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Date: February 14, 2023 at 9:14:43 AM CST  
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Subject: Pam from Chris

unable to help anymore, and this is belated:(

Hi Pam, I'm a big fan of you and super bummed about all this. I consider you family and very much enjoyed every time together, as recently as just this thanksgiving skybox – and missed you all deeply over Christmas, as did Garrett, Sloane and Gweneth. You must know, our little family is going through a very hard time. And I am no longer able to be the support Gwen needs. I had hoped to reconcile by now like previous cycles, but I now need to hand Gwen back off to you guys. She and I have helped one another through some tough struggles, especially in early days of sobriety and career reboot. Gwen is a great person and I'm in no way here to diminish that, and not here to disparage Gwen at all. I wish her health and peace, and hope we meet on the other end someday in life. I do not write this to control the narrative. My only intent is to explain how we've operated healthy in the past, and what I feel that you should know to be the support she'll need. Normally, one does the AA program in person with meetings, Sponsor and Fellows and sometimes a life partner like me – but her in person AA is down 95% since pre-pandemic, and Zoom AA lacks the interpersonal intimacy required for real honest sobriety, hence family may need to step it up).

As you probably know, Gwen and I met in Group Aftercare at Hazelden Chicago treatment facility February 2014. We followed the AA recommended rules of fraternizing and waited about a year before she proposed we be more than friends, but it was mutual magic at first glance. Nobody has been closer to Gwen than me in the last 8-9 years and I'm forever grateful, and will cherish these years I shared with your sister. My wish is to preserve the amazing memories as such. No hate. Only love and compassion. She says she's never closer to anyone in her whole life, that she's never opened-up and discovered so much about herself than during our shared journey together. We have been through so much, including Recovery from Alcoholism and underlying issues that contributes to the abuse and eventual addiction of alcohol and drugs. We both now each enjoy over nine years sobriety from alcohol and have recovered from the daily obsession to drink, which is an absolute miracle and needs to be preserved at all costs (that's where you come in now:). My note here will hopefully help you be the support network that her sobriety will require as I'm gone, and nobody else really knows this complete picture which will be invaluable when required.

Preface: outward appearances at a family gathering or weekends together do not provide you a truly accurate perspective of what is going on with her. Nor long calls. She leaves those events when her problems bubble up, and blocks many calls. You don't see what's up like someone living with the person everyday. As she quotes often from an Outward Bound councilor, "adults are very good at covering up and hiding things". Yes, she is crushing it at work and that can be a very tangible appearance to hang one's hat. It can be an entire identity (a problem to a person in recovery). But it's absolutely not synonymous with wellness, sobriety, value-based living, meeting responsibilities or happiness. Please understand that what you see and experience from Gwen as her family is often an engineered presentation, and not her sustained mental wellness. Please read as this and be there for her and open your homes if needed.

Additionally, although I am imperfect person, I am a good person/dad/life-partner, and you may have heard contrary information from her. My note here is not to argue with her narrative. I understand it, and why she does what she does/says. I've gotten to know her ex partners a little, including Chris Stathoulopoulos. There is a pattern, and I felt it when she started implying odd untrue characterizations towards me during the pandemic - similar to characterizations of Chris Stathoulopoulos or BF Rick Silva. So, I encourage you to take her hyperbole with a grain of salt, like what I do when she discusses you, and people at work, or her NYC galpals.

Some facts to get out of the way, I celebrated nine years sober from alcohol Jan 21 2023, and Gwen got her 9yr chip back in September together in Italy. I have a sponsor. We speak daily and meet weekly. I'm in the middle of another 90/90, and 'working The Steps'. My psychiatrist, therapist and MD all coordinate my treatment plan which includes small ADHD dosage, and non-recreational micro-cannabis dosage for my many bolts/screws/arthritis/ transplants and helps with anxiety/sleeplessness. I do not ever experience or seek inebriation on anything including the above-mentioned treatment plan, and only completely legally administered. There is zero truth to any Oxy abuse by me as she falsely claimed to my doctor, partner and family - I had an eye injury working on my dormer-addition, and ER couldn't give me medicated eye drops to take home and there is no script for that, and so I took two of Garrett's tiny adolescent doses during the two days of bed-ridden recovery. Claims otherwise are disprovable, these have been disproven and totally false; and part of a larger embellishment issue Gwen suffers from which is an extremely unsober character defect core to her alcoholic malady, and a driving force behind some stories you most likely have heard from her. Embellishment dysfunction sometimes presents as a child and maybe something you saw. The motivating driver behind the embellishment can be myriad in variety. Sometimes it is for attention or the thrill, or attention, sometimes it is to fix/manage/control - people/places/things. It's the later which gets her into more trouble and has been an ever-increasing issue throughout our relationship the last couple years, especially with Bahamas, rental plumbers and this recent parenting event.

"Emotional Sobriety" is another matter which all people should work on, including me – and Gwen. An AA sister 12-step program for emotional sobriety is Emotions Anonymous. They go deeper on the tenet of not attaching to emotions, as feelings of addicts are inherently flawed, allowing bad emotions pass along without attaching or assigning person/place/thing causal source. She introduced the concept to me regarding herself, and the times that she didn't want to be around people because according to her, her emotional non-sobriety was going to cause relationship damage; one of multiple conditions driving her isolating behaviors which is a very dangerous habit for someone in recovery and non-benign at all. Isolating can masquerade as "really busy at work" even if on ZOOM or at appointments. I have had my own journey on emotional sobriety and continue to work a program of progress not perfection. I'm primarily working on my own internal happiness and making sure my tone isn't unintentionally off-putting to others. Yet I'm sure you have probably been filled with fantastical stories that make me out to be the incredible hulk. Not true. Parenting style is another matter and I have decided to evolve my style to something more contemporary and latitude for the teenagers to blossom, safely. These past couple months have allowed me to explore this topic very thoroughly with experts and I have moved on the subject to a softer, more tolerant parenting style.

Suggested Reading: The Program (addiction recover/AA) has a LOT of clichés as shorthand reminders proven to help us stay balanced and sober, so please bear with me on the quote marks,

but they're actual quotes;) In AA recovery, we collectively process as a group everything contributing to what we call in "general malady of irritable & discontent... \_\_ trying to fix, manage & control...\_\_ fighting people, places and things...\_\_ emotionally attached to results out of our control...\_\_", and we dug into what we were attached to, emotional balance/sobriety, ability to change our thoughts and engineer better, genuine feelings – definitely not chasing bad feelings and trying to attribute them to "people, places and things". We learn to 'let go', and have serenity by accepting what we can't control, which requires us to not focus on the faults of others, but rather work on our "inside job." Not to "self-seek" to feel better, not to isolate, to follow our doctor/psychiatrist's treatment, seek balance in sleep/AA Meetings/eating/responsibilities/exercise/work/Family. This gives us a fighting chance of 'doing the next right thing'. Get a sponsor, work the steps, go to meetings. This is the way of life we know to stay sober. I'll get back to this later in the letter. But Gwen did not run her plan by her sponsor before kicking me (& kids) out - she told me this at the time of her announcement. And it is contrary to her many promises not to indulge in these 'geographics' of running away, or unprovoked telling me to "Get The F Out!" which has only happened on properties where she by happenstance was on the title vs me, regardless of parity in contribution.

What brought Gwen or me into Recovery includes some common similarities in our disease, and some radical differences in underlying issues that activated the disease. Recovery principals suggest that we are not supposed to 'take one another's inventory, so that we focus on ourselves/self-development/our-side-of-the-street' – a nuance to that is that we are 'Fellows' in The Program, which is based on sharing about our triggers, etc. We get to know one another in an exceptionally familiar manner and know one another's AA 4th Step of moral inventory of character defects, and explore psychological/victim underlying conditions that contribute to alcohol abuse/alcoholism & self-destructive behavioral cycle. This information is sensitive, but really important to support her, and nobody is the custodian of it anymore so please take seriously and handle it with care.

Gwen is a good person, no, a great person. We all know this and will never say anything otherwise. And I have eternal unconditional love for that part of her soul regardless of our relationship status. She has endless strengths and virtues that serve her very well in the senior executive level of corporate world, especially when fully immersed and coupled with her comprehensive skillset. Corp overlords love her phenomenal strengths of grind, focus, all-nighter perseverance, failure-not-an-option, reputation, extreme determination, fix-manage-control situations, places and people. These qualities allow a non-addict to thrive in corporate America! She's got deep attachment to results, and personally emboldened with myriad workplace/marketplace results. Corp bosses tend to adore Gwen and we can see why, and they take advantage of her. What appears a strength is actually a weakness in her as she is prisoner to the extreme versions of these qualities without control, and unable to turn it off until complete exhaustion.

However, in recovery it is suggested that these characteristics be kept accountable in the context of our complete program and our critically important self-care regimen, not just for the Sober principle of 'balance', but to ensure that we don't have an addiction cycle with these characteristics that can appear virtuous from an exterior perspective, but internally the reward system in our brain is no different than gambling or sex addiction, or alcohol. To state it more bluntly, a very hard worker with profound focus and drive who is an alcoholic in recovery can have the identical psychological/psychiatric reward cycle as vodka, cocaine, risky sexual behavior, etc. For instance,

brain mapping is essentially no different between gambling addiction and alcoholism. Here's a renown documentary that explains it well, endorsed as official curriculum at Hazelden-BettyFord and a favorite of Gwen and mine <https://www.youtube.com/playlist?list=PLA8F89537FD4C3FD1> Similar to comparative addictions, the person afflicted puts other sober needs before the reward system they're addicted to and abuse the behavior unregulated or without control, and against their own best interest. This is the phenomenon you've heard about/seen whereas an addict is self-destructing and throwing their life away. It can take many shapes. The signs do not need to look like a DUI or felony police battery for it to be self-sabotage and self-destruction. Consequences from alternative addictions' can be equally painful as from alcoholism (like if a gambler loses their home). Worse yet though, is that these alt-addiction consequences often cause enough pain to reactivate active-chemical-addiction, eg: drink/drug, +

Some underlying issues that affect her sobriety according to her, and it is helpful for her support network to truly understand. I do not diagnose and have no qualifications. What I report is not my theory but her own reporting and what has been concluded with mental health professionals in my presence:

- You may or may not know but 2011-2013 Gwen spent not-insignificant amount of time in-patient psychiatric care multiple times care after being detoxed. I'm glad she got that help then, and I do not judge at all. But you should understand that psych ward assignment in recovery is exceptionally rare, and quite noteworthy for multiple reasons. But mainly it speaks to the underlying conditions in the absence of controlling substances, yet highly related and eventually interwoven conditions.
- Her 'bottom' after Nate ended their relationship in 2012/2013 triggered extreme behavior uncommon even in alcoholism like throwing heavy potted plants off 4th story balcony onto Chicago Avenue below nearly killing innocent passersby. I suspect that the eventual fallout from losing her family of three kids and soulmate and possibly career will eventually have a more profound impact on her psyche than Nate leaving.

Pam, I don't if you are aware how bad it got for Gwen at the end of her active addiction less than ten years ago, but it was real bad, worse than your family could imagine and I share with just you. These same behaviors are one glass of Sauv Blanc away, or less. The post-Nate also included other dangerous behavior not to be shared with broader audience, but she estimates sleeping with 30 guys/strangers within six weeks, mostly unprotected. Any one of those incidences could be a violent interaction, or emotionally disturb her to the point of drinking again if not already, which is also fatal for her.

Reports of Abuse, and skewed perspective.

- Gwen reports to be a survivor of childhood abuse from the house she was raised. She reports that Ted abused Chris emotionally, and abused Andy physically by beating him regularly.
- As a result of the "abusive/abused childhood" She reports to have an acute triggered response to people yelling or expressing anger/dissatisfaction. The extent of her 'PTSD' is that she frequently loses consciousness in work situation with some regularity. It does not require yelling or name calling for her to fully pass out. Nowadays its on ZOOM and she can tap camera off in time, but it used to be in person. Passing out on ZOOM calls is not progress but progression of the condition.

Sometimes it is just a client calling her out on group error, a very normal business event at our level. Be there no mistake, this is a major red flag and clear as day that high pressure roles do not align with her conditions as they're currently being managed, and her commitment to herself for sober living.

- o False/embellished current allegations of abuse

§ Christine verbally abuses Ted.

§ Pam emotionally and verbally abuses Christine by “forcing mom work work work busting her ass for Pam’s kids instead of hiring help with all that money, even though broken back!?”

§ Andy verbally and emotionally abuses Christine like when he “constantly screamed at her while staying at parents’ house”

§ Clint financially “abuses Pam by keeping her in the dark, and emotionally abuses Pam with abandonment like on her birthday and nonstop selfish hunting.”

§ Domonique emotionally abuses Andy by bullying, fearmongering, controlling.

§ Coworker at AIG abused her by driving the golfcart rough on a company golf outing. Gwen tried and failed to have disciplinary against the coworker, and tried to seek workers compensation, but the company did not side with her on any of these arguments, similar to her complaints about her award-winning boss at AIG.

§ Executive client at client CCC, Gwen made it her mission to get him fired and “destroy him” because she took his inventory and decided she didn’t like him and said she disagreed w/his mgmt. style – accused him unsuccessfully of abusing his own people. The complaints have not been found credible enough to warrant consequences for him.

§ On a weekly or daily basis Gwen reports that an internal male colleague has disrespected her or not honored her status/seniority, “don’t they know how senior I am to them?!?” Fits of anger on this perceived treatment throws her into very angry places that sober people should strongly avoid, not a ~daily occurrence. So mad that she asks to be left alone so that she doesn’t not be abusive to unrelated people (which happens and apologies are usually quick to come 10th step habit). AA has a truism that we cannot indulge in justified anger. The reason is because we should strive for emotional sobriety and balance. Justified anger coupled with an obsessive disorder will result in crazy behavior, like what the kids and I are suffering through now.

- As a related condition to the above-mentioned abuse claims/perception, many balanced communications are characterized by her as yelling or screaming at her. A description of behavior/performance, once in her head may twist to become a personal characterization of her person. This part of a cognitive dissonance common with victims with similar underlying issues. It is analogous to body dysmorphia to a person with anorexic eating disorder seeing themselves as fat in the mirror. She often hears flat communications by others and me as yelling and hyper critical. Compounding the situation is that on my list of things I work on is proper tone, as my time in commercial kitchens and construction sites has my direct or gruff communications from me often

misunderstood by her. I've worked very hard on this for her so as not to trigger the PTSD. And here I failed her as my tone triggered her into this current cycle we're suffering.

- Also as a result of her purported childhood and her spoken perception that "MOM SHOULD'VE KICKED DAD OUT A THOUSANDS TIMES!!!", this drives what we joke about a man-hating streak and even have chihuahua Katie personas 'we don't need no stinking men' and 'runaway-syndrome', but the truth of the matter is that Gwen has a profound fetish to vicariously do what she feels her mom should've done 1,000 times and kick out the guy, or run away. I have seen this cycle almost two dozen times from Gwen in eight years. The reasons vary. Each time comes back with a "I don't know why I made you the enemy" or that I wasn't the problem, that kind of confusion. Of course there is always something for me to genuinely work on as well, and I'm sure contribute to pattern as anyone would. And "my memory plays tricks on me", and "I had a whole plan you made in my head but I didn't confirm with you". Besides the subconscious drive to vicariously do what Christine never did, this also part of that "general malady of irritable and discontent" alcoholics suffer from and are taught to process as erroneous and not pin them to people/places/things – but alas this foundational principal of AA was never captured by Gwen. She never graduated to the level of letting bad emotions and unhealthy thoughts pass, instead choosing to validate them and chase them and assign them to outside forces. That MO will keep an alcoholic sick, and possibly using again.

- Imposter syndrome causes need to overcompensate and the unsober endless quest for perfectionism. This results in 100 hour zoom work weeks, no sleep, not eating, and desire to indulge in non-sober work habits

- Self-disclosed in summer during following her May 2021 episode of running away unannounced and without legitimate cause for about two months is that she is not follow her psychiatrist's treatment plan, and reconfirmed it in late September, coupled with a commitment to get back with her psychiatrist to come clean

o Since at least 2015 Gwen has been on at least three significant psychiatric medications simultaneous. Conditions addressed in Psychiatrists treatment plan to my knowledge from Gwen telling me include but may not be limited to anxiety, depression, obsessive-compulsive, manic-depressive and anti-psychotic.

o At some point since switching careers to my industry of tech consulting and she went to work at Genpact, Gwen decided to stop seeing her psychiatrist and following psychiatric treatment plan. Two of the three psych Rx scripts which she enjoys are being refilled by a not-psychiatrist MD friend in AA whom suffers from chronic relapsing, and disconcerting truths such medical malpractice being under the influence, contributing to having a patient die on her not that long ago, "Dr Kathy" of AA Chicago.

o Last reported by Gwen to on our way home from amazing Italy trip is she's only taking the meds that let her do her high-output job, but that she will get back with a psychiatrist and follow treatment, that she'll come clean w/Psych on playing with her scripts, ie: not taking meds that manage manic depressive & OCD, and help stave off anti-psychotic impulses (struggles to think of/care about impact on others or feel their pain if caused by herself)

o To my knowledge as of late November, she had not fulfilled her voluntary commitment to start following psychiatric treatment plan with psychiatrist.

- Stopped following her AA program of in-person meetings. We used to grab 3-5 in person meetings a week. Gwen all but stopped in-person meetings at the beginning of Pandemic and has not reclaimed that habit for excuse of work/ business. This is a classic first step in relapse. I dare say there is no chance she will stay chemically sober if she continues not regularly attending in person meetings where we get much more value than virtual AA meetings thanks to the intimate interpersonal nature of in-person AA, and the ceremonies/routine/rituals surrounding the attendance of in-person meetings.

Here are the facts, Gwen is in serious psychological peril due to her self-neglect related to work addiction and its underlying conditions which drive the work addiction. Bad cycle. It's in this unsober state of mind that she once again had an episodic relapse on this 'run-away', 'get the F out' disorder. And she has done a lot of hard work to convince herself of this callous miscalculation is right to protect her career, fabricating wild embellishments to justify position; from gangbanger plumbers at Rental, to The Bahamas nonsense cancellation, to the purported parenting events Sunday after wonderful Thanksgiving family weekend as a final act.

Accusations of abuse are false, engineered, part of her macro pattern at large, and so very hurtful. Weeks prior to the 11/29 incident, Gwen and I were having a conversation about parenting and a very serious situation with Garrett which involved me yelling at him in a measured but intense interrogation (happy to elaborate anytime if you wish to call). She re-mentioned to me that she grew up in a house with abuse and that she won't have it in our home. I explained everything about Garrett parenting event to her and said that it was not abuse, and further, this is not a topic where she is allowed to play any of her embellishment games, which is a self-identified condition in Gwen's recovery. I put her on notice that parenting is sacrosanct against her imagination and that I insist she keep it as such please. I had to state this openly due to her outrageous embellishments the last couple of years have grown more damaging and untethered to reality. I've always been a big proponent to discussion and co-parenting therapy, and this difference of parenting styles is the topic we should be discussing. That it is a deal-breaker to imply or accuse any amount of abuse. I even said, "for instance, do not casually say DCFS or anything like that Gwen." Two weeks later in a parenting moment with Gweneth, Gwendolyn started screaming "DCFS! DCFS! DCFS!" and freaked everyone out. She had it ready to go as part of her run-away fetish. It is possible that her claims of PTSD were legitimately triggered as I removed gweneth from a hug and plopped her down for a lecture. I was very upset that Gwendolyn did this, and needed to take a day of space from her to reengage Gwendolyn, and only per her request and brave olive branch did we reconcile Monday. 48 hours later she got on a solo work flight which has always been extremely triggering to her, even in the best of times triggering profound depression or wild alcoholic behavior when drinking. Per her pattern, she started rage texting while approaching the airport and within a seven minute window she singlehandedly talked herself into "thank you Chris, your work on the house is going to look real nice - to I'm sad about the other day - to get your shit out of the house by the time I get home" and some conspiracy theory of me unwilling to leave the house. I can share the text thread if you wish, very disturbing rapid spiral down. She then called my exwife (who'd threatened Gwen on record, Gwen has testified in court to this against Aimee, and made police complaints against Aimee trying to get her arrested, claims she knows Aimee is a sub-optimal parent to me/us and has helped fight hard for that truth to be in official parenting plan/custody), but suddenly Gwen now choses to Call

Aimee and accuse me of child abuse... Does this make sense to anyone? Doesn't make any sense to my family, or the courts, or DCFS. Expectedly, her reckless action started a tragic series of events that have blown a common family challenge way out of proportion and destroyed all that was good. The court has validated me that no abuse or neglect took place ever. So has DCFS. Kids agree. Doctor agrees and submitted a witness expert affidavit. Kids attorney (G.A.L.) agrees and proclaims that I'm a great dad. Their common refrain is that Gwen is dangerous, and that really breaks my heart because it is all so unnecessary. Yet a non-evidentiary civil order gives a mom guaranteed 21 day gimme taking parenting time from me, and procedurally it has been extended multiple times thanks to Aimee's legal tricks. And so the kids are without their father during Christmas, new years, birthday, first high school basketball season, their dog, drivers ed, their inanimate stuff, Gwen...(

Conditions that lead her to her current schism listed above are only a partial list, and her extended family needs to take this seriously. These consequences of her unwell unsober actions will escalate and become much more poignant to her actual personal priorities. Although she may seem to be flying a rocket ship to the top of corporate America, her career is what the disease will take from her. That is a guarantee according to AA and Recovery, and this is routinely proven true. The calculus goes like this, the person putting an addiction [work/career-validation] before priorities or values, will first lose emotional sobriety and then the actual priorities like family, drifting from expressed values like honesty. Eventually this pattern bothers the general malady, causes deep pain, schism and probable substance abuse (active alcoholism resumes) and addict behavior like lying/cheating/stealing - - - and eventual loss of the thing they put before sobriety such as the career, this is certain. The path isn't known, it could be drinking on the job or perhaps reckless white collar outside business activity that violates terms of her signing authority at work, or insider trading, or publicly traded clients' being precluded from buying her services. Corporate America is hyper-cautionary and cancel-prone now and she knows that better than most. If past predicts most likely future then these are not wild realities.

The dogmatic truth in Recovery "whatever you put before Sobriety will be the first thing to be lost" Gwen is putting her job/career above all else including sobriety and anything resembling a value set. My fear and conviction is that she will lose her career again, and in short order which will commence a worse personal fall-out from her than the Bernstein/Nate collapse. Gwen has major identity attachment to her job and is very very high on the spectrum. This loss of job/career will be her third career ended by 45yo, and within less than 10 years...:

- Bernstein terminated her and her SEC licenses due to client complaints, and the felony battery of a police officer during her Wisconsin DUI conviction. And internal behavioral/performance issues. Sadly, this is mostly on permanent record and will always be potentially on the background check radar for the next job. This makes job hopping a stressful process option.

- AIG gave her a chance to reboot and start a new career within Insurance, but then terminated her for false accusations of abuse against her boss Tim Disette, AIG calling it "Performance Issues" but we all know Gwen performs. However, her abuse claims were proven unfounded, and potentially a cover for lack of teamanship issues and insubordination and general attitude problem reporting to that man which is harder to write-up. It is very noteworthy that at AIG Gwen was a leader on the DE&I (diversity, equality and inclusion) group called Women & Allies, and heavily involved with deep connections to her colleagues in the group. Yet not one person from

Women & Allies or throughout her vast AIG network supported her abuse claims in anyway whatsoever.

- Loss of career3.0 at Cognizant or in Tech could be more devastating to her now at this age, and while isolating alone, making a chemical relapse and return of risky behavior of very high likelihood again.

She has convinced herself of a false choice between working on our family/me/balance VS career. That was not a choice that needs to be made. It is a false choice. Partner and family are here to mutually support the career and there are endless examples of this, including the kids and me doing about 100% of all cooking/cleaning/yardwork/grocery shopping and all the home construction management and much of the doing. While working. Fairytales of her paying for everything, or me not working, or only making \$25k a year are fantastical self-aggrandizing/self-victimizing perception dysmorphia. It's also slander when she says this to my business partners as she knows it to be untrue, and highly disparaging. I don't plan to seek damages because I know she is unwell, but slander and defamation would be easy for me to prove in court and I can share disproof if you wish.

As such, in this initial disturbed state, she has caused inconceivable damage to the children (and me) from which we will never be fully recovered, nor she. The children are so very harmed by her actions and abandonment that it is truly staggering. How it will materialize in their future families is anyone's guess. Her reckless, hurtful, erratic, untethered addict behaviors have destroyed our burgeoning little family she begged for, and that we together worked so very hard for over four years to secure parenting time for us. And we've been integrating for five years and lived together 3.5 years. We were all so very close, aka #Tribe128. I could share a thousand photos that would make you cry for hours. Mentally/emotionally/spiritually healthy people do not just "poof" on kids and family, or loving partner. Couldn't even meet with me once since, nor have a respectable communication about needing change or wanting to end relationship. Nothing healthy about that. And if there were claims of needing to escape, understand she has essentially snuck out of every major relationship. She begged to join my family. Her ask to join our little family came with obvious responsibilities to be a stable member of our family, and not just disappear or have one of these nervous breakdowns 2-3 times a year. She broke those responsibilities, or even the commitment to follow psychiatric treatment plan to stave off the nervous breakdown. The children will forever be deeply troubled by her heartless actions of a very sick person. Understand that Gwen came into this family by choice, her persistent insistence since 2017, in full knowledge that the children needed security as they come from a broken family. And because of the hardships the kids and I lived during the divorce like in a small garden apartment for 10 months, and that we need to be gentle, mindful and have a professional approach. I dreamt of a day she'd take our little family 1% as serious as any problem solving exercise at work. If we got any percentage of professional-Gwen in our family approach, then we'd be on the cover of Family magazine:(

Gwen never was willing to take the parenting opportunity the kids and I provided seriously enough to join any professional guidance to integrating our little family. For a long time it was just going so awesome because Garrett, Gweneth and Sloane are so easy and loving. I offered family/couples therapy endlessly but she is always too scared, I'm not sure the exact fear. Usually, people fear shared therapy for fear accountability and reconciling on one inconvenient reality. Gwen only sees her 1:1 person to "sign off on her BS" as Gwen puts it, Alison. We did about one 2:1 with Alison

which is against best practices for a personal therapist converting to couples therapist, and I can see why. In the session Gwen just yelled the whole time because there was some narrative she'd been telling Alison which I was unable to guess what she was even talking about. In actual family therapy we would have established bilateral expectations and needs. She begged to be included in sports, school events etc. and then endlessly ghosted the kids and me at events. That would have been good to unpack and align in whatever shape. But requesting access committing to showing up and then again no-call, no-show was a chronic disappointment for the Garrett, Gweneth and Sloane.

Without some serious professionally guided self-work, Gwen does not have the wellness, selflessness/humility or empathy to be entrusted with children long term. Under no circumstance should she adopt or foster children without a significant overhaul. If she starts seeing a man with children, he should be aware of what opening their hearts to Gwen will expose them to, and how his children will probably suffer if she remains untreated. He should know that if given the leverage, Gwen may be triggered to power trip and throw loved ones away like used toilet paper. History proves that she will do it again, as she has done it before, but the kids and I have been compassionate to her condition. The next family will not be so understanding or have the tools to handle her treatment as well as Garrett, Gweneth, Sloane and I have so far. Kids self-harm and adults hang themselves over far less than what Gwen has done to us. We won't.

I am available to discuss any of this, or hear you out, per your interest. If you wish to talk with someone else in the old support network familiar with most of this and has more insight, then feel free to call my mother whom you know, and lives around the corner from where Gwen and I were raising our little family the last 3.5 years, Carolynn has first-hand familiarity with the above outlined pattern/situation - Carolynn mobile 708.655.6179

I'll miss you guys real bad Pam. For reals:( Stay awesome buddy, Chris 7739884983