.

Second legal advice - 14th October

After trying and failing to find any local Spanish solicitors that I could have a face to face appointment with, I finally got a recommendation from a Spanish friend who speaks English. After making an initial call I have an appointment at the solicitor's office of Rafael Cardenas in Puerto Mazarron.

He listens to my story and part of the recorded meeting with my ex, but only up to the angry outburst, where Phillip bangs his hand on the table and starts shouting and swearing while threatening to throw me out of the house. (13 minutes and 37 seconds into the 23-minute recorded meeting)

He tells me to stop the recording and asks me what he did then. So I explain and then he gives me his advice, which was to file a gender violence denuncia against Phillip.

At that point, I had been trying to make requests for cooperation with Phillips's solicitor. So I asked Rafael if he would help me by writing on my behalf to Alexander Fontaine. I thought

that things could be sorted out. Rafael refused, again saying, I needed to file a denuncia and I would receive free legal help, then I would receive financial assistance and psychological support. He then said, “did you not hear what he said, you can not negotiate with him.”

Gender violence denuncia - October 16th

I had made an arrangement to meet a Spanish friend who could translate for me and help me at the police station. I had to drive 20 minutes over the mountain to Puerto Mazarron. I had the radio on in the car, the sky was blue and the sun was shining. But I wasn't okay, I was shaking and very emotional, fighting back the tears, then having to wipe them away with a soft tissue as I was driving. I really felt sick to my stomach.

I arrived at the house and was greeted at the gate,

at that time I was still in shock, upset and could not really think straight. The tears spilled out as I told her, “I can't do it, I don't want to go to the police station.” So we went inside and she made some tea and I talked to her about the events that had led up to me being on the verge of making this gender violence complaint.

I backed out of making the complaint that day because I was scared of the consequences for the both of us.

So again I wrote to Phillip and his Solicitor, because I didn't want to go to court I told him and his solicitor of the legal ad-

vice I had received. Writing in my email that I prefer cooperation to litigation.

I did not have any legal representative helping or assisting me. Obviously, I know now that it was a mistake to communicate with my ex and his solicitor.

I was writing to his solicitor thinking that maybe just maybe there could be a way of opening up discussion and cooperation between us. I made a huge mistake in writing that email. I informed his solicitor of the advice I had received about making the gender violence complaint.

Questions: Why didn't Rafael Cardenas the solicitor I sought advice and assistance from want to help me? He told me I would be appointed a free solicitor, but that meant that I had to communicate my story to the Police and a different Solicitor, when he had given me the initial advice. Why didn't he want to write to Alexander Fontaine?

The reply from Phillips Solicitor.

October 19th

Alexander Fontaine replied to my correspondence that I had sent to him on the 16th, he copied it to Phillip. I was hopeful that there could be a way forward. As I sat in the office I started to read his communication. It did not read well. I got to the end of the email, I was again thrown into emotional turmoil, I was shaking inside and very distressed.

In his message, he warned me "be sure about facts in your denounce. As it is possible to process with a denounce against someone, it is possible to prosecute someone who made a false denounce.

I tell you this, and would like to insist, as there is a stream of colleagues that are keen in taking any problem for couples married or in partnership, through this option to denounce just with no real facts."

He then proceeded to tell me I have no rights here in Spain and that it is different from the UK.

Then he tells me that Phillip will need to go to court, that in time I will need to get free legal assistance, but in time I will be asked to leave the house, and if not voluntary then the Judge will order to do it by force. Is this what you want?

These sentences cut through me like a knife, again I was thrown into fear, and I started having a panic attack and palpitations. With no one that I could really turn to, I rang the Samaritans in Spain. I was crying, I was emotionally in a very sad place. I really could not understand how this solicitor could write those sentences. I was on the telephone with the Samaritans advisor for 50 minutes before I was able to regain some composure.

Fontaine had advised me to make a proposal.

The thing is I had already made a proposal. I sent Phillip my financial proposal on the 12th of September, the one that Phillip

rejected and did not even discuss with me. Phillip's Solicitor did not know any facts of the situation.

Phillip had betrayed me and abandoned me and was now trying to destroy me emotionally, psychologically and financially. He was using the legal system and Spanish law to threaten me, I really did not think that I had done anything to deserve the way he was now treating me after eleven years in a relationship.

Phillip knew that I had no job, no monthly income, and now I was being told I had no rights, and would be evicted from the home I lived in for 5 years, I was reduced to an emotional wreck again.

Phillip had given me three different financial proposals. Non solid or binding. Non with a time frame that was reasonable. One minute he was gifting me money, the next I was going to be thrown out of the gates with just my suitcases.

After I ended the call with the Samaritans, I decided to write a reply to the email I had received from his solicitor.

Advice: Again, I should not have communicated, it should have been another solicitor communicating on my behalf. Never attempt to resolve these conflict legal situations yourself, always try to get a legal representative to write on your behalf. Of course it is easy to say this now, but at the time when I knew I had no stable income and had no idea if Phillip would honour the financial proposal or not. Even worse when you are in a foreign country and do not speak the language.

Firstly Alexander Fontaine had assumed that my Solicitor was somehow going to benefit financially from helping me with a complaint to the Guardia against my former partner (his client) this was far from the situation.

Secondly, Sr Fontaine knew nothing of how his client had behaved towards me. He had not heard the way I had been spoken to, the violent and angry outburst I had sat through at the meeting which Phillip agreed could be recorded. The demeaning way he spoke to me, the threats of being thrown out of the property. The previous betrayal and the emotional distress and verbal abuse. He had no idea of the sadistic sexual acts that I had experienced through the relationship.

Or, how I might actually be in deep trauma.

In the days that followed I again tried to make contact with Phillip, and I left a few voice messages. But did not get any replies. I could not think straight at all. I had never been in a situation like this in my life, I was feeling so very frightened, vulnerable, alone, isolated and traumatised.

The email reply to Alexander Fontaine:-

Firstly, things are not fine with me.

I accept I have been left in a "predicament" in the situation and circumstances that I find myself in.

Phillip made several financial proposals. In writing and also in a recording.

1. I have no income.

2. I have no place to go.

3. I can not rent a house in these circumstances.

4. Phillip offered to pay me £35,000 to redeem my mortgage so I would have a modest £500 per month. I am in agreement with this. Including allowing me €75,0000 from the sale of the property.

A total of €115.000.

5. I asked Phillip to help me by redeeming the mortgage before he left for the UK on the 24th of September. He told me he did not have that money as he had paid money to his son to make a property purchase. I have no idea if this is a fact or not.

In his 2nd financial settlement proposal, he offered to pay my mortgage of £28,500 (since I had rang for the redemption figure) plus he said he would pay £500 to my business account for four months. £30,500 or €33,000

He told me I could buy him out of the property if I could raise €115k. His first option.

Then gave me four months to find the money.

Is this reasonable or rational given I have no income and no access to financial services or a mortgage in Spain?

It could perhaps be possible but only in unconventional ways. For example going public with my story, predicament and situation and appealing for help from a fundraising website. Like GoFundMe.

In going public this would mean the full story perhaps being told in Newspapers in the UK and in Spain.

Is this what Phillip would want me to do?

In the first proposal, it was never discussed with me, it was made 2 days after he told me about him being in love with another woman.

I tried to offer a solution with a counter-proposal. Phillip ignored this. Hence the recording that he agreed to. My idea for a solution was a "terribly, terribly, terribly bad idea, and it isn't going to happen" according to Phillip.

I was unable to say anything at all. It is his way or no way at all. None of this was my doing, Phillip is 100% responsible for this situation.

The decision to go to the Police October 21st

I changed my mind. It was the email from Alexander Fontaine that had helped me to make that decision. A difficult decision to make but one I thought was right. Even so, as I travelled into the city I felt nervous, scared and very apprehensive. I did not take anyone with me, I went alone. When I arrived I again paused, am I doing the right thing, I decided to send another voice message to Phillip. (Don't ask me why) I felt that I should reach out again to see if he would open up to some negotiation, while I was on the brink of entering the building of the Guardia Civil.

I received the following text in reply.

I kept telling you that your actions have consequences. So far your choices have been reckless and cost the majority of my goodwill.

You go ahead and file your report with Guardia Civil if that's what you want to do. It's your choice Loren. You will have to live with the consequences.

I just want my house back, peacefully. But if you want to fight, we can do that. I have £28,500 budget to fight you with. See? It's now YOUR mortgage redemption money I am spending.

Just don't expect any kindness or consideration from me once the gloves come off.

Once the gloves come off, I think the gloves had come off a while ago. I never wanted conflict from the start. I wasn't the person who was shouting, being nasty or angry and saying horrible things.

When I finally go into the building of the Guardia I'm shown into a corridor and asked to wait for an officer to speak to. During October 2020 the wearing of masks is obligatory due to the Covid pandemic that was declared an emergency. Sitting waiting I felt my heart beating faster and faster, my mind was actually becoming numbed, I had no idea how I was going to explain my situation to an officer. There was no translator available at the time and after the initial complaint was recorded I was advised to return the next day when a translator would be available. I guess it is difficult enough for any woman to go to a police station to make a complaint of domestic abuse against a former husband or partner, but when you do not speak the

language and you are a foreigner this complicates things enormously.

In Spanish Gender violence legislation abuse can be physical, emotional and psychological. It can be a current relationship or a former partner. When a person makes a formal complaint a criminal court hears the case within 72 hours. So my complaint or "denuncia " was taken by the Guardia officer while I was speaking to the translator. I had tried to ask for legal representation before making the complaint but I was told a solicitor would be appointed at the court.

Yet, the Gender violence helpline I had called had advised me that I should have a legal representative when I file the complaint. (This did not happen)

I struggle to explain the circumstances and I play part of the 23 minute recording I have on my phone. The translator picks up on a phrase which he considered was verbal abuse. That phrase or one sentence in the whole of the 23 minutes of the meeting that was recorded was the main complaint of the Gender Violence Court case that was going to be heard by the Judge.

It was Phillips' second outburst.

They're not going to give you feedback and say actually you look like a fucking bleeding heart,

postmenopausal, sad old bitch who's just been fucking dumped on her own again.

At the court I am met by the translator and the free solicitor. He talks to the translator and asks me to sign a few documents

that I guess were some confirmation of him doing the work and likely so he would get paid. I am so very nervous and feeling out of breath, having to wear a mask over the nose and mouth does not help.

Inside the court there is a female judge, it is all a bit of a blur now I am writing this. I recall the judge asking me what I wanted. I thought it was a strange question and I had no idea how to answer. I do remember saying that being in the court and making this complaint went against my beliefs. She said she could not ask my ex to return. I was confused.

So after the brief hearing the translator informs me that the case is being left open, as the ex partner is not in Spain I am not at risk. However, if I was threatened at any time I should call the Guardia again.

So the legal help I received did not really assist me in the situation and circumstances that I had found myself in. I followed the advice of the two legal advisors. Unfortunately, I was not understood at the office of the Guardia in Cartagena. I was not able to communicate the complaint, how I had suffered emotional distress, how I had been humiliated, manipulated how the things Phillip did and said confused me.

The free legal assistance Solicitor did not ask me any questions. The court translator Jose was very helpful and really tried to be supportive throughout all of this trauma.

All I ever wanted was to be given some time to heal from the situation and to start another business to rebuild my self-es-

teem and become an independent business woman again, without the threat of eviction over my head.

My ex-partner Phillip has all the power and control here. He has the money, he has the properties, he has the legal advisors. He even has a new relationship and proposed to his new woman just six weeks after abandoning me here.

The engagement photograph was on Facebook for all of our friends to see. My friend and good neighbour here had sent me a message to see if I was ok, she was actually worried about me, she thought that I may have seen the photograph and could be emotionally triggered and very upset by it. I had not seen the photograph since I had blocked both of their Facebook accounts.

It looked something like this.



He declared on Facebook that he had “plighted his troth”.

I had worked my own property business for 11 years, earning £3,500 per month before selling in 2016. I had been able to use a small inheritance from my grandmother to use as a deposit and managed to obtain a mortgage as a self-employed person in 2012. I had been an independent business woman in 2009 when I met Phillip. Now I was in Spain, with no income, no job, and some friends who were trying to help me. Now facing an uncertain future, not knowing who I was anymore, or even what I wanted to do. I felt so lost and confused.

Reflection

I feel that Rafael Cardenas who provided the advice to file the gender violence complaint could have provided some written instruction of why he was giving me the advice to go to

the police. If this information had been communicated to the Guardia Civil in Cartagena then any misunderstanding could have been avoided.

Also, I feel that the email from the solicitor of my former partner was further traumatising or triggering and I think that it did not take into account my delicate emotional state at that time. I was obviously in deep shock, fear and grief.

Many women actually attempt suicide after the end of their relationship some actually succeed. Add in the circumstances of being in a foreign country with no means of supporting yourself, the betrayal trauma, the grief anxiety and fear and threatened eviction. I think that his email was highly insensitive. It could have tipped a woman over the edge.

Just how many women actually succeed in suicide post-separation in cases of domestic abuse?

Suicide facts

Domestic violence is a factor in up to one-quarter of female suicide attempts. Female victims of domestic violence have eight times the risk for suicide compared with the general population.

Criminal Justice Research.

<http://criminal-justice.iresearchnet.com/crime/domestic-violence/female-suicide/>.

November 2nd 2020.

Dear Diary

Recovering is very difficult. I started well when he abandoned me, I started doing meditation, I've had some counselling. Yes, I'm coming to terms with the facts of who he really is. His email told me he never really loved me. He found someone new before he discarded me, now he is in love again.

I just really want to find myself, becoming stronger and happier and healing myself.

How many times did I request negotiation or mediation?

1. I asked him to redeem my UK Mortgage before he would leave me, and Phillip refused.
2. I wrote to his Solicitor to ask for cooperation & negotiation, no response.
3. I paid £200 to a UK Solicitor for a zoom meeting to request mediation with Phillip.

His response was, speak to my Abogado.

4. I paid the Spanish solicitor Rava and also the translator in another attempt to avoid legal action. Phillip's solicitor did not return any of Rava's calls.

5. 14th January 2021. I discovered another Mediation Company that I make contact with, Adrian Stewart of Wellpath Consultancy.

January 8th 2021

Dear Diary

Today I got a call from the lawyer who attended the Gender Violence Court in Cartagena.

Felipe - who does not speak much English.

He told me I need to attend the court again on the 15th of January at 9.30 am.

I felt the panic rising again.

Started pacing the floor. Thinking who to contact. I started to write a text message to the translator Jose who was also at the court with me that day on October 22nd 2020. At that very same moment, he also sent me a text to advise of the Court attendance date and time. He sent me a couple of voice messages.

Firstly, he was going to contact Rava, the other lawyer I saw in November.

Then to tell me, he is surprised that Rava has been trying to get information from the ex's lawyer Fontaine, and he is not responding to him. Rava informs Jose that it is very very strange

that he is doing this. Jose left a message for Rava and will get back to me when he has more information.

Jose thinks that the Court is going to notify me that Phillip is not here in Spain and did not attend the court. Plus to ask me if I want to continue or not.

Jose asks Rava to call the other lawyer (Felipe) or (Fontaine) that if we want to drop the charges it needs to be next Friday, if not we are not going to drop them if they do not give us an answer.

But they did not ask me what I want to do: Plus I do not have any idea of what rights or legal remedies I have to sue my ex in the civil court over his behaviour and the offers he made to me before he got advice from his Spanish lawyer Fontaine.

Attempt at mediation January 2021

Wellpath Consultancy. Adrian Stewart seemed as if he knew what he was doing. I felt that maybe this company could be a solution to the situation. I was sent details of the fees which were £1,750, I am told I will need to make an initial deposit of £150, then a further three payments monthly. Then as discussed in the telephone call the balance of fees would be taken at the point of settlement with the ex-partner. Then he tells me he will do all he can to receive payment of these fees from Phillip, but he explains that he is unable to guarantee that this will work.

I felt a little hopeful that this company could help me and that there could be some financial settlement. Then this could mean avoiding the trauma of more court action.

January to April 2021 Wellpath Consultancy

There was to be a second gender violence court hearing on the 15th January. The very day of the deadline that Phillip had given me in that dreadful one sided ranting meeting that we had on the 15th of September. How ironic!

At the court I have no clue what to expect or why they even called me back. As far as I was informed the case from October was on hold as Phillip was in the UK. I am again nervous, pacing up and down in the large waiting area, the covid restriction still in force and everyone wearing the dreaded face masks. I am waiting for the translator and the free appointed lawyer. I see Phillip's lawyer Fontaine turn up. This made me feel even more nervous and actually had my stomach in knots. I have brought with me lots of emails that I've printed out as evidence of how Phillip had been communicating to me. But the solicitor is not really interested; he told me this is just one case of verbal abuse. (Which it wasn't)

In the courtroom the male Judge is sitting at the back of the room with the lawyers to the left and the prosecutor to the right while I am sitting next to the translator opposite the Judge.

The prosecutor asks the Judge for a distance order as the translator informs me. Then the Judge asks me if I

have anything to say, I already know what Sr. Fontaine, (who had been given power of attorney to stand in for Phillip) is going to say about the phrase that was considered verbal abuse.

As Phillip himself communicated by text that he did not directly call me a “post menapausal bleeding heart sad old bitch” it was that “your friends are not going to tell you that”.

I try to explain to the Judge that it was not just that one phrase in the recording, because the solicitor only heard to the point of Phillip banging his hand down on the glass table. I think I demonstrated how he did that and how Phillip had threatened to throw me out of the property. Not sure how that went.

When Fontaine was asked to speak he questioned me on if I had put an advertisement on the internet about the property. I answered, no I had not. Which was of course the truth. Then he handed some papers to the Judge, I have no clue what was in those papers.

There was no outcome of the hearing on the day. The translator was taken aback at how Fontaine had rephrased the verbal abuse. I knew that they were Phillips words. How could I forget them? I had transcribed the whole 23 minute recording for the court. I would wait weeks for the court decision.

So, some weeks later, after making contact with the Wellpath Consultancy firm. Adrian Stewart has finally been given a proposal. He tells me that Phillip wants to pay a settlement of £13,000.

£3,000 first payment then £10,000 after I leave his house. The home I am still living in as I write this book.

I listen to the proposal and I'm thinking. What? How much? I think it is a derisory offer and still, he insists that I have to leave the property before the larger payment is made. The advice of the gender violence solicitor I had spoken to before was that any settlement is paid first then I can leave, not leave then receive the payment.

Then when Adrian tells me that Phillip was "pushing him" to get the paperwork drawn up, I felt a strange sensation. I knew it would be a mistake to accept this offer. After we had ended that telephone conversation, I became angry at Phillip's total disrespect for me, after all I had done for him and his family. After that phone call, I took matters into my own hands.

Listen to Rolling in the deep - Adele (April 2021)

I went into the garage and took the handbrake off his vintage MG sports car. I had already had the doors unlocked months ago. I went to the front of the car and started to slowly push the vehicle out of the garage. As the car started down the small ramp into the compound, it gathered speed. I had to quickly run around to the back and stop the car from rolling too far, as my feet were moving backwards in the gravel, I applied all my strength to stop it. I thought to myself, that was close, I didn't want to damage the car.

I then went back into the garage and took a photograph and some videos. I had not been in contact with Phillip since De-

ember 2020, but now I had this tremendous urge to call his number and send him the videos I had just recorded.

Perhaps this is how angry women behave when ex-partners or husbands cause further emotional distress using their money and power as a tool to make them jump through the hoops of what he wanted. Plus, Phillips' case was aided by the fact that the gender violence case had been dismissed by the court in January.

I didn't even receive the decision until it was too late to appeal. The document was sent to me in March way too late to do anything. When I translated the first page of the decision I realised that the whole case was on the understanding that it was a telephone call between the two of us. That I had experienced his verbal abuse in a telephone conversation, not a face to face meeting. Who in their right minds would listen to a call for twenty three minutes, I would have hung up the phone after the first few minutes. There is a huge difference in sitting in the same room with someone, with the potential of a physical assault when they fly into a rage and bang their fist on the table.

One of Phillip's messages to me.

“You have no right to be in my property without my permission. I would have been within my rights to throw you out in September. You are entitled to nothing from me and certainly no portion of my house. This is not my opinion, it's Spanish Law.

Because of (1) as I stated in September, your future security depends upon my generosity.

Not unreasonably, I made that generosity contingent upon your good behaviour, whilst you were a guest in my house.”

Actually, he would not have been within his rights to throw me out, that is not legal and I would have been within my rights to call the Guardia for physical assault. Plus, I’m now just a guest in HIS house, not his former partner and lover who were sharing a retirement home together.

What did I say in the videos I recorded?

I told him his old lady was gone, that I didn’t have to respect him or respect his property anymore!! That the financial settlement that he was offering was nowhere near what he had originally offered. Pushing me to accept £13,000. I said, What are you trying to do? Provoke me again? Derisory!

Wellpath Consultancy April 2021

After I had taken things into my own hands the situation started to move a little. Phillip was obviously more concerned about his vintage sports car than the woman he had abandoned. The £13,000 offer went up to £40,000 but with conditions attached.

1. Phillip wanted his car and his guitars moved out of the property.

2. A lump sum payment of £3,000 when the MG was taken away into storage.
3. The balance up to a total of £40,000 paid in instalments.

I agreed.

Phillip made arrangements through Adrian Stewart the mediator. I confirmed with Adrian the arrangements, I was told that a sum of money had been deposited into the Wellpath Consultancy account and I would receive the £3,000 after the car was removed.

April 8th 2021: Everything went to plan and the transport company turned up and the MG was loaded on to the transporter, I also made a list of everything else that Phillip had left at the house and got the company to sign the list I had made. So that was all his personal possessions removed from the property.

So I was now just waiting for the transfer of the first instalment of £3,000. I sent the bank details for the transfer to Adrian, he remarked how it had been a long time since he had transferred money to Spain.

April 16th: Eight days have passed by and I sent another text to Adrian and Wellpath to ask if there was any news. I was told that he had not been able to get the bank as he had been busy with a number of court cases. He will transfer next week.

April 22nd: I've still not received the money into my bank account so I sent another text message.

Hi Adrian

There was no transfer yesterday.

Can you tell me when you make the payment please.

Thanks

I should be at the bank tomorrow....

When you get a chance please send through notes on social services meeting so I can start thinking if they will be useful or not 😊😊

Sorry

It wasn't worth taking notes.

I've done more research on the subject myself.

They took notes on my situation then told me I should go back to the UK.

Because I will be able to claim benefits there. 😊

I have not claimed benefits since I left my husband and was working 3 part time jobs and received family credit in 1999 😊

The gender violence lawyer told me what I already know from initial advice I received in September last year.

Don't leave the house.

It is illegal to turn off the water & electricity I can denounce again if he does that or anything else that is abusive behaviour.

She said it's best to use UK law than Spanish law.

April 23rd: I have still not had any payment since the MG was removed from the property. There have been a number of

excuses from Adrian and Wellpath. I am now very doubtful about anything that he told me.

Especially how he had informed me that they actually had the funds in their account deposited from Phillip.

I feel that I have been manipulated again. How can a so-called professional mediation company do this?

By May I knew that whatever he was telling me was not the truth. I was so angry with that whole situation.

Through June I had started to regain some confidence and I was learning some new skills as I had started a YouTube channel in April and I had also written a chapter for a collaborative book that was going to be published later in the year.

I posted a video on Facebook about how the mediation company had behaved. I had tried to make a complaint about the company but could not find any professional bodies that they were associated with.

Another painful lesson learnt.

My post read:

#TruthBomb When you put your trust in a person or a company and then discover you are lied to.

Wellpath Consultancy

Apparently lied to me big time.

Deny this if you can Adrian Stewart..

Living together, laws in UK and Spain

Cohabiting Statistics, UK

The obvious trend is for more and more couples to live together without getting married. Cohabiting couple families were the second-largest family type at 3.5 million, followed by lone-parent families at 2.9 million. (trend-monitor.co.uk Feb 2020)

Laws that offer no protection for couples and particularly disadvantage women in cohabiting relationships.

Married couples who divorce can have their property legally divided, unmarried couples do not have the same rights, without proof of ownership.

So for example when one partner (usually the man) is named on the deeds to the house and the other party (the woman) is not, but she has contributed in some way over the years. If they split up she has no legal protection.

There is no automatic right to inheritance unless a will has been created. There are also no rights to pensions between cohabiting couples.

What Protection is Available?

1. Couples can have a cohabitation agreement drawn up.
2. When purchasing a property together ensure both

names are on the deeds of the family home or draw up a declaration of trust if ownership is to be in unequal shares.

3. Taking out life insurance and creating a will is also a good idea.

When couples meet and decide to move in together the last thing that you are thinking about is what will happen if you separate. Or if one partner should die unexpectedly.

But this conversation should take place, it is very important to be clear on what is intended when you are forming a new co-habiting relationship.

If you do not put some simple protections in place at the start of the relationship it can leave one or both partners in “precarious” situations.

As in my case, despite the ex partner declaring the property to be our first home and him making his will to ensure I would have some protection if he died unexpectedly. I was not named on the deeds. When he terminated the relationship the way he did and left me floundering in Spain in the property he had purchased for our retirement together I was in a “precarious” position as soon as he threatened me with eviction.

He had been responsible for paying the bills at the property most of which were on direct debits from his bank account. Even though he offered what he termed “gifts” in his financial settlement letter nothing he offered was given and nothing was legally signed. Phillip had the power and control of that. However, because of his inability to actually have an adult conversa-

tion he ended up being responsible for the utilities, house tax and insurance at the property after he had left in September 2020.

In Spain an owner can not terminate the utilities at a property when it is occupied, even if that occupation is by squatters. Due to his refusal to “negotiate” or help me by paying an advance payment to redeem my UK mortgage I was left in a financial predicament. This may not have been too much to bare but the stark realisation of his abusive behaviour, the sudden termination of our relationship and then understanding that I had been involved with a man that showed no empathy, no compassion and then blamed me for the situation he left me in. That caused me more emotional trauma than anything else, I was coming to terms with the facts of having been in an emotionally and psychologically abusive relationship. That hurt me deeply, as memories of the twisted things he did and said would pop into my mind, his cruel hurtful verbal outbursts. The sadistic sexual acts that I was manipulated and conditioned to accept. It was all too much. I was close to a complete emotional breakdown on a number of occasions in the weeks and months that followed his departure from the villa.

So what are the issues that couples need to consider? Talking about and planning for your future doesn't mean that you are expecting to split up, it's just a sensible way of entering such a huge commitment and making sure you are protected should the worst happen.

The property in which you live is always going to be the biggest concern, and unless you are clear from the outset about the

way in which you co own, co-tenant or co-occupy your property, then things can get pretty messy if the relationship hits the rocks.

If your name isn't on the deed and there's no evidence of any agreement between the two of you then it's going to be very difficult to claim an interest in your home.

It would be very unwise for someone to make a significant investment or contribution into the property that's owned by their partner unless there is a very clear understanding between them as to what interests they may have in that home.

If you are to have children together, consider what arrangement you want to put in place for their security as they grow up.

Avoid casual conversations. Don't assume just because you've talked things through that everything is going to be fine. All too often people who have sadly lived their relationship on trust and when one partner betrays the other and terminates the relationship, that trust you once had has turned out to be meaningless when it comes to any legal rights. On the other side of the coin, be careful about making promises, as that could be used as evidence of an agreement if you break up. Of course relationships are built on trust and it can be very difficult to bring the subject up. However, it is worth remembering that when things are rosy everything seems fine but the situation and the picture can change very quickly when the relationship turns sour.

If things are not set out in an agreement, you will be relying on who said what and when then if you end up in a dispute then a judge will decide whose word is to be believed. That can end up very costly and very uncertain in terms of outcome and therefore it makes a lot of sense to have honest discussions from the start so you both know where you stand on this.

Couples often don't make these provisions. They don't realise the importance of having a legal contract. As the law stands they are disadvantaged there is no protection if one partner dies there is no automatic inheritance rights. If the relationship ends then division of property and pensions is not covered by current laws. Settlements out of court are better.

What I very quickly discovered is just how many gaps there are in the laws, firstly in living together with no legal certificate and secondly in the process of making a complaint against my now ex partner for gender violence while living in Spain.

Fundamentally it is women who are disproportionately disadvantaged in this scenario. Lawyers don't come cheaply, you can obtain initial free advice, but that advice offers no real answers and then to actually instruct an international lawyer that will work between Spain and the UK I was quoted £1,000 deposit and then advised that if they were to take on my case the fees could be anywhere from £5,000 upwards. Money I just did not have and was not willing to commit to spending.

Because the law does not have specific remedies in cases like these, a dispute between two people who were previously in a relationship, for example where the man is in control of the fi-

nances and the woman becomes wholly dependant there is no law that takes into account any contribution that women make in the home making, caring and in any other non earning capacity.

So the reality is that as it stands the law is not fit for purpose, the gaps in the law have been likened to ravines.

Of course couples who decide to live together could opt to form a civil partnership, an option that is available to opposite and same sex couples. By registering a civil partnership it will give your relationship some legal recognition and added legal rights.

Living together in Spain Registering “pareja de hecho”

What does Pareja de hecho mean? Roughly translated it is “official couple” and is equivalent of a “civil union.” Basically, it gives couples many of the advantages of being married, without many of the obligations.

Each autonomous community has its own requirements for registering pareja de hecho, plus there are some legal qualifications.

For example,

At least one person in the relationship must be registered in the autonomous community where the union will be registered. Each person must also be legally single and not married or

“pareja de hecho” to any other person. So each person has to prove they are divorced, legally separated or widowed.

You must not be related to each other and you need to be over the age of 18. You need to show you have lived together for 12 uninterrupted months. Plus you must be mentally capable of entering into the official relationship status.

You should be aware that in Spain the law does not currently automatically recognise a claim on property and assets between unmarried couples. So if you are going to reside in Spain as a couple living together you should make the necessary plans to either register a formal relationship or actually get married.

Gender violence & domestic abuse

UK and Spain

Quote:

“Domestic abuse does not always have to be physical to be prosecuted - sometimes victims may not even be aware it is happening.

It can include any behaviour deployed by an offender to obtain control or power over another, and we recognise that emotional abuse can be just as harmful as physical violence.”

<https://www.cps.gov.uk/crime-info/domestic-abuse>

Kate Brown, CPS lead for domestic abuse

So emotional abuse is a crime in the UK, in legal terms it is known as coercive and controlling behaviour. The legislation was passed in 2015. However, how can a victim report incidents when as in the previous quote from Kate Brown the victim is unaware that certain behaviours of a partner is in fact abuse.

My tip is to keep a record if you feel that you are trapped in a relationship that is becoming abusive in any way. I had started writing certain events in an electronic notepad. I remember writing it feels like bullying and emotional abuse the way he talks to me.

Since then I have found a couple of websites and mobile apps that can help individuals to gather evidence or discover the signs of domestic abuse and find help.

The first one is <https://www.myonrecord.com/>

This is online and also a mobile app that can be downloaded from the App Store or Google Play.

The website has a lot of information and guides that will show you what types of evidence will be useful for certain situations that you might experience.

The second site is <https://www.bright-sky.org.uk/>

The focus is to help you understand the signs of domestic abuse. It can be that you are worried about a friend or you may be worried for yourself. This is also available as a mobile app.

The actual UK legislation for an offence under controlling or coercive behaviour in an intimate or family relationship is very broad. The main element being their behaviour has a serious effect on you.

Plus, the person knows or ought to know that their behaviour will have a serious effect on you.

Also:

- it causes you to fear, on at least two occasions, that violence will be used against you.

- it causes you serious alarm or distress which has a substantial adverse effect on your usual day-to-day activities.

This can cover a lot of situations. However, it seems to me that despite controlling and coercive behaviour being a criminal offence under the serious crimes act it fails to either protect vulnerable individuals or prosecute the perpetrators. The main reason for this is that quite often “victims” of hidden emotional and psychological abuse have been unable to report situations. Where abuse happens behind closed doors and even when the two people concerned are miles apart the emotional abuse can still have a serious effect.

One of the factors is that the abuse may be intermittent, where you experience a verbal onslaught one day, then you are given a sort of apology afterwards, they were frustrated or had a lot to deal with, it's not a direct apology but often you brush away the bad behaviour or make excuses for them.

In my case I was always making excuses, he is in pain, he has had too much to drink, he is stressed or depressed.

In Spain the laws on domestic abuse are known as “Violencia Genero” or gender violence. The law introduced in 2004 covers acts of physical and psychological violence, including offences against sexual liberty, threats, coercion and the arbitrary deprivation of liberty. A complaint can be made against a present or former spouse, or a man that maintains a relationship with a woman, with or without cohabitation.

So clearly the law covers a lot of different living experiences, maybe even those where a man is married and also has a mistress that he visits on occasion but does not actually live with on a regular basis.

Post separation abuse is there such a thing?

The UK Government passed the Domestic Abuse Act 2021. Included in this act was the provision for controlling and coercive behaviour post separation.

It has been recognised that within controlling coercive behaviour there can be “financial or economic abuse”.

Economic abuse can occur when an intimate partner has control over the other partner's access to economic resources. For example in a situation where an individual's capacity to support themselves is “sabotaged” or diminished and they become trapped in a toxic abusive situation when they become wholly dependent on that partner financially.

The charity Surviving Economic Abuse (SEA) explains:

“Economic abuse generally consists of an abuser exercising control over the survivor, through denying access to economic resources such as money, and sabotaging economic resources or exploiting them, so as to create economic instability and prevent a survivor from rebuilding their life safely and independently.”

You might now be asking what is the punishment for financial abuse in the UK? The law has not really identified remedies or

punishments for economic abuse. However, if found guilty of “controlling or coercive behaviour” which includes economic abuse, the maximum penalty a Judge can impose on a perpetrator is five years in prison.

However women can find themselves stuck between a rock and a hard place. This has been my situation of a rollercoaster of events since the “termination” of an eleven year relationship in which I experienced various incidents that caused emotional turmoil and confusion.

These incidents on their own might seem insignificant, you can ignore them, accept their faux apologies, make excuses for them and brush bad behaviour under the carpet. Maybe you can relate?

Let me try to explain how an unmarried woman in a long term relationship was left in Spain when her partner was found out having an affair with a woman in the UK. She was abandoned in the property they had shared, her name was not on the deeds of that property.

He had told her he would help her with a financial settlement. Nothing in writing. Nearly two years post-separation she had found a property that she thought would be right for her. So in good faith and using her own savings she placed down a deposit. At that point she was communicating to her ex partners solicitor. She was being told that the money would be transferred soon. She had already packed a lot of her personal possessions in readiness for the move.

The deadline for the purchase to be completed was drawing nearer only four weeks left before she was required to complete the purchase, that never happened, her ex moved the goal posts and she lost her deposit. This happened in early 2021.

We actually compared our legal advice and it was much the same, stay in the property, try to come to a financial settlement, “negotiate”.

I was told by the lawyer at the gender violence office don't leave the property until the money is paid. So here I am still in the property while the ex partner has sacked his Abogado Fontaine, and appointed a new solicitor based in Barcelona who is a specialist in this type of eviction.

Meanwhile, my friend's ex-partner kept on moving the goal-posts every time she was ready to accept a settlement. Another condition was added.. Months passed by and she had instructed her own legal representation with the help of her family. Like I said before, instructing a solicitor is an expensive solution. Luckily, her ex came to his senses and in April 2022 around three years post-separation he agreed to a financial settlement and she was finally able to put a deposit on a small property in Spain and come to terms with a whole different way of life.

When women escape from an abusive relationship one in four experience continued abuse after the relationship has ended. So as you can see from this short story, women who are discarded or abandoned by a spouse or partner, who then goes on to deny all responsibility for the situation they have created,

can continue to use power and access to money to put women in a place of fear and uncertainty, manipulating and moving the goalposts. As in the cases of those women who are in cohabiting relationships, who became wholly dependent on their partners during that relationship, whose partners can move on to new relationships quickly or have already replaced the significant person with another woman. Then walk away leaving the discarded partner emotionally and financially devastated. What does the law say in these situations? Not very much unfortunately. When a cohabiting relationship ends the division of property and pensions is not covered by current laws in the UK or in Spain.

However, the situation in New Zealand and Australia is different, a change in the law there means that cohabiting couples have the same or similar rights and obligations as married couples.

Is it now time that Europe follows this lead?

Well in the UK, The law Commission had concerns back in 2006 and published a consultation paper on cohabitation. Yet incomprehensibly despite the commissioning of various reports and surveys nothing changed. Or nothing changed in England and Wales,

because if you reside in Scotland, the Family Law Act 2006 came into force in May of that year. The act introduced entirely new rights for cohabitants in Scotland.

So when the Living Together Campaign research report was written most of those surveyed felt strongly that the law should

be changed so that cohabiting couples would have more rights. The research uncovered that the majority of those questioned thought that cohabiting couples should have the same rights as married couples especially in situations where couples had children together.

- 85% thought that cohabiting couples should have the same rights as married couples even when they have no children together.

- 90% thought that cohabiting couples should automatically have the same rights as married couples when they had children together.

- A high percentage of those questioned (71%) disagreed with the statement that married couples should continue to have “special status” as a family unit.

Since 2007 how many lives have been destroyed or women who have been left living in poverty or reduced circumstances because of the lack of rights and obligations in law for cohabiting couples? What price is in action?

PART THREE

Moving forward.

Betrayal, Infidelity, Emotional Distress and Trauma is Emotional Abuse.

Now as I am writing this book during 2021, I have come to realise that my experiences throughout the relationship were not “normal” or “healthy” relationship experiences. I had made excuses for his behaviour towards me, I had brushed a lot of things under the carpet so to speak.

He is a diabetic, so a lot of the time I put his odd sayings and his strange behaviours down to his illness. Perhaps it is his blood sugars getting low I would say to myself. Or, he is in constant pain from his back and shoulder. It must be really difficult for him. I didn't really consider that the relationship was toxic or even narcissistic. Although in 2016 I had written about “bullying behaviour” and even

“emotional abuse” in my dear diary note, like I said I made excuses, he was “depressed” for example.

I later discovered that he had lied to me because chronic and systematic dishonesty goes hand in hand with sexual betrayal, which is a form of emotional and psychological abuse. To rob a person of their sense of reality, to chip away at their ability to trust what their five senses and what their instincts are telling them, and to systematically undermine their ability to trust their own decision making, memory, and judgement is a form

of mental cruelty. It is important to see this for what it really is: emotional and psychological abuse.

No one had ever betrayed me the way he had. I trusted him to be the man that I met at the start of our relationship, the man he promised to be for me, but he had destroyed that trust.

The fact that I stuck with him, that I used the practice of forgiveness, and I got to a better place, thinking that everything he was doing, everything he was telling me was going to be the future reality. That he only needed to work in the UK for another 12 to 18 months, and that was for us to be secure in our (his) retirement home in Spain, and there was me hoping that he would eventually change back into the man that I'd originally fallen in love with, while he continued to prove, over and over again, that he was not changing back—that was my fault, and I have to own that.

I should have realised that he would never commit to a full and loving relationship. I mean, I even asked him if he would marry me.

Remember that Phillip? It was a leap year and valentine's day and I gave you my gift and card and asked you if you would marry me... You said you were flattered but you didn't think it was a good idea given your past history of failed marriages. Perhaps I should have taken that as my ticket to walk away from you, but no, I stayed.

After he discarded me, and abandoned me, in Spain in September 2020, I went on this mission of discovery, searching for myself, for the person I was before, for the person I had aban-

done for him. To be my own independent woman again, I had been able to run my own business, I could afford my own things, and I was able to fend for myself. I could cook, I had a cleaner at my house every month, luckily I had kept my property in the UK, and I still had my own car so that was fortunate. I very soon learned that I needed to be responsible for my mental, emotional, and spiritual well-being as well.

The odd behaviour, things he said and did.

“You’re in the Hollby envelope now.” Meaning, don’t worry I am the big provider.

“Come here and give me a kiss.” Usually pointing to his face. Mostly after he has said some put down remark or sarcastic comment, humiliating me in front of friends or neighbours.

“If I wanted to get rid of you, I could feed you to the pigs, there would be nothing left, no evidence.”

“You can’t educate pork” he said this lots of times.

“You are untrainable” In the early days of the relationship.

“You should be anticipating my needs.” so I was meant to know everything he wanted in advance.

“Thank you for doing my ironing.” This was a regular thing he did. I hated ironing, I asked him after the discard in August 2020, why he was saying thank you, and he said it was for feedback, I told him all the feedback I needed was this, so I went over to where he was sitting in the kitchen and gave him a hug, to demonstrate how he might have actually thanked me for doing his ironing.

“Get yer tits out for the boys.” Was a regular thing with him. Not forgetting, “Do you want to see my penis?” (Yuk)

Then, “I’ve spoiled you for other men” and

“I’m the best man you have ever had.”

“You’re lucky you have me.”

“You interrupted me.” This was a constant. Then he would not continue with whatever he was going to say, which was very frustrating, whether I interrupted or not. Perhaps I am not very skilled in understanding when there is a gap in the conversation that it does not mean it is my turn to speak.

Plus “you never listen to me.”

“This is good because? This is important because?”

He said this to me when I was trying to draw him back into the company that we had staying over with us at the villa. I had walked over to where he was sitting and was showing him how my online business with Amazon was making sales.

“It’s mug marketing,” he said about my attempts to break into the affiliate marketing industry.

It was very much later that I realised that what I called negative comments were in fact his (degradation and

suppression of potential) a term I discovered on educating myself through the research on emotional and psychological abuse and the term coercive control.

“You are always on the porch of indecision.”

“You rush headlong into making decisions.”

You can't really win when you are told you are both too quick or too slow at making decisions. Known as the double bind.

"No wonder you don't have any friends."

"No wonder nobody loves you."

When I was the person that went out into the community started taking part in activities like exercise classes, learning Spanish, quiz night, and darts.

"You haven't got enough money to buy paper to wipe your backside with." He said this in January 2018. After I had returned to the UK to be with him after I had suffered panic attacks while alone in the Spanish Villa. Post the "Wednesday girl confession." It was after I had invested in another online education program, that I had then told him about. See Confession to my face 2017.

"I'm throwing nearly £700 a month at you."

In a facetime conversation. Oh yeah, I didn't ask for his money, it was his decision to pay this and throw it back in my face, whenever he felt like it.

"Don't bite the hand that fucking feeds you."

Actually, this came out in a recorded telephone conversation, after I hit record on my ipad when he started raising his voice, I had no clue what he was going to say next.

He then tells me - "I've made you dependent on me" and "Phillip's an evil bastard."

Which continued into - “This type of conversation can’t work on the bloody phone.”

Then there was the post discard 23-minute recording in which he said a lot of things, and completely lost control. (See the chapter. His way or no way at all September 2020)

“The spelling is shite and the grammar is shite.”

“Shows you up for the loser that you are.”

“Don’t take the piss out of me, Loren!”

Things PH did!!

Take photos of me on his phone while I was swimming naked and tell me that his mate or neighbour will get a thrill out of it.

(I have no idea if he actually sent the pics to his neighbour, or anywhere else for that matter)

He would take a sharp knife often while I’m stood at the kitchen sink washing up, then as he was drying he would come behind me and poke the point of the knife into my backside, just enough so that I felt it and knew he was there, often just touching my flesh, to make me jump. This annoyed me greatly, he often did this, I guess he thought it was fun to see me jump and get anxious and annoyed.

There was one time early on in the relationship when I was in the kitchen at Brady Cottage. Again washing dishes, he came up behind me with one of the knives that he had on display in the lounge, I got a shock as he put the knife in front of my

neck, my automatic reaction was to put my hands up to grab the knife. I had a flash image of how dangerous that was, as my initial reactions were that it could have resulted in actual physical harm, with my mind thinking it could have resulted in me slicing my fingers open on that knife. The other thing is that Phillip “trained” me to always open a bottle of wine or prepare G&T’s that we had while we were cooking evening meals.

Another little annoying thing was that he would pull down my clothes, again while washing up, standing at the kitchen sink, my hands dripping wet, I suppose it was his way of again annoying me with his juvenile behaviour. I would have to dry my hands and put my clothes back in order.

There were many incidents while I was driving telling me I had taken the wrong road, because it was not the way he would have gone. There were times when I would ask, which way do you want me to go. He would answer angrily or sarcastically, it didn’t matter if there were friends in the car with us, he still said nasty things.

There was a point when he told me he had bought a device for the car, a neighbour had been involved in a small car accident, no one injured but her car was written off and his reaction was to look for a tracking recording device just in case. He told me he could fit the device to my car, at this time it was after he had cheated on me. The thought of a device that recorded accidents played on my mind, as I was driving at the time he was telling me, I said something like oh great so if I go over the edge of the mountain pass the last thing you will see is me in the moments before my death. I have no clue where that came from as I am

not the type of person to dwell on negative events. The device was never fitted to my vehicle and I believe he gave the device to his son.

Writing as a way to heal:-

My Letters to the Ex

Dear Phillip,

What do you want?

I listened to everything you told me on that afternoon of September 15th.

Yes, you saw a "Go Fund Page" I had written, that our friend shared on her Facebook profile.... Perhaps a decision made from fear is always the wrong decision.

That was my attempt to try and secure my future here. I was in shock, at your second confession in two years.

I had no income and only a small amount of savings, you were offering me a "financial settlement" that you called a "GIFT". You were telling me that I needed to leave the security and safety of the home I was living in before you would provide me with that gift.

In that financial settlement, there were some unknowns. I replied within 10 seconds of reading your "Dear Loren" attachment in the email you sent me. Remember how you sat in the office and couldn't get the printer to work, you were nearly in tears as you asked for my help to print out that letter that you were so eager for

me to have before I left for a meeting that morning. You had no idea where I was going or who I was going to meet, you didn't even ask?

I told you to just send it in an email. So when I arrived in the next village I sat in my car and opened my phone to see your email staring back at me. I was going to make a call to the NLP practitioner that you had been to see over that last weekend before you arrived in Spain to be with me.

I very quickly read the attachment and then replied. "Thanks but no thanks" I have a lot to process right now...

I could hardly take things in.

That "Go Fund" page may have angered you, but to be honest it could have been much worse. A lot of women in my circumstances may not have been so calm.

A lot of women could have reacted differently.

I do not know what you expected by your confession on the 27th of August, but my anger was not directed at YOU. Was it Phillip?

I walked away from you that evening. I had my outburst in private in the bedroom out of the way.

I think perhaps you had a lucky escape. I have seen angry women fight with men. It's not nice, it is ugly.

In childhood, I experienced my parents fighting with each other. The time my father stayed out late at the pub and had arrived home long after "chucking out time". He arrived home and appar-

ently (as I heard the story later) my mother had lined up all of the brass ornaments along the fireside shelf. As he walked through the door of the living room those ornaments flew across the room in his direction. As a very young child, asleep at the time, I did not see this but I heard the shouting and the abuse that went on.

The next morning I saw that my mum and dad had bruises on their faces. I heard my mum tell her story of what happened that night. So even as a very young child things are heard and understood.

I know from my own research, that a man who cheats repeatedly does not value commitment. A mature person would feel guilt and shame and stop themselves from repeating the "mistakes" from the past. The "narcissist" is not grown-up or emotionally mature, they don't feel that guilt or shame, they don't value commitment, honesty and integrity. The other person's feelings, heart, and emotions are never taken into consideration.

The way you blurted out your "I'm in love with another woman" and "we can still be friends" statements, caused me maximum damage and maximum hurt. Quite often a person who has long term affairs, or is a "serial adulterer" with repeated cheating is someone who could possibly have "narcissistic disorder" because it takes a special person to not feel empathy, any guilt, or any shame and still play the character of a loving boyfriend or partner. That's not a normal healthy person whatsoever.

So you moved on very quickly, actually before you ended our eleven-year relationship. I just wonder how you could be writing to me in text messages telling me how much you were looking for-

ward to seeing me and being with me in August. When you had been talking to your new female friend even before you left for the UK in July.

I saw how you posted that you had finally found the love of your life (again) and how you felt happier and healthier than you had in years. How you wanted to prove to the world and to yourself that you did nothing wrong and that your actions were justified. How just six weeks after abandoning me here in Spain, you had “plighted your troth” oh dear me!

And now, I hear from a friend that in less than a year since you left me here with no means of supporting myself yet, you have “married” the woman you lived with briefly when you were both in your twenties. I see you have taken the plunge and cemented your new relationship. Well, good luck to you

Congratulations to both of you.

May you be well.

May you be happy

May you live in peace.

My Letters to the Ex.

Dear Phillip

You tell me you are mortified in an email you've written to me.

"It's truly sad to witness you humiliate yourself in this way Loren, and once you have moved on with your life you will most likely be mortified that you shared all this with the world."

Well, let me tell you, "I am mortified."

That you can continue to treat me the way you have.

I didn't ask for ANY of this.

You left me, remember!

You walked away on September the 24th.

I said I still loved you, I said, I didn't think it would end like this.

You just said, "Well it has"

Why are you doing this to me?

WHY Phillip?

Really?

Are you so vengeful that you want to see me suffer even more than I have done already?

Remember?

When you were carrying on the affair with Katrina. How upset I was, how I stood in the middle of the lounge in Las Zinas that Christmas of 2017 after your abrupt confession of infidelity.

That long piercing painful scream that I let out as if my heart had just been ripped out of my chest. My emotional stability was torn to shreds.

Remember January 2018?

I asked you then in a text message.

"If you don't want me in your life, please tell me."

I don't like seeing you like that I now feel sick ? to the pit of my stomach again !!!

How does that happen?

I only want to help you. I'm not laughing at you. Please don't talk to me like that again. It does you no good and it does me no good either

I worked through everything you told me and got to a better place in the last couple of days after your outburst at the weekend.

What do you really want?

If you don't want me in your life please tell me.

I don't want a monster, I want a man.

Good Night.

Sleep on it 😏😏😏😏

Why can't you just do the right thing, Phillip?

Your actions do you no good and certainly do me no good.

The only winners are the Lawyers.

Are you really going to hand over control to the Spanish legal system, to determine what happens?

Or will you help me by paying the £30,000 you offered?

I could have already been working on buying another investment property to increase my monthly income.

With or without giving you a 30% equity stake.

The email I sent you on the 12th of September.

How do you think I can just walk away from here before I have received any financial settlement?

I have no clue what my rights are as a woman abandoned by her partner because he has found a new lover and has moved on very quickly because no Spanish lawyer has given me advice.

Apart from the first piece of advice I received which was, don't move out.

Then there is the second piece of advice I received from the Spanish solicitor in Puerto Mazarron. After I had played the recording of you telling me “What you want and what you need” I got to the part where you banged your hand on the glass table and started shouting. The Solicitor advised me to file the “Violencia genero duncia” or gender violence complaint.

Then your own Solicitor who wrote to me on a few occasions. I know now that I made mistakes, I should not have written to your Solicitor.

I’m not even sure if he was legally correct to reply to me. But the contents of his email certainly pushed me to the edge. After reading that email, I spent nearly an hour on the phone with the Samaritans in Spain that day.

That email from your solicitor was why I changed my mind and decided to go to the Guardia Civil that week in October 2020.

My Letters to the Ex - March 2021

Dear Phillip,

You promised “financial security” in our retirement together!

After forgiving myself and getting through the stressful emotions of your first confession of “cheating” on me with your “Wednesday girl”. Yes, I forgave you, you told me you “were working things out”, “trust me,” you said, and I did!

You wanted to work another 18 months to put away another £100k in your pension fund, then we would be secure together, you lied to me, you betrayed me, you hurt me deeply. You cheated again, you discarded me, you abandoned me, you deserted me. Now your emails tell me you will see me leave with nothing!!

Remember what you told me? I had to respect you and respect your property! Today I have decided that I don't need to respect you and respect your property anymore.

Remember that day in September, when you came into the bedroom while you were working on fixing your precious MG, your “Old Lady”. You stood in the bedroom, in front of the window by the mirror, it was the day after you had sent me the email, you know the one, the email that told me I had to leave the house by the 1st of November.

You looked ghostly white, your face was very pale. I thought that something had happened to you. I said, are you alright,

what's the matter? And you stood there with your arms stretching out and said to me "I need a hug" you were like a scared little child. I thought it was very strange.

I got up off the bed and walked round to where you were standing, I stood in front of you, then you put your arms around me and I stood there next to your chest, feeling rather odd. You then said in my ear, "I didn't really mean for you to leave by the first of November". I can't recall saying anything in reply.

We just stood there for a few seconds, I didn't even have my arms around you.

When it came to the final farewell on the 24th of September. You had your cases packed, you were eating breakfast in the kitchen. I came and sat down at the table, you seemed choked as you couldn't manage to eat any more of the cereal you had prepared, you got up and tipped the remains in the bin.

Then as I stood in the kitchen by the sink in front of the window, you then said we had a few minutes to talk before the car arrived to take you to the airport.

I was just standing there, I didn't know what to say. I didn't say anything. Then while you were looking straight at me you said in a certain tone "I can't talk to you when you look like that, I'm going" then you hurried out of the door.

As the car arrived you struggled with getting your cases out of the porch. I had prepared a note for you. It was my Final

Farewell Letter. I went to retrieve the letter so that I could hand it to you and say my goodbye.

The last case was packed into the car, you turned around and walked over to where I was standing on the edge of the porch. This time it was me who was putting my arms around you. I said in your ear, "I still love you, I never thought it would end like this" and you snapped back in an awkward tone of voice, "Well it has", I then put my hand out and gave you my letter.

Letters to the other women

Katrina 2018

Letter to the other woman in Phillip's life

Dear Katrina,

On December 27th of 2017, my partner (soulmate) and lover of the past nine years, Phillip Hollby, made a confession to me that he had started to see another woman, that her name is Katrina and she lives in Sheffield. He said it was an "ego" thing!

He told me that he had known this woman for at least nine years, as he met this woman at the same time that he had met me. The circumstances of my meeting with Phillip was an on-line dating site that he was on as "Calic". Not sure if you are familiar with that sort of website? Perhaps you met him there too?

He told me that he met up with you again in November 2017, so four weeks into this “affair” with you, he was confessing infidelity to me. I don’t know how much you know about me, or what Phillip has decided to share with you, but I do know you are still meeting and seeing Phillip.

I know you went to Cyprus with him on a 10-day break where he was supposed to be on a diving trip. I know you had a double room at the Roman Boutique Hotel. I know he ordered and sent you the Cyprus tour guide books in February while I was staying with him in York.

Not sure if you know, that I came back to save our relationship to get things sorted out.

Can you imagine the hurt and anguish that I was going through after his confession in December? I was alone here in Spain and had 4 weeks to think through what he had told me. I booked the flight and returned to Brady Cottage at the end of January because I’d had panic attacks, something which I have never experienced before in my life, very scary.

Did you know that we also had a holiday in Cyprus many years ago now, you likely visited the same places. We even went to the beach before returning the hire car, only that time Phillip did not throw his phone into the rubbish bag, and carelessly discard it into a bin. He had lost his phone and had to go hunting for it just as you had both arrived at the airport and were handing back the hire car... The tour guides and the map we used were still under the bed at Brady Cottage where I had carefully stored them.

I know Phillip very well and he will never change his so-called “alpha” status. I also knew about his past, I should have seen this as a “red flag” but missed it. He told me he had been a “serial adulterer” throughout his marriage to the mother of his boys, yes he told me this from the start of our relationship. We have had a good relationship for nine years, with no real arguments, (that is until he took a wobble and plunged into a mid-life crisis, and started this affair.)

His stress levels went through the roof, buying our home in Spain in 2015 that was just the start, the death of his mother, his house being flooded, losing a lot of his personal belongings and furniture, the UK referendum threw him off course, worry stress, life changes, his two children moving on, retirement looming, less money and success than he had hoped for, mostly due to his putting more cash into Spain than he expected, his previous divorce from the mother of his children.

Phillip tells me that you are not a threat. He also tells me he still wants to be here in Spain to retire here with me. I believe that there is no future for you in this relationship with Phillip.

I don't know how much you know about me or what Phillip has told you. I do not know what you and he have talked about or what you have planned for the future, but I do know that you have it in your power to end this relationship.

These things never usually end well.

I can tell you many stories of how these love triangles end and you need to know that it is never easy, someone will be hurt, emotionally, exhausted physically and or financially, or even be-

come ill with life-threatening diseases due to the stressful situation. Not to mention the early demise of people who find things just too much to handle (suicide).

These are the harsh realities of the situation. I do hope you can see sense, and that you drop Phillip from your circle of “men friends” and “holiday companions”. The sooner that this relationship ends, the better for all concerned.

I do so much hate confrontations, complications and anger, so it would be best not to share this communication with Phillip.

Written with compassion and forgiveness in my heart. I mean you no harm. I have already forgiven Phillip for his infidelity.

The letter was never sent even though I did have the address to send it to.

Letters to the other women

Delia August 2020

Dear Delia

I'm not sure what hold you have on Phillip. Or if you love him at all.

Phillip confessed he loves you, he wants to be with you. The sparks from 40 years ago were still there apparently.

If you believe that this is meant to be, then so be it, because you are welcome to have the man who has tortured me emotionally since 2015 when he bought this house in Spain.

His declaration of making a huge mistake in 2015.

His outrageous outburst in 2016.

His confession of infidelity in 2017, his eight-month affair with an old flame Katrina.

And now this, the confession of love for you on August 27th 2020.

His miraculous transformation from the breakthrough therapy that you referred him to.

Well, let me warn you.

Phillip's life is littered with women he has betrayed and abandoned, you were one of them 40 years ago. He now tells me that he is about to start another "long-distance relationship" with you.

He is still repeating the mistakes of his past.

He has hit the whisky and is smoking the weed.

1 bottle of Jameson's in 2 days

The next day he started on a litre bottle of Grouse, in two days that was just about gone.

Now he is in BolNuevo and has taken bottle number three with him another Jameson's whisky.

He can't cope with the hurt he has caused me, every time I speak out about it, he loses it.

He becomes the angry womaniser that he has always been.

If you believe that you have found Phillip again and that your time is now, then you are welcome to him.

I don't need or want this type of person in my life anymore, I am better than that and I deserve to be happy once again.

After he left me on the 24th of September 2020 I wrote a second letter to the new woman in his life.

Letters to the other woman

Delia October 2020

Dear Delia

Thank you so much, I am ever so grateful for your help. I don't know the exact date that Phillip reconnected with you via Facebook, was it in June 2020 perhaps?

All I do know is a part of the conversation I overheard when I came home from my art class. Phillip was chatting away to someone, he obviously was not aware that I was home, as I walked from the kitchen to the lounge I overheard Phillip saying "Loren is insecure" at the time I thought that was strange!

Then he goes on to talk about how he has made out his will in Spain and the UK, again I found that very strange.

As soon as I appeared through the door of the porch he said he had to go as I had arrived home...

I never let on that I had overheard part of the conversation, but I did quiz Phillip on who he was chatting with, and he told me it was you, Delia...

The old flame from his 20's, the girlfriend he told me he lived with briefly, the girlfriend that betrayed him and was found out, the girlfriend he kicked out of his life...

So here he was talking to you, while he was here with me in Spain. Do you know what it is like to have a niggle at the back of your mind about the intentions of two people who have just been caught out chatting?

Well, I am sure you will find out one day.

Now apparently you had been advising Phillip on his "health" or lack of it, because obviously, Phillip is a very sick man. Not least his physical problems for which he takes prescription medications every single day.

Let's see, Diabetes, Crohn's disease, Gout, Arthritis in his shoulder, constant back pain, from a beating he sustained when he lived in Poole, high blood pressure, the odd flare-up of gout, oh and not forgetting his slightly enlarged prostate that he was fond of talking about and his asthma and allergy to pollen.

There is also his “mental” well-being, not sure where he is on the scale of narcissism or personality disorder, but he is certainly a womanising misogynist. Over the past 40 years, he has betrayed and abandoned every woman he has had in his life and there have been many.

So you were recommending a new health regime “spray vitamins” I am sure Phillip was all ears, listening to all your friendly advice. Then you recommend the NLP Practitioner, ex GP, Hypnotherapist, Breakthrough Transformation Coach, a connection on your Facebook Profile.

Again he took this on board and booked the weekend therapy for the 22nd and 23rd of August, telling me it was to help him with reducing his back pain. So it turns out that because you live in Monmouthshire you and Phillip actually met up on the 21st of August the date both of you placed on your Facebook profiles the “start of your relationship”.

Unfortunately, there was one big spanner in the works, ME...

Phillip had not ended his 11-year relationship with me. He flew to Spain on the 25th and said he was excited to see me, then two days later on the evening of the 27th he confessed his love for another woman, YOU Delia.

Well apart from the deep shock and the anger and me going into the bedroom to shout out “You, fucking bastard” three times, I was expecting something, funny how those little niggles come back to you when you need them.

Because all the while that Phillip was telling me about his transformation, about how he was a new man I knew something was not quite right, and here it was, he was spelling it all out to me.

In love with a woman from 40 years in the past, a woman that had betrayed him when he was in his 20s, a woman he kicked out of his life, then burned her photographs and belongings in the garden...

Yes, Phillip likes to tell his current girlfriends about every woman he has had in his life. The fact that he told me that he was so disgusted about what you did that he pissed on you while you were in bed.

True or not true??? Why would he tell me that?

Let me tell you, Delia, you are not his first affair while he has been with me. There was Katrina, the “old flame” “Wednesday girl” ex-girlfriend from 2009 who he suddenly reconnected with in November 2017.

Confessing his infidelity to me in December, which lasted nine months while he could not commit to being in Spain with me he also could not commit to being with Katrina either. Both of us USED for his fragile EGO.

When Phillip ended that affair he sent me the following text message.

“she wanted one last night”

Even on being used, disrespected, devalued and discarded some women just can't help themselves, can they?

So, Delia, you have won yourself the new transformed version of “Phillip” the new man. Unfortunately, even though Phillip arrived here looking better than he did before, telling me he had no back pain it was not long before he was back to abusing alcohol and smoking cannabis.

Phillip went through 5 bottles of whisky and half a litre of Vodka from the 7th of September to the 23rd of September, plus a few bottles of red wine. During one week he was drinking half a bottle of whisky each day and smoking cannabis from morning to evening and usually falling asleep on the sofa before 9pm.

Not only that but he had ended our relationship and instructed agents to sell the home I’ve lived in for nearly 5 years, as well as putting his UK house on the market, from a man who could not decide to make a commitment to being in Spain full time, to a man that disrupts his life selling both of his homes and disrupting my life so he could start a new relationship with you.

His actions did not seem rational!!

It soon became obvious that Phillip was not the person I thought he was, with all of his insecurities telling everyone he was trying to be respectful, kind and generous towards me. While I was walking on eggshells, feeling threatened, feeling intimidated, scared to voice my opinion, and even thoughts of “Oh I’ll just kill myself then, Should I?”

The first financial settlement he sent me two days after his “confession” redeeming my UK mortgage with a “gift” of £35k, selling the property, Las Zinas and allowing me €75,000 + £35,000 or €115k 50% of the value of the property.

The second financial settlement which he agreed could be recorded, but that didn't go well. His angry outburst, his belittling comments, his complete disregard for me, no empathy at all. His ego took over as he spelt out "What he wants and what he needs"

(I'm collateral damage, unfortunately)

Gives me the option to buy the property but only gives me four months to raise the finance.

The third financial settlement is in writing.

I have to leave by November 1st.

Despite everything, I hugged him goodbye on the 24th of September, told him I love him, told him I never thought it would end this way and he said "Well it has", he got in the car and was gone out of my life.

Only he still managed to get to me – hence blocking his number – no texts – no calls – no video calls.

His text message to me was "Three strikes and you are out Remember!"

Sunday 27th September.

Letter to the other woman**Jenny 2021**

Dear Jenny,

It was a bit of a shock to receive a message from you of all people, to be honest. So when a message landed into one of my Facebook pages on the 27th of January 2021, forgive me for not knowing who you were.

The message read.

Hi Loren, I noticed Brady Cottage was for sale. Then I saw Phillip's engagement photo. You must be in bits. If you need someone to talk to, I'm here. Take care, Jenny.

My only response right then was.

Do I know you?

You spilled a lot of beans, you told me things I didn't know about the man I had been sharing my life with.

Like how you told me that he wanted to see more of you, how you told him no. Why? Because you told him that he would have to be honest with me or nothing.

And Yes, he could not be honest with me about you Jenny. I think Phillip knew that being honest about seeing you while pretending to love me in his "primary source" relationship would have been one step too far. It would have been either the end of me or maybe the end of him.

Why do I say that?

Because I know how these things play out. I have researched and educated myself on these

triangulation scenarios. Many do not end well. What can start as domestic verbal abuse, emotional and psychological manipulation towards a partner can, and often does end up in actual physical harm.

This leads to either the male or the female being battered in some way, or even for one partner to kill the other partner.

Of course, there is also attempted and actual suicide by the victim in these situations, like I said the emotional and psychological damage is just one step too far. So when I started to communicate with you, I asked you.

Did you still have a sex life with him after you moved out?

And you replied:

We stayed completely involved for years, yes. You are better off now.

To be honest with you Jenny, Phillip talked about you quite often at the start of our relationship. He would moan about messages he received from you. He had already told me how “toxic” you were. How he thought you nearly killed him with your cooking style. How you were drinking far too much alcohol and in the end had moved out of the marital bed and went into the spare bedroom at Brady Cottage.

Even in 2012 you were still meeting him and communicating with him. Why I didn't take this as "red flags" I have no idea.

He always had excuses, like the message from you that I saw on his iPad one evening. He told me that you had been attacked sexually by a guy and you had been upset and asked him for help.

Guess what Jenny, this scenario is also a common situation in the BDSM sex world and also when women attract abusers into their lives. It is a repeating pattern I'm afraid.

So you were telling me that you would have preferred him to be honest with me. That he had gotten quite reckless, towards the end because neighbours saw you at Brady Cottage.

So later when I ask you.

Don't you think it is odd how he went back to an old girlfriend from 38 years back?

You reply.

He has been trying to find her for years.

So even while he was in a relationship with you either before or during your marriage he was talking to you about Delia, the old flame of his from when he was in his 20s. This is a tool of the narcissistic manipulator controller or casanova psychopath, they continue to drop mentions of their ex from time to time. They don't outright compare the two of you, but they certainly imply they had a better time together.

It is a way to keep you on your toes, to remind you that they could leave you and go back to that other woman. That makes you feel insecure in the relationship, then you will start to work harder to accommodate their needs and desires. That is how they manipulate you in order to get what they want.

So when I start to explain to you how Phillip hit me and I ask you.

Did he ever hit you?

You reply, No.

I explain how he slapped my breasts really hard while in front of my friends, in their house, who happened to be my ex sister in law and her husband. I was embarrassed and humiliated. I think I just let out nervous laughter due to discomfort and confusion.

And you tell me.

That is definitely not the person I was with.

But he was the person you were with.

I did not think it was appropriate, but the excuse I made was he wants a BDSM relationship. I didn't want humiliation in front of my in-laws... he read me wrong... I was experimenting with BDSM but only in private, not in public. That is not "informed consent".

So, Jenny, there is a bit of a contrast between how your relationship ended and how my relationship ended.

You had a job, you were working. You told me.

"We planned my leaving together"

"I didn't just up and leave. We made a plan together We kept seeing each other for years so there was no need to get upset,"

Phillip told me a completely different story, of course he would. He wasn't about to tell me that, oh by the way Loren, I plan to still visit my ex-wife Jenny for occasional sex when I fancy a bit of BDSM, was he? So I'm asking myself, why the fuck did he want me then?

He told me, he gave you a car and rented you a place for 6 months. very generous of him. He told me that you had received a backdated payout of child support from your ex-husband, that he had helped you apply for. So not really the same situation that I experienced with his abrupt discard that turned into a nightmare of conflict.

Even after he told me that he wanted to end things "amicably". But it all turned sour, he was verbally abusive, he was downing half a bottle of whiskey each day... plus smoking dope from morning till night.

27th of August, confessing his love for Delia. 29th of August offering a ridiculous financial settlement.

With conditions attached.. Not what I saw as a fair or reasonable settlement. He was likely off his head when he wrote it.

So here I was chatting to you on Facebook, discovering all sorts of things that I didn't know.

And you showed some concern about how I was coping, if I had any money, and telling me that if I returned to the UK I could claim benefits.

Only at this point in January 2021 and with these new revelations about Phillip, I was past caring.

I was not worried anymore. I even told you that I was not really bothered by what might happen, I didn't want to return to the UK and I would certainly not do that just to claim social security benefits, if I run out of money and food then perhaps I will starve to death. That was how I was feeling right then.

And you say.

Well, that's not good. You have to find a positive way forward.

I tried and failed many times while starting over in Spain from 2015. I started an Amazon business, he wasn't amused. He wasn't supportive of anything I wanted to do. Actually, he would be "financially" supportive but never emotionally supportive. Even back in 2014 when I was diversifying my lettings business, I made him angry, or should that be he got angry. I shrugged it all off. I put it down to his drinking and his illnesses. Now I know what it is, it was his mind that was fucked up.

Then you tell me.

I should think you would be okay if you had income and a place to live.

Well, Jenny, I do have a place to live, I am living there right now, and despite not having any income or business that is generat-

ing revenue, at least I am safe and secure and the bills that are in Phillip's name are still being paid.

It is against human rights for the owner to cut off utilities while people are occupying a property. In Spain that includes squatters, only I am not a squatter. My residence card says I live here, and the Padron from the Cartagena Authority says I have lived here since 2015.

I'm not sure why I have attracted the wrong type of man into my life. Out of three significant partners, different names.. Different faces.. But similar in some respects.

My first husband who I had my two daughters with. John, who helped me to start a business, died of a heart attack in 2006, which was only 18 months after we started the business. Then Phillip, the kind and generous man, who turned into a monster. He has been one of the best... but also one of the worst...

Jenny, from what you have told me I think you must have been looking at him and your relationship through rose-tinted glasses.

You say. *We worked together really well. I liked that part best. I also liked how well he treated his friends too.*

What!!! He could be rotten to people, that's why I overheard his son calling his dad names, during the week of his 30th birthday celebrations at our home here in Spain.

How Phillip told me that on his wedding day with you he got pissed, he told me he knew it had been a mistake getting married to you, even the next-door neighbour had told Phillip that

he thought it was a mistake. You see Phillip was always trying to “fix” people. He told me that he had tried to fix you.

So you tell me everyone at the BBQ wedding party was hammered, it had been a very long day.

Jenny, you are making excuses, I think his son knew him right. Just say it, he was a complete asshole.

You say you like to move forward in life. Only you didn't move forward with your life, did you?

He never moved forward either did he?

He kept his women on a string, he could wind them back in when he needed them.

What are you telling me?

He didn't have me on a string

Just look at what you told me earlier, thanking me for helping you to tie up some “emotional loose ends”.

So you moved out, you filed for divorce, so you were single again. Only when you fancied a meal out or day in Harrogate or whatever, you would meet with him.

You even tell me that you felt it was wrong of him to cheat on me all these years.

And you are telling me that you moved on. Really!

Who was he cheating on? Or were you cheating yourself, Jenny? Why did you think about getting in contact with me?

He is a sick man. I now know he was cheating on me, with you Jenny, with Katrina, and then his final fling and old flame Delia.

Jenny, you asked him for a date while you were single, but you knew he was in a relationship with me. You were “trauma bonded” you had not moved on. That is why it still continued between you and him.

Is that why you had to get in touch with me? Because you wanted to know more.

You did not go through all that BDMS shit and not get trauma bonded. So what are you telling me, it was him who asked you out for dates? Which?

Was it you or was it him, who wanted to be back in touch?

And you tell me

“We kept working together, seeing each other, settling things between us for years.”

Either way, the two of you were still meeting behind my back. Then you tell me you were not “trauma bonded” so what was it for?

Was it purely for a bit of master-slave bonding, you actually didn’t move on, even after the divorce, he was still meeting with you, and you still wanted to meet with him!

Sounds exactly like the description of the narcissistic casanova psychopath to me.

Or “sex god” as he used to like to call himself.

Stuck - Why do women stay?

Why do women stay in relationships that have become toxic? Perhaps because they are trapped. A housewife who has no independent income. Estranged from their family. Here is a list that came from another victim telling the story of

Why don't women leave?

Here's why

1. The man is scary and has threatened harm to himself, to you, to a pet or to your children
2. The man holds the finances and has made the victim dependent on him and made it difficult to leave.
3. Financial abuse. Men sometimes coerce women into taking out loans in the victim's name as a way to trap them.
4. Society doesn't care and doesn't have enough resources to help and sometimes the law isn't just, it's crooked.
5. They have children/pets together and they will struggle financially.
6. The victim feels responsible for the abuser.
7. You feel more scared to leave than to stay because they have conditioned you to comply with their instructions or you'll face consequences.

8. You love them, at least who they were at the beginning and even though you know you have lost them already it's the final step to fully losing them entirely including losing the potential future you hoped you would have.
9. They have ruined your self-esteem so bad that leaving isn't something you consider because you feel lucky to have some love.
10. You have tried to leave before and they have stopped you somehow.
11. You have no other options as they have isolated you, kept you financially dependent and monitor what you do now, and perhaps even stopped you from working.
12. You put your trust in him, you thought he loved you.

Why did I stay?

Because after Katrina I forgave him. He told me he was not running away. He asked me to trust him and I did.

Then I started feeling better about myself, I started to enjoy my life, again. I started yoga, got involved in art classes and I did dance practice for months building up to the Cartagena Carnival in February of 2020 when he told me how proud he was. I even started looking at the website projects that I had shelved in the previous few years, as a way to start earning my own money again.

Conscious Uncoupling

A contrasting story of ending relationships without conflict.
From Lyn Smith - Hearts Entwined.

Conscious uncoupling is the ability to understand that every frustration, irritation, and argument within a relationship is a sign for us to take responsibility and look within ourselves and identify a negative trait that needs healing (rather than lay all the blame on our partner). We are always in some way contributing to what we are experiencing.

For example, if we're in a situation where our partner gets easily irritated and takes it out on us, have we got strong boundaries / consequences in place which strongly communicates to them that their behaviour is unacceptable and therefore nips it in the bud and prevents that behaviour ever being repeated?

From this point of view, we are coming from a place of compassion for ourselves, our partner and the situation, and realising that all human beings make mistakes and are always doing the best they can, within the levels of knowledge, awareness & resources they have at that moment in time.

Sometimes we have to be prepared to rock the boat or even walk away from a relationship to gain the respect and treatment we deserve, because if we're afraid to or if we're too forgiving then it sends the message that we are condoning that behaviour and that it's acceptable, therefore we shouldn't be surprised if that negative pattern keeps repeating itself until we've learnt the lesson.

All our relationships are designed to teach us valuable life lessons, the main one being to love and value ourselves first. The first step to self-love is to become more aware of our self-talk, spoken words & behaviours.

Example 1

Do you say negative things about yourself such as

I'm too stupid / clumsy / fat / thin / ugly / lazy or

Do you say positive things like

I'm so amazing / articulate / sensual / empathic / beautiful / spontaneous?

Example 2

Do you affirm negative statements such as

I can't do... I don't deserve... I never try... I always mess up... I'm not good at... or

Do you affirm positive statements like

How can I... This is a great opportunity... I'll give it a go... I'm unique... I've got this...

Because where focus goes energy flows and we become or experience what we think, in other words if we don't value and treat ourselves with love and respect then others will reflect that back to us. The good news is though, that we can catch and change our negative thoughts to positive ones.

Mindful communication is key, not only with ourselves but with our partner. So, it stands to reason that conscious uncoupling does work best if each partner is in agreement with it and both are willing and have the desire to achieve a fair win/win outcome.

I believe we need to be re-educated about the option of conscious uncoupling, what romantic relationships are and re-look at how we view marriage, separation and divorce because there's actually a far more powerful and positive dynamic taking place.

The high separation and divorce rate is calling for us to discover a new way of viewing our intimate relationships.

All relationships are sent to grow us, for a reason, a season or a lifetime (married or not) once our lessons have been learnt it's time to move on - nobody owns us, we have free will. So maybe in the future as an alternative to traditional marriage, we'll see more spiritual union ceremonies instead, understanding that it's more of a soul growth time, rather than it being a lifetime commitment (which creates expectation and a lot of pressure).

Having this awareness and mutual point of view is why my ex-partner and I were able to consciously uncouple for the most part fairly amicably, yes there were a few niggles to start with, but nothing we weren't eventually able to easily work through. We both realised that what we wanted was what was fair for both of us and were in tune with each other enough to give the

other space and time whenever they needed it to process any new situation or information.

Just by you both setting the intention to co-operate and consciously uncouple, allows the Universe to support the process, however you do have to let go of 'the how' because that may turn out to be completely different to how either of you imagined it!

Lyn Smith - The Queen of HEARTS

HEARTS-Entwined.com

Healing and recovery

Listen to Your Free - Ultra Nate (June 2021)

40 Signs Of Emotional & Psychological Abuse.

(Narcissistic abuse and controlling coercive behaviour) The Truth Will Set You Free.

Crying - feeling unsafe	Abandonment issues
Shattering of reality	Loss of appetite
Identity erosion - lost me	Or eating more
Exhaustion	Oversensitivity (noise/lights)
Overwhelmed	Hyperactivity
Panic attacks	Don't know what to do?
Cognitive dissonance	Unable to move forward
Claustrophobia	Feeling fragile
Brain fog, confusion	Feeling inadequate
Fears & uncertainty	Feeling a failure
Can't stop talking - about (him/her)	Hopelessness
Can't stop thinking - about (him/her)	Grieving losses
Flashbacks and replays	Dissociation of self
Anxiety	Isolating yourself
Traumatized	Numbness
Devastated	Powerless
Lack of sleep	Helpless
Suicidal thoughts	Feeling vulnerable
Addicted to the ex	Psychologically damaged
Lack of joy	Lack of motivation
Emptiness	Betrayal - infidelity
Loneliness	Angry
	wanting to tell the world

You may experience many of these signs during a relationship, post-separation, and for many months after, at differing severities.

Four steps to releasing anger and resentment

1. Release the Anger

I have found that there are a couple of methods you can use.

First, do not retaliate against the person who has caused you the hurt, distress or anger.

Remove yourself from the situation. When you are alone you can take a pillow or a cushion and start punching the pillow as hard as you like. It will not hit you back.

Another method I found that is useful is to say your piece. By this I mean to let out everything that you wanted to tell the other person but couldn't. When you're alone try pacing the floor and yelling out everything that you wanted to tell the person but couldn't. I know that often controlling abusive men can shut you down, they don't let you tell them how you are feeling or what it is you need or want. So go ahead and get it out.

2. Forgive

Forgiveness is not about the other person, it is about you. When you can let go and forgive, it releases you from the anger, the tie to the other person and feelings of hurt and sadness. The forgiveness process is about letting go and taking care of yourself.

You can visit my Youtube Channel where I created a number of short 5 and 10 minute affirmations and meditations while writing this book.

<https://bit.ly/YTlifechangeplans>

Try the Ho'oponopono Prayer

<https://youtu.be/93oql29IN4c>

What does Ho'oponopono mean?

Ho'o = to make Pono = righteousness.

The repetition of 'pono' is double right, being right with ourselves and with others.

The prayer is a very powerful Forgiveness Meditation

The ho'oponopono prayer goes like this:

“I'm sorry, Please forgive me, Thank you, I love you.”

That's it. ... “I'm sorry, Please forgive me, Thank you, I love you.”

It is very simple yet very powerful.

It can be used daily to free yourself and others involved from any negative energy and thought patterns that block you from moving forward with your life.

3. Write a Letter

Write a letter that you will never send. Begin each sentence with “I am angry that...”. Do this over and over until you have no more sentences that can start with “I am angry that”. For some, it may just be a page and for others more. You can't do this wrong. By writing the sentences this way you release the emotion that is holding you back.

Or try the method I used which was my letters to the ex and letters to the other woman.

4. Look for the Gold Nuggets

In every life event, there are gold nuggets to be found, a life lesson. Think back to the event and ask yourself what you learned from this experience that is positive. How did it make you stronger or help you grow? This takes the event (that you have now forgiven and released the emotion from) and looks at the positive side. There is something to be learned in every event.

After you have done the 4 steps, if the anger and resentment rise again, ask yourself which step you need to do again. As with any healing process, it is like an onion.

You heal one layer at a time and you may need to go back a few times to heal the other layers. When this happens it is not a step backwards but another step toward total healing.

Five ways to recover and heal.

1. Acknowledge that the abuse happened.

You can start to believe you were to blame or you begin to think, maybe I am the crazy person, maybe I'm wrong, the abuse never happened.

Talk about what happened with a trusted friend or journal and write it out. If you have the resources, access a therapist but try to get recommendations from therapists that understand narcissistic/emotional abuse.

When you do this your feelings & experiences can be validated, speak about them, shed light on the situations you experienced it helps you break free and heal.

2. Grieve the loss.

Even when a relationship is toxic and abusive you still need to grieve that loss.

People presume that you would hate the spouse or partner or be angry and that's not the case, usually you are just desperately sad. You may still love them and miss them, you need to grieve the loss. The narcissist has love bombed you, this feels real, you believed they cared for you and loved you, but at the same time they can show you their frustrations their anger, you can be devalued and disrespected, this causes your confusion in the relationship. You need to grieve all the future dreams of your life together.

Don't forget why it ended and the abuse you experienced and remember you are better off without them.

Many individuals need to grieve the loss of who we were before the abuse happened. There is a certain sense of loss of self. Recognize that it's okay to feel a whole range of emotions its a situation you go through. Its traumatic and and you may need support to get through everything you are feeling and experiencing at this stage.

Try making a list of all the things you could not do or were disapproved of by the ex and think about how you are now free to do as you please and not acting to please them.

3. Break past patterns

In order to avoid repeating mistakes of the past and attracting another abusive relationship into your life. We need to break these patterns now. Start to recognize some of the patterns of behaviour in our relationship. This can be having poor boundaries or our need for approval or even our difficulty in realising when a relationship is not good for us. Perhaps you are the type of person that likes to please others and you put your own desires to the side or on the back burner to ensure you are meeting your spouse or partners needs.

You may need to talk to a therapist for guidance during this phase. It can be difficult to decipher what is or isn't a healthy relationship when you have been in a toxic narcissistic situation for many years. Reflecting on these patterns can be painful and takes time but it's important if you want to avoid another harmful relationship. It's best to work through this before starting or seeking a new relationship.

4. Heal from the TRAUMA.

You really need to know that narcissistic abuse is a traumatic experience. When someone we love and care for hurts us emotionally, psychologically, physically and often sexually.

It will take time and effort to process what has happened and be able to heal from it. Finding a mental health professional that can help us to put what happened into a timeline or story as well as talk it through and validate all we went through is really important. It can be difficult and frustrating giving rise to mixed emotions but stick with it. There are a number of trau-

ma therapies that can support a person at this stage with proper support you will begin to feel better.

5. Reclaiming yourself

Being yourself was not allowed for so long that it can take you some time to figure out who you are and what you want in your life. You don't have that person in your life who is disapproving, criticising and keeping you confused. You are free to do what you want. It can be difficult at first when your confidence and self esteem has been eroded in a relationship that did not nourish, encourage or support you. Try to talk this out with your therapist. Push yourself to make small decisions planning what to eat, or a day out. Start making decisions on your own. Take your power back and start to feel good about yourself and rebuild your confidence. Slowly you can start to make bigger decisions for yourself. You will start to have thoughts about what excites you and what leaves you cold then you can see a way forward.

I know it is difficult to break free from any abusive relationship and narcissistic ones can be particularly hard work. Especially when the relationship ends in post-separation abuse. When you know and feel in your heart that the person you once loved and cared for feels nothing for you now. When they continue to abuse their position of power and seek to hurt you and leave you emotionally and financially devastated.

When they can continue to gaslight or manipulate you when they will never apologise for their behaviour. They can blame and shame you, deny all responsibility and attack you as the

guilty party while reversing the role of victim and offender, known as DARVO.

DARVO Deny, Attack, Reverse Victim & Offender a mechanism used by manipulators to evade accountability for the abuse they inflict on others.

A concept that was identified by Dr. Jennifer Freyd in the mid 90's.

How to break the trauma bond

On the first meeting, the narcissist will be charming, generous, and show up as loving and caring they will use this love bombing phase to get you hooked, the trauma bond is something that they immediately started to form with you. The narcissist was able to do this by abusing you in subtle ways that you may never have realised at the time. Trauma bonding makes you psychologically addicted to the abuse that the narcissist is inflicting upon you.

This is why you will find it extremely difficult to let go and not have any contact if you leave or after they have discarded you. It is also quite typical that even if the narcissist discards you they will ask to remain friends, because they can still be in contact with you from time to time to gain emotional supply from you.

Going no contact can feel like you are coming off of some type of drug, your mind and body has become addicted to their love bombing and toxic phases and behaviours towards you. It is like you have been on a roller coaster ride with them.

Fear and thrills are all mixed up into one large emotional melting pot.

A trauma bond comes with unhealthy emotions, you may even feel like you're literally nothing without them in your life. The periods of humiliation, criticism, maybe even betrayal and infidelity can leave you suffering low self-esteem and lacking confidence. If you and the narcissist part you may well feel like a piece of you has left as well because you have lost the person that you once were at the start of the relationship.

Trauma bonding can leave you emotionally depleted, maybe even suffering post-traumatic stress and depression and even ruminating over the narcissist. Narcissists are known to form trauma bonds, as well as use them to their advantage.

The narcissist knows that by forming this trauma bond you are less likely to leave them no matter what the narcissist does to you. They can then come back into your life, a narcissist can have many ex-partners that they keep as friends some of which will be sexual connections that they keep returning to.

Some narcissists also have sexual addictions and will always return because they know you are addicted to them because of the way they got their hooks into you. This is how they "hoover" you back to them.

Trauma bonds are often mistaken by empaths thinking they are deeply in love with the narcissist but that is the farthest from the truth. The truth is you are or were involved in a relationship with a very toxic individual.

This person has you trauma bonded, you are now addicted to their cycles of love-hate abusive behaviours. The Narcissist will manipulate you into thinking you are in love but the truth is you have been sold a dream, a false image, an illusion as well as abuse and manipulation.

The narcissist will then take control of how you interpret sensory information they will now have you believing this false dream that they have sold to you. A narcissist may also sabotage your chances and opportunities for personal growth or financial independence, with the aim of keeping you stuck or dependent on them so you are unable to walk away, and you become trapped in the toxic situation. You may not even be aware that they have done this, the narcissist has subtle ways of criticising you and your decisions to keep you from gaining financial independence from a job, career or business.

You may feel like you have met the love of your life and be in love, but in reality, you have been tricked into trauma bonding with them. Trauma bonds make it very easy for narcissists to use you at their discretion for their own selfish gain. Narcissists are known to be self-absorbed and lack empathy.

So how do you break the trauma bond?

Trauma bonds can be broken:

In order to do this, you have to let go of all hope that the narcissist is going to change.

You are going to have to stop believing the false dream that the narcissist has sold to you. Let go of this fake person.

Force yourself to see the narcissist for who they really are. To stop thinking about all the horrible things that they have done to you and how they really treated you. Gain an understanding that the narcissist is not the person that you thought they were. It was all a lie and you were deceived by a master controller and manipulator.

You are going to have to break the cycle and stop thinking about them or looking for the narcissist to reach out. Block them from every single avenue to get in touch with you. If you need to discuss divorce or financial settlements or children use a method of contact like email so everything is in writing. Make use of mediation services when separating or divorcing so that you do not need to communicate directly.

If they try to Hoover you back into their web, do not respond and do not reach out. Set boundaries so that this person will stay away from you. You may need to put a restraining order in place if their communication is bordering on harassment.

All they can do is future fake and manipulate you, that is as good as it gets with them, they are incapable of a real loving relationship and they know it.

Breaking trauma bonds is often very difficult, but can be done. The more you stay away, the more you will heal. Things will get better and you will eventually have your life back.

Surround yourself with a healthy support system and self-love. You are going to have to understand that the narcissist is never going to change for you, or anyone else.

Pick up on activities that can help you to rediscover yourself. Activities that can help include, journaling, art, yoga, music and dance, listening to meditations and positive affirmations, gardening or just walking in nature or at the seaside.

Journaling Therapy.

Available from Amazon or Website/Shop

- My Letters to the Universe
- My Letters To The Ex
- Letters to the other woman

Attend a Mindfulness Retreat, or a Trauma Release Retreat. Or maybe even a Creative Writing Retreat.

Here are links to my Website and YouTube Channel

Resources I created and found useful.

<https://bit.ly/YTlifechangeplans>

<https://lifechangeplans.com/shop/>

Education.

Victim blaming.

Should the recipients of narcissistic abuse accept some responsibility or not?

I've heard the "victim-blaming" from some therapists.

Like, heal your trauma or childhood experience before seeking a new relationship.

Perhaps this is the wrong way of thinking. Perhaps a person attracts the narc to them not because of vulnerabilities but because of strengths.

Because they have positivity, confidence, and happiness shining from them. All the things the narc doesn't have.

So in the beginning the person was not a victim.

But lost the positivity, self-esteem and happy outlook through the devaluation stage of abuse and then emotional trauma after the discard or realisation of being cheated and betrayed.

I guess we as "recipients" or "targets" not "victims" of abuse all have different stories to tell. We know where we started in the relationship, and we know where we ended the relationship.

Recovery is growing from the experience we have been through. Not being blamed or looked at as a victim. Surely we are "survivors" because I know that some people do not survive or get through the experience of abuse. I can tell many stories of how people end up.

Toxic Relationships **The Narcissistic Personality.**

With narcissism what you see is grandiosity.

Arrogance.

A sense of self-importance and entitlement.

Highly disagreeable, resistant to criticism.

Constant need for external validation.

Until you have experienced this type of personality you have no idea.

Sociopath now that's a term that comes under antisocial personality disorder.

With sociopath what we see is

Aggression, impulsivity.

Disregard for rules, laws, social norms.

They are often described as being cold and emotionless. Unwilling or unable to take into account the feelings or needs of other people.

They are driven by their own self interests.

They will do whatever it is they have to do to get them ahead in any situation. Sometimes a bit of a con artist.

Narcissists are more like a hurt child.

They have tantrums, lash out.

They fake superiority to hide their inner pain and their inner turmoil.

They are ego driven in the sense of the lies, gas lighting, one up man ship, and not taking responsibility for themselves.

When these two character traits come together what we see is someone who has a lack of regard for the feelings and the needs of others. Someone with a limited range of emotion. They don't really experience feelings of love and affection and emotions like guilt and shame.

The only real strong emotion seems to be anger which often manifests itself in outrage whenever they are offended or perhaps refused something they believe they are entitled to. Or if they are not treated in a way they think they should be treated.

Many narcissistic sociopaths would tend to have sadistic qualities and sadistic tendencies. They may get a sense of satisfaction or even pleasure from other people's suffering.

Some people have described how they have seen a brief moment of excitement on their face whenever they are causing a person hurt.

Impulsivity can make them unpredictable and dangerous; they may have very destructive urges.

Sometimes they may hurt, lie and deceive others even when there is no real gain for them.

Common characteristics and behaviours include being obsessed with power and control. Not just power and control over other people but also projects, tasks, even social events. They can also devalue or maybe sabotage anyone else's achievements or goals.

Their obsession with power can make them relentless; they can climb over anyone in their way. They can disrespect or not even acknowledge any other kind of authority. They demand perfection, they rarely make good leaders.

They can change their minds in one conversation, move the goalposts, no moral compass, a lack of morals, exhibit callous behaviour in terms of knowing what is right and what is wrong.

They don't really care either. If they are cheating on a partner they dismiss this as not a big deal, or blame their partner in some way, even become angry if their partner tries to have a conversation with them.

They may hold on to past relationships if they are useful to them. If a better prospect comes along a spouse can be discarded abruptly like yesterday's trash. However if that discarded person is seen as useful again they can come back as if nothing has happened, known as hoovering, sucking you back into their lives.

They can have a distorted view; they believe they can do whatever they want. Rules only apply to other people. Whatever they want they show no remorse no matter how sadistic, malicious or illegal, their actions are justified, showing no empathy for anyone who might get in the way. To hell with the casualties.

With narcissism they believe they are special and others envy them. But with sociopathic narcissism there is a paranoia that others are out to get something from them. Sometimes this leads them to lash out and hurt people.

They can become very dangerous whenever they feel threatened. They can be vindictive, malicious, even violent. With malignant narcissism there is a tendency for them to be very easily offended and the offender has to be punished. They might perceive an offence that can be something as simple as a blow to their ego or self esteem. It can be having a different opinion, disagreeing with something they have said, not behaving as they expected.

They can become very hostile flying into a rage, threaten or even be physically violent.

Another characteristic is that they get bored very easily. They get bored with people, tasks, hobbies, they can abandon whoever or whatever it is if they are no longer interested in or entertained by.

They also seek out instant gratification or cheap thrills, they are the serial adulterers, or sometimes frequent prostitutes.

They can have destructive behaviour and become very aggressive, violent or involved in crime, drug use, have many addictions. Their low emotional range can be one of the reasons for this destructive behaviour.

Finally, they feed off negative energy. They can create chaos and drama and then feed off the pain and humiliation of others. These things excite them and their targets often fear showing any sense of joy, happiness or accomplishment.

When the relationship ends. People in the community, friends will be telling you to "just move on".

This is not easy. When a relationship ends it is difficult enough, but if the abuse that you suffered in the relationship continues post-separation how do you cope with that?

It is well documented how toxic emotionally abusive relationships cause all manner of repercussions. Sometimes situations end in a drama involving the police, criminal convictions, murder and even suicide.

The Author L W Hawksby wrote, "Dangerous Normal People, Understanding Casanova Psychopaths and the Narcissistic Virus", as her memoir tells her story of how she ended up with "narcissistic virus," a criminal conviction and still suffers from C-PTSD.

If a person is continually being pushed and triggered no matter how calm and confident they seem on the outside. There comes a point when they will be angry. It's a natural response and emotion, that anger can spill over into actions that result in negative consequences. I have researched the stories. I have heard many times of situations that do not end well.

A narcissist can be very destructive. The negative dark forces that they have inside them, they want to win at all costs. If you are the target they want to see you emotionally and financially destroyed, or worse.

Sometimes the law is on their side. They will use the legal system to attack you. Again there are many documented cases of women who have lost everything in such circumstances.

Fleeing toxic emotionally abusive relationships. You lose your sense of self-worth. You lose everything you dreamed of for your future. You can lose your family, your children, your job, your business, your income.

Now think about what that might feel like.

Pretty scary right.

Now how long, if ever, would it take to rebuild from a situation like that. Not all women make it through, sadly suicide is one factor. The other is wanting to murder the person who has abused them. Some women finally snap and as a result do end up killing the husband or partner.

Recovery and rebuilding takes time and you really do have choices. Changing the negative energies for more positive vibrational energies.

1. Remain in a place of suffering and victimhood, stay stuck in the low vibrational energies of shame, guilt, apathy, fear.
2. Or move ahead shifting your energy through desire, anger, pride, courage, moving everything up a notch.
3. Finding your flow of energy, willingness, acceptance, reason, love and joy.

Morning affirmations helped me to move out of the shame, guilt, and fear. I started creating my own short affirmation videos, here is one as an example.

For Happiness and Joy

<https://lifechangeplans.com/morning-meditation-10-minutes-to-start-your-day/>

What Type Of Man?

This is where I was in January 2009. After a number of dates and some romances I was looking for a relationship that would be more long term.

I obviously attracted a man into my life, I just did not realise that the man that found me would be the cause of so much emotional distress and turmoil.

Don't get me wrong, it was not like that all the time it was more like a roller coaster ride. Or trying to process the confusion of "he loves me, he loves me not."

If you are single and you are now ready to have another man in your life. Maybe you want to try the method I used when I sat in my office in 2009.

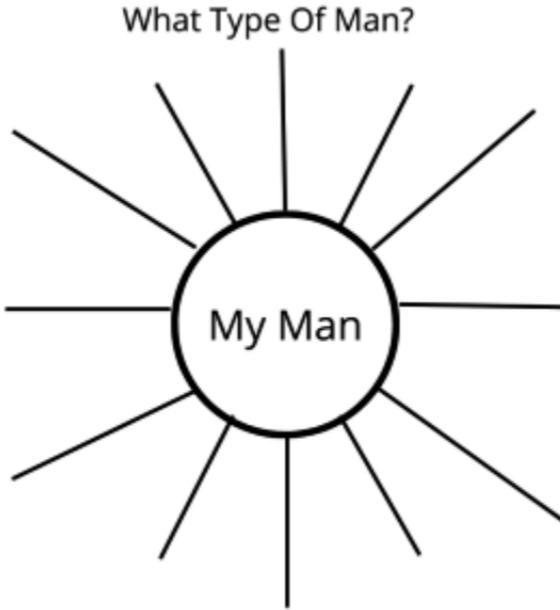
Attract the person you want into your life.

Take a sheet of paper and draw a circle in the middle. Inside of that circle write - My Man.

Then draw lines radiating out from the circle, like a starburst. Then think about all of the qualities that you want in your next relationship and write them out on each line. Keep your mind open and just think about the qualities and imagine activities that you and your new person will be involved in together.

Be careful to list all of the qualities, as I did forget some things and I did omit to write physically fit and healthy in mind and body.

Which Phillip obviously was not.



Some of the qualities you should think about are:-

- | | |
|-------------------------|------------------|
| Free to commit | Happy |
| Kind | Caring |
| Loving | Generous |
| Attractive | Healthy |
| Financially Independent | Physically Fit |
| Supportive | Positive Outlook |

Also think about hobbies and activities that you enjoy that a future partner and husband might also enjoy.

For example gardening, travel and holidays, dancing, or shared business and social interests.

This book and these letters were written to express my feelings in my own way, as time went on post-separation and still being tied (via the property) and doing my best to recover it became more than just a book to express my thoughts. I wanted to educate, inform and raise awareness of how emotional and psychological abuse can be hidden in relationships.

But also from my research, I came to understand that the situation I experienced was much more than emotional and psychological abuse. There was physical abuse that I allowed him to inflict.

I had been conditioned to accept things that I did not like him doing.

During sex, he would pull my hair, he scratched my skin and not in a sensuous way but actually left marks on my body. There were times when he would bite me when we were intimate in bed together.

I remember pushing his head away on a few occasions in the early days, then he would say “whose body is it” he wanted me to answer “Yours Sir” and I did.

Some of the Dear Diary entries were written throughout the years I was with him and the months after he abandoned me, these chapters were written to express a situation and circumstance from my viewpoint. I hope that anyone reading this can

make sense of what I had gone through and what I was going through after his painful confession. You may have been through similar experiences yourself, I'm sure I am not alone in this scenario.

The research I did about "Gender Violence" in Spain after being told by the first Solicitor to file a "denuncia" was for my understanding. The details of the UK family law and cohabiting rights in the UK Legal System provides a snapshot of how things are in 2021. I've included how unmarried couples living in Spain can protect themselves by registering the relationship with the local authorities.

This is for all the other women who might find themselves in a similar position to me, who become wholly dependent on a partner in a relationship, living together as husband and wife without a "marriage certificate" or a "Registro de *Parejas de Hecho*" and so not have any legally recognised relationship. Then if things do not work out and your partner turns out to be unreasonable or the separation ends in conflict, then there is no law that protects you.

I published this book with other women in mind, as a warning, to women everywhere who decide to commit to a relationship and who could end up being with another "What Type Of Man?" type of guy.

This book is for all of the women who have given their everything to the wrong man because you know what? I did exactly that. So, why not share my own experiences, if it can help an-

other woman to get through, or to better understand her own experience.

Even better if women can protect themselves by ensuring that they legalise their unmarried relationship status. Or even get out of a toxic situation when they see the red flags for themselves, before they lose themselves and maybe everything they have built their relationship around.

Yes, I made mistakes, Yes, I made some poor decisions, but I made those decisions based on my circumstances and situation at that time, and with the resources, skills and talents that I had available to me. .

Listen to: Stronger (What doesn't kill you) - Kelly Clarkson (August 2021)

I want to leave you with something I read on social media. The sentiment is there.

If you choose a working woman, you have to accept that she can't handle the house full time.

If you choose a housewife who can take care of you and manage the home completely, you need to accept that she doesn't make money.

If you choose a submissive woman, you must accept that she depends on you.

If you choose to be with a brave woman, you must accept that she is tough and has thoughts of her own.

If you choose a beautiful woman, you have to accept expenses too.

If you choose to be with a great woman, you must accept that she is tough and firm.

No woman is perfect.

A woman has her own "good thing" that defines who she is and makes her unique.

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Other Resources Books and Videos

Here I list a number of resources that I found helpful in understanding some of what I had experienced.

Sam Vaknin - Author of Malignant Self-Love: Narcissism Revisited. His Videos are on YouTube

Professor Sam Vaknin Video Channel

<https://www.youtube.com/channel/UCLadFapyecCYAeuTqcI2avA>

Doctor Ramani is an American clinical psychologist, and Author her YouTube Channel videos talk about Narcissistic personality disorder and Narcissistic abuse.

<https://www.youtube.com/user/DoctorRamanDurvasula>

The Other Side of Infidelity; Dr Kevin Skinner, TEDxRiver-ton

<https://youtu.be/NBPmZJEsaAA>

Guidance for UK Nationals in Spain

<https://www.gov.uk/government/publications/spain-guidance-for-uk-nationals-affected-by-domestic-violence>

Guidance on Gender Violence in Spain

<https://violenciagenero.igualdad.gob.es/en/home.htm>

Guidance on Controlling or Coercive Behaviour

<https://www.cps.gov.uk/legal-guidance/controlling-or-coercive-behaviour-intimate-or-family-relationship>

Raising Awareness

This book is designed mainly to raise awareness of the “hidden emotional and psychological abuses” during relationships and also post-separation.

So it is aimed at women who may unknowingly suffer experiences of controlling behaviour and hidden domestic abuse. But also for professionals in the fields of judicial, social and health care, who might find it useful to understand how the recipients of abuse might have experienced years of what can be minor aggressions that are likened to death by a thousand paper cuts.

My hope is that it will also highlight the obvious gaps in the laws and show how the law is not for purpose. How unmarried women can be left in a double bind at the end of an abusive relationship.

Report abuse vs Don't report abuse.

How an ex partner with power and money can use the legal system to further abuse their target. Remember emotional abuse manipulation and mind games are all about “power and control”.



About the Author

Loren Keeling is a blogger, digital creator and author of her first non-fiction book, *"Post Separation Abuse. Betrayal & Abandonment What Type Of Man?"*

As a retired Property Management business owner Loren spent a decade running her business in the NE of England before moving abroad 6 years ago to live a new life in Spain with dreams of becoming fully retired and living a good life with her partner.

That dream shattered in September 2020 and with very little financial security, other than a roof over her head and a lot of support and help from various friends and associates, she used her creative skills, research and knowledge to write her debut creative non-fiction book.

Loren is a lifelong learner, studying personal development and now digital marketing. Her previous writing skills were used in the Charitable Trust Fundraising sector where she started out writing funding letters for local Youth and Community Organisations in the area where she lived.

Loren explains how she has now experienced what she calls the three D's in relationships. Divorce, death of a partner and now the abrupt and sudden discard by her third long term partner.

Loren currently works on building her online businesses whilst still living at the Spanish villa in the heart of the countryside in Cartagena. Her first book is raising awareness of hidden emotional abuse in relationships and also highlights the legal challenges and conflicts that can arise post-separation in these situations.

One of her websites was started in October 2020. The tag line on the website says ***"Change Your Thinking And It Will Change Your Life"*** Visit her website for more articles on personal development, meditation and also the subject of her first book ***"Toxic Relationships"***

Read more at <https://lifechangeplans.com/>.

