OCT 18, 2019 1.0

Dr. Bonnie Jacobs - TC (AH)

first tx April 11, 2011
presenting 9lo about to turn 25 y/o +anx +dep
in rel 2 time Tasia last falling apart -
worried about breakup bc T financially dep
filming Rum Diaries - met 3
nothing romantic - more connected
then saw 2 other press juncket
then secret bc he had not told his wife (mother of kids)
2012 - hide rel | she fears being seen as homewrecker
enamored ō him - love-bomb he paid her
she said she wanted kids - he said I could do that
bought her gifts + brought her places - groomed her - whirlwind
but @ same time, she's not
@ etoh @ drugs she'd bring him to bed
her falling thru glass tables, laying in her
own vomit

family hx substance use
she's taking care of all of them

she moved to apt on Orange (close to my office)
would hide out @ that apt from him when
he behave badly (drunk, screaming + yelling @ her -
throwing things) Landlord threatened to call
police

held down upon drunken stupor

beginning 2012
started Manon -
talked about co-dep (family - supporting them) (JD)
she was terrified that s.t. would happen to him
talked about marriage -
controlling - what she could wear - where she could go -
who she could see
accusations of sleeping ō others - a lot
he had no ability to believe what she is saying

working on Adderall Diaries
I accused her of affair ō James Franco - she wasn't
he was reclusive - wouldn't go to her events - or ō
friends - her b-day - he had to decide who would be the
wouldn't invite her ō his friends - rolling stones - one point

PLT / Def: 938
Date: 04/11/2022
Judge: ID ONLY
Case: CL-2019-0002911

tx- imparting to her that this is how addicts + abusive men act
(this is when she didn't come back - constant face me - bc she said you told me so + I was embarrassed - she said to me I told her - it doesn't get better)

ask her - what are you going to do when it gets worse?

engagement - OCT 2013
really want to go thru c this
she questioned it
regularly to Haven
spoke of cycle of domestic abuse
she held on to the belief that she could fix it + he could change
(#) self blame
if she didn't do this, he wouldn't have —
a lot of self blame
continuous - so often

(#) severely accused as a kid - A man c lot of rage + then fueled by alc + drugs
He lost a lot of friends - too drunk / stoned to work - Doesn't show up
It's not insurable
But he has a lot of power

MOH - victim of abuse
↓
still is

Ultimately names them - then - not allowed to come see me
saw picture of them - she looked miserable
didn't hear from her in years

big restaurant
went to engagement party - few minutes - met her - he was very intoxicated - like someone propped him up to shake hands + then disappeared - he did that - off by himself + drank

phys viol -
hitting her
throwing her
saying horrible things to her
had an assortment of ~~g~~ shells throwing things - throwing her
kicked dog
kicked her over James Franco
slapping her
threw her against wall
(think if he got hurt - she believed it was her fault)

(#) panic attacks
getting worse
propanolol
attivan

I was like that makes sense – the divorce –

once married – she said gang on honeymoon + call me when back – she did not call

starting hearing about divorce (in news)
surprised I didn't hear from her

Then saw her in the tabloids

April 2019 – back to tx

He was kinda careful when kids around – but times when he drunk + passed out around kids – but not abusing them per se – bc unconscious – shared custody

Keep or only one Johnny would see

Australia – I saw in tabloids/news – they sanitized it

He has large multitude of houses – on one block

concerned she could be very badly hurt or killed

Kids had nannies + their s

hoax
no – hell no
this is for real

tx – he ripped her nightgown off – kids in the halls – I told her I was a mandated reporter + this sounds like abuse

He had bruises – he self mutilated

She kept saying no – he's good to the kids

I told her BF marriage that she really

security
they would pick him up + take him home + to bed
only intervene if public
if alone @ house – security guards not there
Australia – security guards taken off

I consulted @ colleagues that I was seriously concerned for her – serious injury or death

she is not trying to get $ from him – she wanted out – all he wants is to clear his name so it will hire
she wants to punish her

His sister is her manager – protective of him
Mom lived @ her

head of abuse
yes – she told me that
I looked @ her – what are you doing

she made excuses for his behavior
held promise to get clean + sober

now he's self-promoted
shocked for him

some of his body guards – outright lying
others probably are afraid to talk

Davidos
4

DX beginning
panic disorder
current
anx disorder
dep recurrent moderate
PTSD - primary

she has never had a mood regulator despite
she not bipolar - not psychotic anyway -
Osubabuse - she got clean B4 rel O
Tasia

manipulative
him - disappear - go on binges - road trips - not talk to him

separ anx
constantly worried if he was okay
visions of him laying in street

she's violent
she's not the one starting in
she thinks she can talk her way out of
it - if nice enough -
a lot not fight back
few times - she picked him back
tried to protect herself
1x - tried to push sister downstairs +
she hit him (I know that now)

short fuse
NO

broke her nose 2x
it just got worse + worse
said nurse said SOB hit her again
I pecked up, psych, doctor
up to him
He had her on a ++ of medications

sex assaults
told me now - it's her fault - if she hadn't
worn a seductive dress - he had problems
objects - bottle | hands
he's impotent - drugs + ale
being separate + then rage

didn't tell me then
↓
really really bad
stuff happened after me
she was choked - thought
she was going to die -
slightly

weight
when I saw picture of her ~~and doctor told~~
she looked horrible
her eyes - imperfure
She was emaciated - She was sick
She wasn't sleeping - barely eating - afraid to
be by herself - parents useless

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11-4-2019
Paige Heard (1hr 2min) (Amber - mom)

never seen her ever lost
she was born extremely strong ♀
decides it → goes for it → assertive
she was a lost Amber ō Johnny
lost her own footing ō him - scared to see
heard so much what she said - what she didn't say
I know signs of it - of abuse
she was reduced
they brought out the worst
A only ♀ who held up mirror to him - told him no -
he loved that in Amber bc it was real - but hated it bc
he didn't want to see it
A got confused on what to do + what to say

and her first time really in love - pit in stomach + heart stop beating overwhelming feeling, + he is overwhelming ♀
He lives in his world
He said he lives like a refugee - can't go out + buy a newspaper

When ⓐ first he was straight - drinking tea -
love of literature - music
she challenged his mind - he loved that -
but then not later when he was drinking
she loved him very much - he didn't like her
telling him don't drink - don't do drugs
around them - so tense - waiting for other shoe
to drop - I could feel it - palpable -

Isolated ō us - drop in calls + less talking in calls - more perfunctory - less after

She was a totally different ♀ - totally lost

she wouldn't tell me all the things - I knew -
she'd have black eyes - hide it ō makeup
"he didn't mean to hurt me"

IV - early time - she sent me a picture on her thigh -
a kick I think
it shocked me - didn't think any violence
going on - she sent me the picture
I think it scared her somehow - maybe 1st
physical thing she didn't know what to do

but she said don't worry about me - I can handle myself

I saw pics after divorce too

When fighting got really bad, she sent me pics
IV – me, X-mas – we were all going to Island –
It A started fighting so we didn't go –
Got uninvited
right BF they got married
spent 3 X-mas together –
maybe 2012 – very much in love he was pleasant –
didn't seem like he was on drugs
following X-mas – he rented house in Malibu –
C his kids + we were in house C them
└ Amber asked my husb not to bring alc – bc
Johnny trying to abstain – but my husb
brought alc – they drank + I disappear
all the time – come back wired up – awake all
night + slept all day – no one could wake
him up – not his assets –
He wanted us to stay bc he didn't wanted to
face Amber – He talked David into staying
X-mas at marriage –
He told JD to stay
She had me run to elevator to get JD
to come back + talk to her
Security guards just follow JD
A begging JD – she didn't want him to
leave her – so def her frame of mind –
so afraid – never like that – she didn't
want him to leave – having it all fall
apart

Johnny never do drugs in front of us Johnny never Hit A in front of us

But I travel C books C Amb + packets of cocaine – white powder – feel out – A said JD hides it everywhere

address you?
He would address us
He just said – we are going to the island
Normally – he was generous + nice –
but his insular world – no grasp
how he impacts others
He ~~was~~ had one security guard had to
stroke his arm gently to wake him up

He she needed him to hem my up Jodi

IV – he rose his voice to A's podcast – He snapped into
her "fuck you – I can take your fucking job"
(think she had event too – that's why they had to go)

first period of Whitey's Bulger being screened in Boston

X - he got mad @ her on the boat
He says to David "I'm trying to tell your fucking daughter that A&F is my fucked up - you don't tell me what to do"

David was like compadres - potty comrades —

you afraid?
very very afraid - espec after stuff in Australia - I had broken my finger - we both had casts on our fingers - she showed me pictures of his writing on wall - s - I couldn't believe it
He'd say to me "Billy Bibb is trying to get into her pants"
Insanely jealous
A tell me things like - she can't call police - body guards don't help - isolate us (like not taking us on that trip)
If he was really mad, afraid he could kill her
A tell body guards - please just let me know when JD is coming here - I will leave - just tell me - they wouldn't do it

early early on when we went to bday - he said to me "You have to keep an eye on her - everyone's going to want to get in her pants"
Just me - A

things go worse after married - IDK why they got married - but then she was a beaten g - it happens little by little - start doubting yourself
A wouldn't say it to me -
She chased after Johnny - she, in her right mind, wouldn't go to island if she'd be alone w him
then after things blow over - it could settle down - you know you're going to get in trouble - but after it happens - a relief - it happened - a real test to testimony to her spirit that she was able to get out finally

-then after her wedding - there was fight around her bday - Whitney

Babies?
RD - she start thinking its your fault -
or argue w him - taunt maybe

See him sober again?
not since beginning
not just drunk - on something

A drugs?
think a few times she may have tried to try + please Johnny - But that didn't work - Want to make Johnny love her but I'm a parent - so don't talk about that
But A is get up + go - drugs will affect that - she didn't want that

A tried to make Johnny love her - or she would love her so much that he would change - or want to change for her

pictures
send me next day pictures
~~black eye~~
bruises on arms, leg,
hair pulled out
that's why I was so scared -
I'd tell her come home -
go somewhere - you are
so insulated

ID + Rocky called me -
next day after he beat her +
pulled hair out + ID called 911
And she loved him still + loves him still

A desperate
~~begging him~~
~~desperate for his love~~
but she should've said let the
fuck go
that one night - I had to go 3 + X
to go get them
security said nothing - just followed him -
very strange - never said anything

couldn't call 911
She told me she couldn't -
she didn't want to
get him in trouble
"I can't call 911"
Didn't want to sully her
name
she truly loved him -
I think he truly loved
her too
(but he loved + hated her
too

IX – I walked up stairs – fighting –
"You're not going to tell me what + when I can do when I'm fucked up" | Dwelling @ her

most of time – he was southern gentleman around me + my husb

Content him I talked to A about it – A didn't want us too – afraid we'd make I upset
Now – looking back – I wish –
I remember saying – "No man – don't say anything"
Yar couldn't talk about any of R in her films – Billy Bob – Previous Case – IF call DiCaprio – pumpkin head | huge part of her life – yar couldn't talk about it
A tell us not to say anything about any of these R – Tasea – (He called her Tasea fantasea – make fun of her) | couldn't mention her painting –
couple of times – we slipped – see that look about Tasea + IX about IF
She was doing Adderall Diaries – saw clip –
I said – "nice to see yar look so happy"
We caught look @ both of them –

she had her hands full @ him –
She was just getting her handle

weight She lost so much weight –
so much stress – threw up all the time – could not eat | no no ED
Her clothes disappear – He cut up her clothes | – He cut them up + threw in hall – 2-3x –
I saw pictures of her – look like sack – her clothes
A loved clothes – that was really going after her

When they were fighting, dogs come clawing @ Whitney's door | Whitney saw a lot

Whitney heard + saw a lot – a lot of fighting

when she sent pics – she'd never say "that scared me" – so should send the pictures

but she said – it just happened once – I asked for it – I told her "if you are in a fight w a man, it not a fair fight"

Fingers
~~he told me "I fucked up" "Look what I did it"~~
└ He never said A did it

How could a 190lb man be abused? He'd never not hit a ♀ back
Its also ridiculous to say she put a cigarette on his face – come on

Jerry Lodge – killed someone w his bare hands
he wasn't afraid of him
He was Irish fighting – brawled

| He's been in bar fights + brawls + all kinds of fights
↓
He told me all about it
He told me about being in jail
He was proud of it
Bragging what a man he was
|
He's the tough guy –
He's the guy who rose up from the streets

they argued
of course they were
Several apologized to her – to A – said sorry that JD was acting like that – Then he wasn't around

R lie for him?
So plausible – I know that he paid makeup artist – one was approached – she wouldn't take $ but wouldn't testify either

| Melanie – I heard her say this – told me + Whitney

IDK whose making this stuff up – I can't see JD saying these things – like cig out on face – A doesn't even smoke –

throwing things
saw video of him throwing things –
saw pictures after the fact – thing

| A do that?
| No – A prays for stuff – not going to break it – not even when mad as a ~~bat~~ hell
| very conscientious about $ – would destroy it

gifted
took SAT - scored so high - went to Houston -
got award George Bush Foundation
- she got like 1580 - like in 7th grade -
it was Duke - 7th graders vs 12th graders -
- we all went to Houston
- we ate at Olive Garden
- we got grants + stuff to get her in best school in Austin - 45 mi away

St Michaels + St Gabriels	she did absolutely great

very much wanted her to get Masters + doctorate - but I'm not disappointed at all

relationships
normal relationships BH JD
Tasia - once they realized they were lovers -
+ wouldn't have been an issue
Ø volatility Ø build up - let down Ø emot desperate
↓
she doesn't see herself that way but Ø JD, she was in that portion
A cooked in high heels -
real normal relationship

Johnny
yes depressed
seeing doctors - but not sure how much she told
she was so protective of Johnny -
A world was upside down

He didn't want her to do rides ←→ He wanted her to be pregnant - barefoot + pregnant - JD would be happy about that

Hx BH
Ø Inx Ø Dep Ø cutting Ø sub abuse
⊕ bright-determined - had hard time Ø friends Ø other Ø bc so bright + pretty
2nd grade - national speed skating champion
Always had confidence - JD stripped that
He's torturing her twice
Hate to see her dreams dashed - she's doing great things

Nov 25, 2019

Lowan
1

Dr. Connell/Lowan RE: Att 2hrs

Amber in+out of tx -
in terms of continuity - difficult -
work schedule
freq sick - unable to come in

She made real efforts
disturbing background
@abusive fa @substance abuse
@ineffective ma
smart + resourceful
never feeling safe, trust, connection, belonging
took care of little sister

everyone living in this complex -
top floor ~~author~~
she sending $ to family

rel c Johnny
fraught from beginning
he's very insecure
insecure ~ her in relationship
from what she presented - none
he was volatile + angry ~
her
any sexual contact in scenes - problem

he's so insecure
big reason they had fights
she'd get jobs
audition
these would come up

so how do you support a pt's career? & this?

another big issue = his use of drugs + alc
he's in + out of recovery
he had some other living abode in Wthollywood -
had music studio - stayed ~ buddies -
assume drugs

available - unavailable - seeking

troubling to anybody -
difficult for A

she had a difficult time handling it -
when fight - she didn't know how
to deal ~ hurt be self-protective

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HUGHES0013
49045

whenever would go out it - verbally -
should come to it
physical too I think
interactions escalated -
I know he was physical to her
She at times physical to him
very destructive
from beg - I saw her BY marriage -
felt like watching sth that
you knew where it was going to
so - very sad -
tragic situation for both -

physical
Viol?
She'd talk about - Australia
very significant

safety
I had concerns for her safety
long before that
She's dealing to someone who is immature,
volatile, emot insecure, drug/alc use
She didn't know how to deal to that
should mix it up to him - instead of loving
temp - her tendency to fight, not flight -
confrontational
situation in threat - engage or back off

give
hers
right
boost to -
absolutely not

it was unclear to me who was provocateur
she had capacity to be provocative to him
he certainly had capacity to be provocative
to her

hard to take apart

she minimized physicality ☉ me
didn't want me to know to have
more concerns about rel already
if I knew - would be harder for me
to ignore
she did want that rel to work -
not sure why
she didn't really want to look at it
she wanted to maintain unsafe + destructive
rel (what she knew as kid)

they would get "physical ☉ ea other"
that's how she'd describe it -
someone threw s.t.
she tend to minimize
she describe her active involvement -
she didn't position it as being
victimized - more like "we do this" -
or "I give as good as I get"
Was she trying to protect him?
or her image of this

concerned for ID
safety?
never felt
no - no
my impression - how
she positioned these
fights -
s.t. happen - escalate -
he get accusatory -
yelling - then she'd
engage -
Never felt she was a
danger to him
I felt she was in
danger from
him - he was
less controlled

the IX he came in -
he was terrible ☉ her -
he didn't feel she was truthful -
felt she lied to him
state of jealous mistrust -
the anger - the tension - palpable
he couldn't modulate his own emotionality -
he, at one point, went into bathroom +
rolled a joint, came back, had a

she was
meek + quiet +
listening to
him - trying to
defend herself
she was not
provocative at
all - she was intimidated
by what was
intervention to him

- he was
seething
- yelling
- very different
time for
her

no way to win in that rel - for her

jealous
anytime she had any interaction he couldn't control - it provoked these thoughts - possessive jealousy → abusive? always abusive

I don't have any sense she was lying to me - only privy to what she presents
she never told me she was having any type of affairs
distrust was on his part - not hers

in agreement
clothes
looking @ others:
that is abusive
makes a misunderstood -
have a right to be human being
Johnny would've been more comf ō her wearing a burka - in terms of his jealousy
I'm sure any contact she had ō men

physical

She would say - he hit her
She'd tell me - I'd come back @ him -
maybe the most fx way
s.t. pulling away makes someone come @ you more
only couple times where she was physical
a lot of angry words flying around
she didn't talk a lot about that
in terms of working ō someone - need to have fine line - repeating
but seeing it @ dangerous + destructive -
she know I felt that way -
so down play it - b/c push me to stay -
why

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HUGHES0016
49048

Australia

Legal issue – dogs – how'd that impact her

he was so clearly out of control during the time – terrifying to her

Jls self-destructiveness –

it continued when it got home –

he had to have surgery on his hand –

they go over to pick him up – too drunk to participate

she thought this could be a viable rel ⊃ her

despite Australia – just a nightmare –

she clung to idea that this was viable

finger

I don't think she injured his finger

four fight

no – it wasn't a fair fight –

always concerning to me –

in terms of her standing up for herself

none of this happened – she lying? about

I don't think this is true – I don't think A is lying –

I saw them ⊃ my own eyes – he left –

had a driver –

s.t. happened – couldn't get car out – he was yelling ⊃ other car –

He was so angry – so poorly controlled –

My one time – he was out of control in my office

no reason to think she is lying – but didn't want to focus on this aspect of rel – really wanted to make it work

She was very independent
supported her family –
sister (but lived in apt so supported both)
she really wanted to be independent
I think she genuinely loved him
some part of him @ some times –
nicer + sweeter to her

JD came into session 2 "reasonable distrust" –
so no control to me

I do think, that common thread –
of how he related to him
The emot dep he had on her
He hated how he felt about her –
his need for her – the rage –
He was regular ⊖ that – disappear
Sometimes she knew where he was –
typically she knew
He certainly had his cadre of protection
around him

Held not come home –
& studio – but unavailable
times spent there –
drugs –
that's the impression I got
I don't think he felt
comfortable doing it
in front of her –
bc she was terrified when
he did drugs
he certainly drank
around her + smoke
many around her
So when he wanted to do
more drugs – he'd
go there

afraid for him
afraid for himself –
it became more
volatile
I don't know
exactly what
he was doing
He was so intent
of sobriety –
It became relative –
Drinking + weed became
"being sober"
These are my impressions –
IDK what he was doing
But times when he disappear –
doing drugs + indulge
himself
And a way of punishing her –
sulking & angry

CV
not so much
She has some characteristic
Bipolar II
rules? my thinking
meds on that side
maybe imbalanced dopamine
dysthymia – bipolar II – thinking
about – but in terms of therapy –
dx doesn't become critical of that
process
classic traumatic background
maybe superimposed on st. – chem imbalance? –
more dopamine

Borderline?
her impression
she was reactionary –
always having today
crisis –
cope & a crisis –
she wasn't the problem

Emot dysreg?
She brought familiarity to rel –
what is connection
what is love
what is family
imprint of early experiences
dysreg abusive situations that
She found herself in –
Some familiarity – but confusing to her –
maybe this right –
control is always on the side of – you
get control
If you beh good enough – it will
be healing –
she believed that to be true
Johnny replicated that

getting Johnny to do
things that would
be helpful
and her family too

Johnny
abusive
I think he was abusive
My impression – what I saw
He was certainly verbally abusive
NO suspicion that he could be phys
abusive – no reason to think
Amber wasn't

ID
angry
paranoid
pushed jealousy
disparity
despair
crush sense of worth
↓ esteem
no way to protect
against it
↓

and - all that abuse -
rel was a destructive
rel - she didn't want
to look @ that +
see where it goes
belief he's going to
change - he's going
to see
and look what
happened

sad - watching it -
know where it
ends
she didn't want to
see it

any job on her part -
not "can I get it" but
"how does he feel about it"
affect her rel ō world + rel ō
her control
- accusations - that abusive
- distrust - you're lying to me
- anger that it took
yelling
screaming
- checking out / withdrawing
losing himself
- physical part -
when escalated -
clearly abuse

bruises?
cuts:
not that I recall
IDK if I saw in photos (see shared)
or showed it
she didn't land on being transparent
ō abuse
she was protective of him
that wasn't centerpiece

modulate
him
a lot on her part
ultimately not anyone else's resp to
modulate anyone's emotionality -
losing battle
but she didn't want to look @
it - wanted to believe -
wanted to think she was in
control - illusion

correspondence

injury Dr Kepper
└ no - I didn't know

my impression is that Kepper saw her being more provocative than I did

IDK if he was getting this from nurses or Johnny

He saw A as provocative + more protective of J

Kepper got info from nurses - to keep Johnny straight

He negative re Amber

surg note ✓ He was upset bc he organized it all - misplaced

saw wife - Australia
no
didn't really share me
she described what happened
she was terrified to go thru that - witness that - She didn't know what to do - he was leery

text exhibit

calm - cool - didn't work c him -
he didn't know how - he doesn't feel bad -
nothing after this -
no other way she could've done differently that create
issue so leery on his part -
don't know of other outcome
if she was provocative - mad - stood up for herself - didn't help him - he coward
she never indicated to me - she had affair - or duplicity - she cared about him - transparent - honest c him - he never believed her

we had some discussion over quality of rel + reliability of rep
I made my points clearly
He had more contact c 2 of them - more contact c Johnny
only 2-3 discussions I had c him

didn't change his response to her - nothing worked - he made up his mind
don't think she could dissuade him of his impression of her
I don't think it was one she earned
& Site c someone for how - not who she was

fundamentally if proven wrong —
I have to trust
I just don't believe that
Not that I saw in Amber

destruction A
moral in her
rel w her
children

yes — true

relative
rel?

she was emot
he was emot
didn't mean to imply —
I mean — I feel couples see
fights — both R yell + scream
He's much bigger R than
she was — when it moved
escalate to s.t. physical —
that's out of bounds — that's
abusive

was she capable of
that — too

I think I did say
that
My position was on the
side of trying to
show her the part of
rel that was hurtful +
destructive to her —
more emot b/c she
wasn't talking about
physicality
My goal to get her out
of this rel — so
destructive
tension = she didn't want
to tell me how bad
phys things really were

abandonment
issue?

not manufactured
he'd just disappear —
she felt aband — alone —
terrified
clearly he knew what kind
of impact it had on her
emot cruelty to that
unravel
uncommunicative
my impression —
not — she's being hurtful to
me — I need to go —
but punitive — he knew
the impact on her

Does this make you
feel safer in world —
no
feel good in this world —
no
she didn't want to give that
part more reality —
b/c then she'd have to
deal w it

I don't
think
Amber
did any
of those
things?

~~so~~ should play into it - search for
him - opt back to him -
and he's satisfied with that -
that's abusive

her mental status deteriorate

yes
those kind of accusations
fear -
wanting a career - wanting
more - but understanding
that basic human needs in
direct conflict ~~c~~ having
a stable home -
unrelenting
her indep a threat to him
times maybe it not for the money
so as to not be seen as a threat
My impression - she was not a liar

So you do opt beaten down
down, tried your go thru
Amber's ambitions - she wants a
vibrant career - explore her gifts
And when that's beaten down - by partner -
its dispiriting - terrible -
she didn't know how to make it work
she ~~was~~ tried - but it wasn't possible

I felt ~~badly~~ for that kind of chaos -
she didn't seek it out - but saw the
chaos + didn't run - she didn't see the
red flags - they were familiar
She wanted to heal - her safety was on
that sense of control
but never going to have that sense of
control - but can't control someone else
thoughts + behaviors

a fraud of him?
not sufficiently
a fraud of him -
she should've been
more a fraud + out of
there earlier on -
she saw herself as
a worthy adversary -
she should've been
more a fraud than she
was - not only physically
but character of rel -
so hurtful to him

↓

this seems so destructive at this point — to spread this on media again

safe + warm encouraged accepted

but she comes here to someone who is angry, threatening accusing —

not offensive
reactionary —
if escalate
could she have pushed him — possible - then he strikes back
but more in response to his anger —

Kipper doesn't see him as being abusive as I do

balance of destructiveness clearly on his side + she was the respondent to him

all the way along - so fraught
not one point along the way where it was easy —
how to be all along

Amber
- something street + endearing —
- sorry this is still going on
- to have this relationship deteriorate into this personality said

tried to get him up

[redacted] he saw it - Alan Blaustein
① one point
don't know [redacted] of that
++
Kipper tried to get him that help
Johnny so indulgent + drugs —
don't know how he learns lines + gets there on time
Hard keeping schedule — A talk about that — always late — a source of conflict for her

Kipper ref Johnny to Alan Blaustein — Hist

not a rel that could work

Always late for her — that kind of indulgence — created — can't make a plan + not show up

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BOARD CERTIFIED IN FORENSIC PSYCHOLOGY

#1201

GENERAL INFORMATION

Name: AMBER H. *Date:* 9/26/19

Address: [redacted]

Home Phone: _____ *Work Phone:* _____

Cell Phone: [redacted] *Email:* [redacted]

With whom do you reside? SELF

Is it okay to leave messages? Y

Gender Identity: F *Ethnicity:* WHITE

Age: 33 *Date of Birth:* 4/22/86 *Relationship Status:* S

Education: _____

Occupation (including parent/ homemaker): ACT

How long at current job? 16 YRS

Are you currently experiencing any medical problems or under the care of a physician? N

If yes, please explain: _____

Current Medications: PROVIGIL | Lunesta 2mg

Physician's Name and Phone Number: DR. TOMIZAWA 310.920.7519

Referral Source: _____

Individual to contact in case of emergency:

Name WAIT HEARD *Relation* SISTER *Telephone* [redacted]

Sept 26, 2019
Eval #1 10:45 AM - 3:10
Att.

Wood

ID born 1963
age 56

my life now has to be acutely responsive to my trauma
consumes big portion of my day / emot resources
responsive to past trauma — in the rel + after
have to disconnect but be attentive + nuances +
legal + rebuild emot life
always struggled ō anx || don't feel this now but going through pain + stress (not dep)
struggled ō dep

after divorce - Jan 2017 || spiter
worse =
everything got harder when decided to leave
since filed for divorce —
struggled ō ex = he weaponized press ↓
used all his resources
my career
nuanced relationships

trying to fire me from jobs
they have bots + trolls
death threats | emails | phone calls

In rel
severe anx
severe dep
suicidal thoughts
act out - get in car + drive + scream
in private - so anx - upset

attempts
Age 17 - cut self once
maybe for attn -
then embarrassed
I did it
I was fine - got over it -
Ø tx Ø MoA

He had severe drugs etc issues
↓
violent to me
↓
Kipper hired to detox him | Christy (the sister)
runs his business

Johnny

Met 2009
filmed movie together
The Rum Diary
He cast me (he was acting + produce)
Film in P.R. a few months
so sparkly - so magnanimite - I fell in love right away - Most sparkly thing I ever seen in my life - He articulate the same - us falling in love
everyone on set felt it | ~~entire~~ time we had much in love we were - everyone saw it - It was magic

beautiful

most beaut
enigmatic, troubled, dark,
his voice, look @ you + world stops
same music I like
same poetry
obscure blues
intelligent

He charms everyone
men, f, old ladys, everyone
enigmatic quality - tortured
we dev friendship - but falling in love
I was ~~c~~ my ex - Tasha
He was still ~~c~~ Vanessa - but together for kids
We had sex scenes - kissing scenes - confusing

w/ mother of kids
14 years -
Vanessa (French actress)
2 kids
Lily Rose - 19yrs
Jack - 16yrs

A year after we rap, I get phone call -
heard his voice - had to pull over
he asked me to come over + hang out + saw cut of movie - I was so scared about feeling I had for him - Made up story - had to go to move - I was still ~~c~~ Tasha
He'd send gifts or notes
He tried to send guitar once
I didn't have a way to get back to him - blocked #
I was not in love ~~c~~ Tasha (since Rum Diary) - loved her - but not in love
majority supporter - Parents, sister, Tasha (+ her mom) // paid for them
4 she's my dependent

in beg - we hid rel for about a year -
I'd hide in car - lay down
~~He didn't want to tell Kids or Vanessa~~
Secret for so long - he didn't want press to drag me down
He did nothing to clear my name
~~He's so bad @ taking accountability~~ responsibility
He's insulated himself from neg feedback - bubbled himself

avoid avoid avoid
↓
then pressure points

I proposed to her - had fiduciary resp to her - I felt bad leaving her
- took me a year to end that - so depressed | I felt so guilty

Sept 2011 - I talk to Tasha
I was filming in Chicago - told her to go back to LA
- Show gets cancelled The Playboy Club
- then Rum Diary going to be released -
have to do press tour
first stop - LA - in hotel
we do press conf together -
felt magic again
last day - my publicist says Johnny + director Bruce - want to have glass of wine -
I get to room - its just Johnny
we spent all night talking
I told him me + Tasha broke up -
"I know how it feels kid"
He spoke a lot about his ex (no name/no sex/ over a year)
I'm very intimidated - think he kissed me | but I knew s.t. wasn't transparent about breakup

Then start press tour - London
(he goes on his private plane)
we sleep together
he was drinking a lot - excessively -
(I assumed it was bc of breakup)
(and 1/2 celebratory)
I only drink red wine
He was taking pills
I noticed how much he drank in the morning - Again thought he was having a hard time or cool bc press circuit
He slept over - snore loudly -
prate cans all over
I had to leave - had morning show | did not know of sub abuse problems @ this time

Red? always - called me the e

He asked me to order champagne
I came back – he's still in bed –
Magnum of champagne – enough gone
He's sound asleep + snoring
When you're not around & other – he'd
disappear – He'd make you feel desperate,
needy – I'm trying to be cool + liked –
like after 3 days – Hey are you okay?
first he wouldn't respond – then when he
would, make you feel super needy
Then see him – he'd talk about independence | + R who are needy
so couldn't appear naggy

Johnny always late – chronically late –
like 6 hours – or days
Couldn't move him – his pace – nothing
could motivate him
On set – chronically late | indep of FIOH or
– he'd miss whole days | bender

He's an ego player –
He needs the
validation – he
seeks it out

He put foil band from champ around my finger –
He instantly called me his girl
Instantly together but couldn't let it be known

end 2011
beg 2012

after press tour – he disappears – | He does this all
≡ 3 weeks | the time –
"the ex" "the kids" | then weaponize that
always made it about sh. she | later – then call –
was creating | so great + lovely –
| it's the kids + ex
He makes you feel abnormal to
impose normal standards
on him

He ~~calls~~ me – I was going to Spain
to visit friend – He asked who –
I was Raf – he got a bit cold
so ~~was~~ radio silent a few days +
then he text me –
Felt tempted to say "I'm not sleeping
w him"

In Paris – press
tour – he's
came – my heart
sank

brought it up
later "no baby – you're
the love of my life"

comes back - he tells me to come over for wine - dont even go in main house - go in SO music man cave
sit in can't be he doesn't answer text - security directs me
see him - we have wine + we talk + its amazing
he rx a little about me going to Spain (I could tell it was issue)

never went to main house or others for some time - I didn't want to be a mistress

dont rem order (

He said what are you doing for New Years - ~~Barbados~~ Spain → Miami -
I changed flight - the sister put me up in hotel - I was so excited - flew to Exuma -
I insisted on paying for incidentals
just 2 of us on island (and staff)
SO romantic - Tiny paradise
He'd sleep all day - then up all night
drank more than anyone I ever met -
but I don't think he was drinking then sober again -

Christin + asst arranged all this
still not sure I'm a mistresses

He was "not drinking" after press tour - didn't make big deal

First we meet in NY (Dec - BH Islands)
He was drinking so bad
At dark I'd drink wine w him
In morning, he'd drink champagne
I'd run errands + audition + then he'd be sleeping
I got my own room in hotel - but never stayed in it
First time he indicated to me why he disappeared - he said he "got sick"
I thought - the ex - that's what drinking is about - He said he'd "gone away"
I didn't want to push it - he talked about Keith Richards + his doctor so I put a few things together

↓
so go to Island - not drinking

then drinking tea –
then obsessed c tea
so now I'm buying tea + tea cups
I have my new apt + stocked c tea
3 months – ∅ alcohol – just tea
Now I'm getting to know R – security, sisters, they all say he's never looked this good

Ovcol
extremely controlling
extremely jealous
interfere c work

work 2012
every job ~~not good enough~~ –
~~strategy is a fucking joke~~
~~"let's if you need help, I'll help"~~

If I didn't text him right back –
he'd not call for 2 days –
I'd be afraid I lost him

I learned to ~~fast be vigilant~~ + answer

I'd say to him "I don't understand why you don't text back."

1x – car broke down – couldn't call him –
called Brandon – said "Johnny won't answer your phone"
He put me down
If I'm provide any neg reflection – it's your problem – your fault – make me feel weak + needy bc I had an expectation

I'd say "I'm coming over" "I'm getting out of shower ~~be right there~~"
Be 6 hours –
so I'd have to stay – call + text
I'd miss flights –
risk being bad guy bc I didn't wait
I'd fall asleep crying 1:00 AM – what did I do?
did I piss him off?
Am I doing too much?
Rabble c anxiety.

never had this BY in rel –
I know who I loved
Not been hurt or abandoned or rejected by romantic partner

Thinking I lost this shiny thing –
Always think I'm losing him
No normal standard

he's a flake or high or drunk
strong sense he didn't do the direct breakup
w/ her — He'd just avoid / split / runaway
"I'll be right over kid"
Then I couldn't confront him b/c he withdrew or disappeared
even/upon w/ him —
income cut in half
less auditions
less time w/ friends
so regular — that he was late
but then when he was there — he was there —
when he directed his attn toward you —
it was the warmest glow —
made you feel so — so sexy + not in a sexual way — so warm — so you forgive him

IX - he's supposed to be over 2 in afternoon — but @ 1:00 AM — I fall asleep — Then he'd withdraw — disappear for 2 days
Feeling so confused — I was never ready before — not even saying half my actual needs —

painful

crying

Insight?
not sure what I considered
Dr. Bonnie Jacobs

@ some point — he gets job — Love Ranger — I join him — I can't go on set — I have to sit in house all day — painting + cooking — it was nice — I'd worry about work

@ beg of rel — Wolf of Wall Street — he said he'd call Martin — He read script — said there's nudity — I had to say no no — I wouldn't do that scene

not supporting me
he never supported me
Ø shared account
Ø credit card
my own $

Did audition w/ Leo DiC — It was great had to make concessions w/ Johnny — I know how it is — you're going to go to dinner

Mum wanting D call Leo or Martin –
felt threatening
we fought about what pants Id wear
for audition –
He said my ass was perfect
"oh kid – you want to get a job just
being a perfect ass – wear those
jeans"
He also insinuated trying to use my
body for audition
I pulled out mom jeans + said I
wont use makeup
JD didnt talk to me 2 days while in
NY for audition

encourage acting?
opposite
encourage me to quit
to paint
I was 25 – he asked
about babies – I said
"I'm young"

→ later he said he spoke
to Martin

→ later I found out he
thought I was out to
dinner ☆ Leo
"no no – I didnt go to
dinner"
"you f–ing flirting hun"
"you fucking teasing hun"

just jealous
I think I = He'd
felt it because go down
he really loves me – the list
But never not in doghouse
anymore + rationalize –
oh he was just hurt bc
he loves me + he was jealous +
that's why he disappeared

mental + 4 cant wheels
to quietly why beh
was so strange
I could never find
out what the whole
was

OCT 11, 2019
Att 10:00 – 6:30
Eval #2

first trip – Bahamas
Dec 2012 – we were alone
He was not drinking – last thing he'd do was
say I have a prob
"Oh I got this fucken thing – my liver"
"But I'm not going to not drink forever"

In retrospect, embar that it wasn't so clean – I left @ 16yo
Dad – both charismatic – they loved each other – they operated together
we were genuinely worried – Johnny would def pass out – afraid Dad would hurt

badge of honor for them

Hunter S. Thompson – journalist rebel – abusive
Johnny's hero

Dad know hit?

Rocky took picture + sent it to mom + dad saw + freaked out
He was so mad – screaming @ me on the phone – mad @ me + wanting to kill Johnny

words bouncing off my head

I was going to fly concussion – cheek – head hurting (I can't overtly back talk) to him –
"What did I always tell you baby girl – You never hit a man"

He was yelling a me c such pain – I said "STOP STOP How do you think I got here"

He has actually drilled that to me – He raised me like a rough son – a boy

I always thought this was masculine & chauv bullshit

I was a bit naive –
My parents active addicts (I support them)
Addict Child of Alc
40 Dep
I left age 16
Dad – operates (but like Johnny)
– My tall, charming, charismatic, but I love
(+) etoh
recently broke bones in bar fight
bought him house in Joshua Tree
Mom – ETOH + benzo + speed
63yo
Sister – Whitney 32yo (food + beer + hotel Calif)
½ Sister – from dad –
about to turn 50yo
7 kids
Catholic
Mississippi

Dad – David Heard
Mom – Doug Heard

changed name to Depp
Kept Heard
Amber
prior – van Ree

(Dec 2015)
at that point - I was well seasoned in seeing how I was trying to defend myself - He was right anytime I raised my hands up or tried to swat him away - it got worse

(Dec) He was trying to keep me safe in his own way

temtul

IV - I can only rem landing one blow on Johnny -
I know the scuffle - fighting back
But only once can I rem landing a blow -
then is the incident ō my sister -
Johnny cheating on me ō one girl -
He went out to her house day after wedding
So this is months later - sister living ō us in adjoining apts
He burst in room
A fight culminated on stairs
I rem him having me by hair - first throwing things - wrecked my office - Debbie nurse there too
Whitney comes down stairs
He had rushed up the stairs -
He stepped me on face -
like "yeah-yeah" - In my face
2015 to end
Cut of my hair + hit my face
she comes down the stairs -
goes to break us up
ō his right arm he goes
Shoves her away - she was
@ edge of stairs - 5° shift - she'd go down stairs
I've never hit somebody - 30yo @ this point - never punched someone - never -
As soon as he made contact ō sister -
no panic - it was clear - I stepped or punched or something - landed a blow -
I had no option

all connected top floor

PH
apt next - security lived
P5 - closet, middle landing
Office, painting room
P4
P3 (Rachelle)
P1 - Rocky lived
P2 - (next door to P3)
his best friend lived there

Hugh Jackman

on his face - I think - head or face

my sister – only one year younger – but taken care of her her whole life

when little – got her up in AM – packed her lunch

I'd start a fight w dad to get her away from him

I had known – he pushed an ex down stairs – Winonna or Kate Moss

I spoke to Kate – she talked about jealousy – ~~way she dressed~~ – couldn't take roles – slap her around a bit – "but that's how it was" "we were rowdy babe"

MOM + Dad (f) D/V

I saw that

saw him push, shove, slap, [illegible]

more about what he didn't need to do – there is no arg in mom left – there is no back talk in her

as kid – tried to get her to leave – teacher tragic – put what they in suburban

on way to school – I'd look @ bell boards to see when motel was cheapest

we lived 20 mi outside of Austin

Dad owned construction – high $ hard worker

Mom – bartender Realtor ~~State Farm~~ – working in suburbs for the state super high IQ

Scholarship had to make grade av

K → 4 St Austins (bullied – I didn't fit in – parents said b/c poor)

so went to Public sch

5 – 6 Public School Manor Middle School

GT Tested me – I didn't fit in there (I presumed my way out was college)

I always focused on educ – how to get to next school – what is better

went to Chrome school for summer + then go where they in – then back to St Gabriels

St Gabriels – I heard ad on radio of school that is feeder school to St Michaels

Went to school library + signed myself

7 + 8th St Gabriels

It was hard school to get in to

high standard (but already held myself to high standards)

got award accepted top scores – went to Houston one by one + got certificate

Think Deke had program – took SAT

9th, 10th, 11th – St Michaels –

I worked while at St Michaels —
once I figured out bus system —
went into Austin - freedom —
Dual credit @ Austin Comm College —
9th grade
wanted to expedite process - wanted out
so finished HS career early
took SAT again ✓ || Age 16
Got GED ✓

Doing modeling in TX
Came to M — stay 5 sum/scout | then met friends
Did some gigs
Went to Miami - talent agent type scam
I was to only one's guardian
Bounced around
Audition all the time

College (Austin Comm College)
oceanography, Spanish, English
Calif
took classes - but drop b/c got job
take just for fun
online too
Then moved to LA -
rent - spare rooms
celebrated my 18th bday in LA

JOBS

Pools - Lifeguard (summer)
Children's Hosp (no $)
Dad's office
Little model agency - like etiquette school
↳ & starting to say how pretty you are (from ugly toad stage)
camping store (not Rocky)

EDUC
in HS dx ADD - low grade | on UT campus
Needed tutor in Algebra + Chem
↳ they Rx some version of Adderall

current - have been Rx 5mg tablet
when c/o about ability to focus + recall times
but could be 18hr work + travel internationally
only take sometimes

⊖ expels
⊖ fights
⊖ LD
⊖ suspension

CONFIDENTIAL
PLAINTIFF'S TRIAL EXHIBIT 0938_0037
HUGHES0037
49069

Johnny

"I'll be fine – I'll be fine – My liver"
I had never been to AA, Alanon –
Didn't know dynamics of recovery

He insisted that I drink – that I not alter my drinking

but when he was there –
when Johnny shined those
beams on you – you were
basqued in that warm glow
he was such a recluse – so private –
(fame + his personality)
couldn't do things spontaneous
so intense time w him – music
blaring – sounds – smells
I cooked a lot –
He had chef & moved later on
so isolated + intense

when he left – so anxiety – if he was
mad – he'd punish you – like just
let me know if you're not going to
come over
audition – He talk so bad about dude +
process – I'd feel confused
"watch that fucking amberton kid"
so I'd say "I don't want to but I
have to work – I have family to take
care of"

not belligerent + angry = He'd not gregarious +
outward – You wouldn't know he was so
fucked up until it was set off –
this was early on
He'd stay @ my place at LA in beg –
He was using coke (mix w pills + booze) = ALONE

how I'm not like –
so obvious to me
and then additionally –
I could see how it could
be like a drug
still so scared of taking
My 1st generic chemistry +
common sense

I'm into red wine –
I don't get drunk
especially w Johnny

typical
1-2 glass of red wine –
@ dinner

passion project –
Sonora – block that –
I learn

my to mitigate
damage

West Hollywood

So one morning I'd wake up - in my house
an Orange - He was upset about feelings - painting over my bed - He's not telling me why - He's never direct - And I'm doing his wrong + that wrong - I wouldn't know what I did wrong - Then I'd answer in the wrong way
going on for hours - lasted all day
He had Keith Richt Tom Waites waiting for him @ 80
People calling me -
Then he's using right in front of me
He tries to light fire to the painting - my ex-wife gave to me - He tried to - but sofucked up
Then mote on it Tasha Van Pee (like a child)(like urine)
He hit me - it was daytime
I think when I stopped him from lighting it on fire - tried to move his hand - triggered him - He back handed me

March 81 2013

working on riddles -

very very controlling - old school -
he had certain ideas - specific ideas about being a man + a ♀ -
& respect to him -
That seemed safe -
Felt romantic

Rules
I was his
He referred to me as his property -
I was in his phone as "mine"
Called me "kid"
endearing @ beg
He thought nothing of my career
Antagonistic toward my career
He downplayed my ambition

cared how I looked —
sexualized me to others
my bday dinner (he was at studio — "workers"
ē Marilyn Manson — high (weed constant — all
the time — chain smoke blunts + cig)
came in — we were cleaning plates —
we sat down — everyone gave toast — he talked fav memory of me
about when he first me me — left perfect ass print
on sofa + me the ass print that left it +
wouldn't let anyone sit on it
it broke my heart
all these & talking about fav memory of him +
his archive of 5 years — best part was my ass print —
not my integrity + staying ē him through etc + my kindness + my generosity

when not using, consistently wanted his security all time
follow him on job sites
cook his food
wait for him
wanted me to be preg
wanted me to use his $, not mine
wanted me to change first (Bonnie backs)
so not sustainable to see her
also I still believed I could fix it
didn't want me have my own Doctor
then got his nurse on me
then Dr Kipper sent me to his O — Coven —
they are staring into
Reddled ē anx + dep + cortisol levels off the
charts — so stressed

"protect me"
what do I do in my trauma — often work

Kipper etc
they'd say to me:
"You guys have to stop
Christy say — "he can't
be late like this"

He'd be on a bender — couldn't leave him —
also didn't want him to go off —
I'd try to fix it
I was in love — but then he'd mad on my
cell

He'd say when my texts
ass go — then what will
I have —
sexualizing me

I did feel bad doing a sex scene—
Liam Hemsworth—shooting in Philad
there 2 months
Beth were retaliating
In beg—just disappear
excuse attached—Kids, Vanessa, medical
Then—blc mad @ me—
I had dinner ☆ Leonardo DiC
Come out in fights—He explosive
Then sleeping ☆ this dude + another
But Johnny never clear enough what he
was mad out—He wasn't direct—
He wouldn't say that—come out
in fights

when I interrupt
using hold express
the shit he was
ruminating about

Jealousy
my own $
took my car for me
surprise I'm getting it fixed for you
insisted I be driven by his guy (or stay home)
did movie here in NY—put me in east hotel—
he put me in house (Hamptons)
I let another girl stay—"she's pretty—big boobs"—
now I'm realizing he's thinking I'm sleeping ☆ her
Shooter Jennings—musician
that we slept together
this would come up again over + over again
"that's not what I heard kid"
then "You're fucking lying" then worse—make shit up
1x—we are all in green room—
me—Johnny—Marilyn Manson | Shooter
Later—very shitty to me—
So I said "I don't even know
Shooter—can Marilyn"
so he called Marilyn + Marilyn
was like dude—I didn't say
that—Shooter didn't say that
(never heard shooter name again)

ran into them in
hallway—
I'm bracing myself for sh

I had to not invalidate
Johnny's rage—

"I want to see what this
guy Shooter is saying"
almost indignant—

2013
2014

he's a cop and gets a call in middle of day from Johnny Depp

Rafa – He called him
I had to keep explaining things –
make rational sense of things –
fix things
He always thought I was lying
When I was sitting in restaurant –
I could not look up –
I was texting – asking for it
I'd just look @ him + our Q
of course I'd look @ Q b/c of their
clothes – I don't see them like an
object like a dude
He'd bring them up in every fight
skirt length –
tight pants

Rafa doesn't speak english –
I had to send an email – written
in front of him –
Johnny puts it thru google
translate – Rafa writes
back – Johnny wants to take
it to someone else to translate

He'd say "You trying to
advertise that kid –
maybe you'd get
discovered lol
"You want to show that off
to the world – okay"
"No Q of mine going to dress
like a whore"

NAMES

Mad
cunt
bitch
whore
easy
ambitions
(he'd say "I'm
not ambitious"
ugly
ass fat
tits sagging
already
not looking that
good for my age

he weaponized
feminist
call me a dyke +
feminist

volunteer Children's Hosp LA 12 years
since age 18 or 19
event-fundraiser + I go – since 2008
I make that – early January
I left the island to do that first thing on
island – Jan 2012
He didn't talk to me

tracks
found file on his computer – on phone & his
assistant – looking for s.t.
saw folder – NO FUN FOR JD – it's a
collection of me from Red Carpets –
½ time fighting & me B/C those events –
even while getting ready – everything I
was doing was wrong

he'd call hotel room - talk to security guard - then not talk to me for days
not once did he say - you look nice
I had 7 stops
never you looked pretty, but not it was where are you - where were you - when you get home
side boob - He made me feel so terrible -
I couldn't figure out if I was doing it to myself - was I obj myself? He was more experience - I didn't know
we were Steve + Slim (Humbrey Bogart + Lauren Bacall)

so many parallels

so - folder - pictures of me - red carpets - zoomed in on me - see underwear side boob see nipple that one press tour - didn't say one nice thing to me, zoomed in on these "transgressions" like tokens of my infractions and He did see them + I did feel pretty + He never said anything

fearful

wear c him -
He'd never (let me) wear horse - too sexy - too short -
gentle scoop or st.
if I put s.t. on, he'd make me feel so bad about what I wanted to put on -
"that's what you want them to the world"

eventually avoid the fight + wear s.t.

had to wear bra - oh my god yet

this day? I wouldn't want that - for my best friend or sister
But I could take it
He had a lot of fear + anx + I empathized c that - The broken little boy in him - so removed from life
His fear - 1/2 his age - sex symbol - in my prime - swing both ways - wanted to assuage it - didn't want a fight

sleeveless shirt - was ok - if not too tight - then got worse + worse

me living in his house
me being on his phone plan
making me cry in tv interviews –
what time I turn on privacy light –
I made concession after concession –
then I'm "choosing" to wear those clothes
Don't see my shoulders
Don't see my chest –
Lost a lot of weight
went from 135lbs → 102lbs @ divorce

(+) ED
(-) body dysmorph
zero issues ☆ food/eating/
mom has anorexia

Constant pretender you saw?

~~He didn't want to~~
~~have fights about all~~
~~those events~~
What could he say to make me feel better?
anyway – I'm asking for it
a) equation – How much would Johnny believe it or grab on to it when intox or manic episode

He made me use his stylist – (Samantha McM)
She knew Johnny's rules – (he didn't want me to wear sexy)
trying to marry the two –
She + I work together to find a balance

he had my calendar
his asst synced his + my calendars ☆ mine –
he took my car from me –
didn't want me to be alone –
when + where I went on location –
was not allowed to fraternize ☆ cast –
couldn't go to rep party – I'd say
"but we go to yours"
couldn't go to my own premiere parties – Paranoia –
flew my family in

other times – Toronto film festival –

my income cut in half while c him
the bullying for "trying" - audition my -
the U + ernst batter - just to accn
that I was doing an audition
hide my prep -
if he walked in - shuffle papers -
hide hanging out c Kristy (bc we
ran lines - she's my acting coach)

always excuse me of having someone or st.
held call jobs call & I'm working with -
called Peter Berg
called Scarcese - bc working c Leo
called director - accused me of sleeping c his

wouldn't say why

Flight to Boston

July 24 2014

Filming move c James F in NY
he really had an dope - oxy + other things -
street Xanax bars
Johnny is in Boston - I fly on his plane -
going to pick him up + we'd both
fly to LA
nod out - talk on loop - then mood change -
then be mad @ me - b/c he's misunderstanding

no one confronted him directly

IK he literally made up
an entire conversation
long pauses

consistent cycle -
great | fine | reformed | I'm sorry | I miss me
↓
things good - sober
↓
then I offer things - late - doesn't show up - snaps - making less sense
↓
I'm trying to adjust my attn to all the drugs - vigilant
↓
Then he's in a diff world
↓
mad

He started recording
I started - as a way to figure it out - part of his research - so he'd remember always for us only our ears

I had to figure out what Johnny I was dealing with

Sometimes it was okay to say "I'm sad that you are not here"

Then - no it didn't say that - so he'd recording

zero part of reasons

He doesn't even understand why he's mad

He's doing Whitey Bulger

Boston

so at that time he was very mad @ me

Rule – no sex scene
no visible boobs/skin
fought me having romance scenes – kissing
He needed to know every detail
Had script
He'd call producer + director
"Don't worry, I got eyes down there"
I was his
I had to tell my agent –
no kissing – no romance –
walked a fine line
Addicted Diaries – (little Indy film)
walking fine line
I really internalized it – told director I didn't want to be sexualized –
told him B4 it – I had to – he freaked out – had to explain nudity
He was sure James used tongue – he said he found out
He's mad – but he sent the plane
I sat on Tarmac ≡ 1 hr
Then SUV shows up + he's just sitting there – not getting out
Takes more than hour
Door opens – smoke flows out
Asst comes on – I ask "How bad is it?"
He said not good
He got on plane – He was so mad @ me – eyes black – look down @ me – not there
Instantly – I could tell
How dare I not provide him –

fearful

I know the rule - dont take bait -
dont rationalize -
He says "so - you have fun?"
"I bet you did"
He made an extra big deal ō his Aest -
Keenan - was a friend - also dates
Christy (sister)
Now Keenan having great
time -
doing Oz
drinking Champagne
(and Johnny never really paid
attn to Keenan)
Johnny said bad things to me
about me + Francois ⇒ like sh went down
the line
so I got up to sit in another seat -
SD "Hey hey - where you going"
He threw s.t. @ me - small things -
cork of wine / pens
"Hey little girl I know you hear me. What
are you too ashamed to look @ me -
after your escapades last night"
so I'm like he easier to go sit ō him
I say s.t. like "sorry - I'm tired"
He just started in on it
DR what happened first - Keenan got up to be
respectful of our space + having fight
He said "Hey look @ me" - I rolled my eyes -
He smacked my face "Hey look @ me"
So emb - but me in front of Q - call me
these names - so emb
I felt like trash - so small
I crossed my hands - "You tough now" he
smacked them open + prov dm
@ some pt I'm like this is enough - I get up -
he slides the chair into me -
I just look at him

but Keenan wanted
commiserate ō
me on Johnny's
drinking -
we have to get
him help

normally - no one sits
near him - you have
to be invited back -
He called Keenan back -
hitting Oz tanks

When Johnny got sober -
everyone was singing my
praises - Johnny wouldn't
do it for anyone other than
you

early 2012
best time for us
he got Long Ranger -
went ō him on set -
lived in cabin; -
I cooked for him
held so to work + come
home + consistent

tearful

crying

now I'm like I'm sad I'm not going to get my good weekend – in LA together – so sad – I was so sad
I get sit down
He comes up + sits facing me in Center part
Savanagh gets up –
He calls me names – accusing me a fucking Franco insinuating he knows R – & calling him – I didn't know what was real – did I have the repentation
I'm not saying a word – nothing – stoic
Up to the point – when he got hitting – pushing – accusing – I wouldn't say or do anything – never did anything – became statue
I wouldn't say anything / do nothing verbal
I check out – I'm a statue
I get up – again – to another seat
At this point – R are watching – I get up to walk away – he said "you fucking walk away from me" then "yeah" – and he kicks me hard – weight in it – I had a boot print on back
I fell to ground
no one moved – but everyone flinched
help me up – none
I get up – more toward Savanagh
he passed recently – Jerry says "you alright love" – shook head no
Savanagh reach to me – she had tears in her eyes
Keenan gets up – not directly but hey man Let's get a drink – brings him to back of plane
(Steven (asst) + Nathan (asst) go to back – distracting Johnny –
He's yelling – James Tarto (changed name) – whore cunt slut bitch – enjoy your life fucking cock

everyone moved to the front

yelling it

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HUGHES0048
49080

trying to beat me —
then they wrangle him into
a distraction
then he'd say - "Get the fuck up there bitch"

He was 280lbs +
6'0'

in general - we are isolated -
only has 9 - cabins
~~this time - just in metal tube~~

I say to Savanagh - when we land -
get an Uber - I knew I couldn't
go home - I couldn't stay -
How hard it is to reconcile who
you know your are - Strong & - feminist -
How could I let this happen
I remember the time when he hit me —
thinking "Fuck - I'm going to
have to leave this man"
I didn't even do anything to make
him mad
I was sad that I'd have to break up
w him

living w him @ this point -
in the studio -
planning on re-doing main
house - the ex moved out -
called her "The ~~Mistress~~"
never moved into that
main house
we were redecorating -
~~my dream to make it~~
my house + have a
family
└ like our dreamland
└ I was so excited
└ sketches
└ where our kids
would do this

I think I was going to stay @ hotel

He's still trying to provoke me
He's rowdy + mad
"Hey you goddam bitch - you know you
fucking hear me"
He throws his boot - missed me - hits
wall behind Savanagh + hits her
shoulder
One of the asst is like - "everyone ok"
@ some point - commotion -
he's passed out in bathroom - locked in
they got him when landed + then
luggage
we got to Chateau Marmont

everyone around him is
paid ~~they are all paid~~

not thinking
it about it

take pic?
no - why was I
going to take pic -
Savanagh saw that
there is a boot print
I'd call ID + Rocky +
Savanagh -
they'd come to me +
order room service

May 5, 2014

After Met Ball – pop + intense searing – its like a pop – fire up your face – then instant blood

(saw ENT recently – ⊕ scar tissue)

he said from breaking my nose)

He was jealous about a ♀ – I rem him punching me – fell into glass table – didn't break – shut on it broke

He was knocking the rest off

I get up – "You always think you're so tough"

shoves me again

I try to shove him back –

hit me like a man – he has rings

[tearful]

[crying]

He got sober after that committed to it

He chopped off his finger in a fit of rage + wrote messages to me – thought that would be rock bottom – so hard to justify why I stayed – so couldn't be honest ☆ ♀

[redacted]

After plane –

everyone texting me – Johnny wants you – he's so sorry – critical puncture – we are going to get him sober

get Dr Kipperman – maybe this was his rock bottom –

other pics

It was to send to Rocky – as in – make light of it – trailer night – Like I was at met gala + then look – my fucked up face

↓

It was important to me that ♀ don't think I'm a victim – strong – not a battered ♀ –

still I feel like that

I wish a stranger did this to me – it would be so clean – I'm not a part of survivor – I chose my attacker – everyday I chose to be ☆ him

The shame –

My whole life I was determined to not be like my mom –

Came back from Australia – still in pain + care –

Sat in PI ☆ Rocky – trying to be open

she said you got to stop

How is this not the same thing you crawled out of.

It's the same shit – just more expensive furniture

Id been going to Al Anon
Went everyday in MV
Talk to Seth 10's dead - He was junkie
getting advice
I knew I shouldnt go back.
Getting updates from his asst.
Sober - Clean - So apologetic
doctor - Sober coach
"monsters never coming back"
"I killed the monster - he's dead"
He's still using opiates
Debbie - nurse 24hr/day
Kepper - in Boston

Aug 2014
part of lure - so committed to being clean + sober - But using opiates -
he had his regimine - Debbie there -
one moment on Lithium + accidentally spilled that he up his own dose
He had to finish the movie.
He conned them to giving him a lot more
up until then - worst week of my life
detox off opiates
Debbie there - I had to fly out -
Kepper has to fly in
He was having reaction - everything good + then everything wrong
Nothing made sense -
I was responsible - taking BP every 4 hours - eating this - drinking that - cleaning up bed - giving meds
wander off @ night
He got meant mad @ me + he fucked w my head so much - try to make me believe s.t. I did wrong - if defend myself - provoking - walk away - provoked

weird - b/c he was nodding out

JD 4
Kepper said Bi Polar - manic-dep psychosis - speak to R who are not there
Stay up for 4 days - writing + painting then be really down
enraged punching things
talking about things that dont make sense
Kepper said "drug induced psychosis"

crying

I was blaming myself
I couldn't talk to 10 - Whitney,
Held create an issue - become impossible to be c
I was isolated from support — that & they had me accountable for stalling in ret + so ostracized by him
He tried to get rid of Savanagh
I had to beg for that

Id have to agree c him — "yes - she's stupid - but I need her"

He had weird reaction to made -
He's not a sexual & in general - he's not
S.t. made him really sexually aggressive -
moods so up + down
He wanted blow job
grab me by the hair - kept doing that to me.
felt relief that this could turn romantic - I just didn't want him to be mad @ me - that we were ok - blame & me was so intense

my lack of reality check
so all on
wanted him less mad @ me.

At first - okay - you're being rough - but maybe lead into intimacy
but - no - it felt like him banging me in the face or wherever

I was trying to make him happy though

For a few days -

sex | intimacy before that

hard to get him to have sex
low drive
~~hard to get hard~~
he wanted to give me oral sex - but about him - to ~~ant~~ do the ~~g~~
~~I was with~~
when he was sober - we had sex
I always felt indulgent for him

1X did drugs ō Johnny – 1st time + last time | May 2013

May 2013

Hicksville CA (Desert)

Each weekend spot – punched out lights – broke stuff –
~~slammed me against wall~~ –
slapped me (I asked him if was using)
helped me up slapped me again
[He would just destroy things –
~~in general – break glass here~~ –
to me – punch wall next to me]

then he goes into loop

~~My whole life became totally~~ came of all this – The honey spot was so sweet – stay in that cycle –
when I work – he cries –
we fight – then ~~I'm part of it~~
then the monster is back +
impossible to deny

~~Then talking about me using drugs – I'm not~~ –
I was managing this
He's accusing me of hiding his drugs + using them (he'd call me Lesbian camp counselor – ~~asshole~~ – ~~narcotics~~ cop – Vice cop)

I always try to rationalize this him –
~~I'm wearing this little pink summer dress~~ –
long – spaghetti strap
He checks my pockets – pats me down –
~~he rips dress off~~
Does cavity search –
fingers up vagina – shoving them in out of me – didn't bring him pleasure – certainly not me
I crossed over = no words

[1st sexual assault]

[crying]

Ask me ques – "look what am I going to find in here – oh – yeah – you like that"
shoving his finger –
I don't feel anything – I know there's no point
If I can't reason with him –
~~I'm a fraud – I am responsible for~~ my fate
I just remember standing there naked – I'm angry – fucking enraged – & some point it stopped
See him in bathroom – looking behind mirror

[forcing me to watch him masturbate]

I don't think I've said this story before

[taunting me]

They had to clean up trailer next day

JD grabbed a girl's wrist – Liz – "you flirting w my girl – you want to fuck my girl"

[cont'ing]

Sexab

Jan 2016

1X - on the island

shoved me up against bathroom - I was washing my pants bc he was nodding off + spilled wine 3X - his kids were there - I said "hhnny you're nodding off" { angrily - spoke directly - flushed but embarrassed

I went to closet to get new pair pants - back watching Bobs Burgers -

He comes in closet - no door - heads the island -

Slams me up

"Don't you ever fucking talk like that to me - Don't ever talk to me like that in front of my kids. I'll fucking kill you"

N lower throat - slams me - (held do that a lot) up against wall - my head hit hook -

DK what he said next

He looked down - I think I had bathing suit bottom on + t-shirt - I pecked out white pants - I rem thinking I can't sit next to him in white pants

I just rem him looking down

Yeah - you like that"

"oh - oh"

shoved his fingers in me thru bathing suit + and grabbed + held onto me [I can't feel fingers inserted]

"You don't seem so manly now" { idk being assertive. - but I'm being sensitive to not being my mom - so I had decided at some point, I had to defend myself - but sometimes it wasn't worth it

1X - side of bed - Thanksgiving 2016

shoved fingers in me/one || I was on my back

"Yea - you're so tough"

Again for one sec, thought it would turn to sex - that would be happy - I wanted him to || maybe that would calm everything down || He was too impatient All I wanted for us to stop fighting

A version of 'you're mine" = All the time

"I fucking own you" = All the time || I'm not fighting him on this

had to get it right away | NO I'm not fucking around - My you don't smell like cologne No - Someone not in control

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HUGHES0054

49086

If anyone knocked on trailer – screaming
London Fields – horrible 2014
could have luncheon tent
1X – 2 parents + Johnny – I had loved
Titanic as kid – Leo on TV – Mom
said. "oh look – there's..." I gave
her a look – she stopped – I would never
live down a childhood crush
1X – Jonathan Rees Meyers
friend said – she thinks that guy who
you think is cute –
my body clenched – Johnny didn't

That detox weekend – Aug 2014
chauffeured it up to the detox
I didn't understand the –
I'm not my f-ing mother –
not a battered ? – didn't
want to be a doormat
I will speak up even if it gets
me hit

He can't detox entirely
Back on benzos
↓
seeing seat retract behind him –
this private doctor – his pills –
nurse 24/7
pill regimine
↓
his doctor
he's ill
I become more + more alone
↓
I was the nurse

Johnny cast himself in that movie +
Jonathan out – 3 day roll
He had his security guy in room
next to me
Ethnic torture
4 warfare
I asked "permission to go out one night
to concert – I was invited to –
Sept 2014
"my girl doesn't go out"

marry him

I was on a drug-high
Johnny split - held leave - runs from all conflict -
does not accept neg feedback / critical feedback
I'd be left ō damage / injuries / noone
would talk to me
He'd break my phone - couldn't get them -
needed info - they wouldn't talk to me
Then when he wanted back in - so loved + romantic +
spoke poetic + laud athn on you - felt Powerful
All the time - "I killed the monster baby girl"
I wanted to believe
The time he did s.t. different - always s.t. diff to cling ont
a chap; a nurse; a doctor.
Held split - I'd be tortured
damage to house - to my heart
he never had to see the mess
his vomit - the mess he made
most padded thing in the world
So many lines had been crossed - hard to justify
leaving - hard to justify then getting - so much -
I loved him so much - so deeply
but I really thought he'd get better
marriage - not be jealous - ring on my
finger - maybe he'd feel safer -
maybe be OK to not have my life -

telling put kids off for a year - told them ō also I have a gf Left it to her sister to say

my dad let me until I left home

prenup

~~his sister brought it up to him~~
In Tokyo - he brought it up - =
Sid okay - he only indicated to me -
I said I'll get a lawyer
Let's do it
He said "no I don't fucking want one -
I trust you" He's saying everyone
is pressuring him - The grown ups he'd say
I called Michelle Hulroney - she said there takes
time - no way it will happen
We also both had jobs - I went next day -
Danish girl (He was going to Start A Pirate)

got on flight next day after wedding

He's not able to have a direct conv –
not able to express himself
"Why we not going to have a wedding anyway"
We're screaming – I'm crying – He shoved me –
I said I can't fucking do this
He said let's have a symbolic wedding
Lawyers were hustling to talk + work s.t. out
Chrissy "yeah we working on it"
planned to do it legally @ his mom's house – Beverly Hills – Betty Sue.
Chrissy called someone from phone book
Johnny never responded to lawyers
Spoke to my atty about doing prenup

– March –
they could not wake him for 3 days – end 2013
so bad – no one takes sick days
everyone freaking out
"this has got to stop"
↓
then they are like – Hey Hun – How are you?
↓
then I'm the bad guy – I'm the only one who told him

Australia

I hadn't seen him in a minute (I was trying to stay competitive in work – trying to hustle knuckle it –
income went ↓ ½ since Chris became unbearable
2014 – Magic Mike – the torture he put me thru
I had to tell him my character – happy ~~he~~ – baggage clothes –
He'd call Channing – several times)
I'm excited
He's filming Pirates
I know already – he's def
He was really unravel before during my work –
He accused me of Eddie Redmayne (Danish Girl) (I'd blame myself – well – I fell in love w/ Johnny on a movie)
On phone – try to verify we are not fighting – layover in Dubai
punishment mode when I'm working – accusatory → avoid
So he says he wants me to come
He's thin
doing blow + speed / but I never know what I'm dealing with
wanted to connect w/ him – wanted to have sex w/ him – he didn't really want to – but we did – he went to work
I had to walk on such eggshells

Then he wanted to drink the weekend
"well why can ya drink"
I said "you're using this as a device"
He pulls out a bag - ecstasy
I had some kind of neg response + fear
"His Judgment. His Moral Authority"
JD said I was not part of the deal - this is
OK to use
I said s.t. mutthy - DR
He shoves me into fridge
He pushes me
He grabs wine or booze + chugs it front of me
I stomp off - go upstairs bedroom
Verbal Arg continues
He wont let me pass - I push him
Then he pushes me - fall like toddler
I get right back up
"ya want to go. want to go"
Slaps me in face - click
"ya want to fight tough guy"
I know its coming
I just clapped him in the face - maybe wanted expedite it
He walks off + starts hitting me + so I guess I
brought it upon myself
I call him something mean - like old man
Then he locks himself in studio room
I knock on door to extend olive branch to
say sorry + appease his ego - to get him
out of loop - it doesn't work
S.t. happens in bathroom
He was still up - I went to sleep -
He was on a bender
thats what he brought up post nup
(so I call my lawyer - they drafted s.t. +
still waiting for response)
He didn't believe me - her is conspiracy -
had to find proof - Always needed
to find proof to show him

He would never fall - could not ever knock Johnny off his feet - Never knock him off his balance

so he took a handful of X + is drinking

he calls my lawyer first
screaming & here not making sense
so loud - echoing off the water
my fear is she wont take it personally
he calls his own agent
he calls christy
her lawyers
screaming
not making sense
my lawyer sends me email -
Johnny called - doesn't sound well
He barges in - accused me of affair
again - Billy Bob Thorton
This was 3-day ordeal
Im just hoping he will fall asleep -
Im blaming it on ecstasy -
I offered to cook food - prep something -
he just needs to eat + sleep
He whips out bag - only a few left - there
were more than 10 - think he took
another "Johnny ded can take all of those"
I knew it was going to get so much worse -
but didnt know what to do about it
IDK if he was reaching for glass/bottle - IDK -
I took it - pleading w him -
He grabbed me by neck - shove against fridge -
squeezing my neck - breathing on me - smelling
whiskey - saying he could crush my neck
bang around in the kitchen
throws bottle.
Knocking shit off counter
has me by hair
hits me in face (w those rings)
I had nice new nightgown on
wedding present
Something breaks
gets me by the hair + smacking me
(like he always did)
trying to get him off me - fuck you -
but making it worse

First gift he gave me - huge long dagger knife -
This is the only way your getting out of this dead or alive
Your not getting out of this dead or alive.
one failed attempt & mediation -
He handed me a note
we both changed #s - attys -
heartbroken -
no communication
we'd dark humor it -

He always had wore his rings -
never took them off

a lull - quiet - IDK what's going on -
Im thinking I want to leave him -
"we can't do this"
"Im afraid you're going to kill me"
I got to bathroom + throwing up
wretching
Tried to pack a bag - I had enough
He grabs my clothes - tries to light
them on fire - using the bic lighter +
fucked up
Im begging him not to do this - Please Please
I take some time - he storms out
somewhere
3 levels - bottom - pool table - Ping pong -
bar - fridge - huge glass windows
toward backyard w/ lake
I go down there - hoping he's on a cuf -
Im trying to fix it - music blaring -
tell him Im going to cook
I keep trying to make it normal
He's dark - his eyes are black
Drinking ~~Jim Beam~~ booze from bottle
Im pleading w/ him to stop -
He's just so mad @ me - IDK why + what
I say wrong thing about drinking like put it down
He really mad "fuck you"
Im crying
"Oh yeah - you want it - you want it"
holds it to me
I say "yeah" I took it + I drop it + broke it
but that's very bold for me - Im trying to
make peace for 20 hrs - so sit. happened
that I did that - white tile floor + Im
barefoot - black marble counter top
It sets him off
He pulls back his hand - whoops me good -
not w/ his fist - hits whole side of my face

I say "hurt" sometimes b/c
I still wanted set him off

happened many times BY
when in these fights

I end up in the fridge
Pulls hair - screaming @ me -
trying to protect myself
Pushes me - I'm trying to block
Shoves me + rips the shoulder of nightgown -
one boob out
But before it gets to that -
that bottle broke - He lost it -
He grabbed another one - threw it
right at me - it shatters on wall past me -
feel it on my back
He grabs another
I'm barefoot
He grabs another - I'm in the corner -
bar + glass window
He hurls bottles - entire glass window
shatters - whole thing
He's continuing to throw bottles - like
bullets - not fucking around -
I still screaming "Johnny stop it -
Johnny stop it"
I try to run - grabs me by hair -
smacking me - wind up by the fridge
@ some point pushes me damn ping pong
table - it collapses - I'm on ground -
I think he fell too -
can't remember how we get up - IDK
I try to get out - think fridge thing happens -
hand on my neck + slamming back of head into
fridge
broken glass everywhere - feet shredded -
I'm sliding - arms are cut - I'm
slipping on glass - wet - slippery
I wind up behind bar - by my neck - now cutting
off my ability to breathe
I'm literally bent over backwards - face up - he's pushing
so hard on my neck - I realize he's going to kill me +
not remember

© security in the house

I knew he wasn't understanding how much I
crying — couldn't breath — I'm trying to get up +
tell him — My feet are sliding on glass —
tile floor is completely covered ō glass +
wet (about 20 bottles broken)
trying to get up ō forearms - still so slippery —
IDK what happened
He had ripped off my nightgown —
I'm completely naked - when my body was
out - I saw - I knew what was going to
come
He was saying "You ruined my life. I hate you.
I'm going to fucking kill you" He's saying it
over + over again
crying - Then IDK - at some point - I see what he
waking had done - has bottle of Jack Daniels - [inserting]
startle it in me - I'm feeling the base of bottle with
response my bone - So worried he'd grab a broken
to noise one — IDK - I just remember breathing - thinking
"please let it not be broken"
IDK how that ended
I barricade door - all my luggages
Think I cleared feet + arms + maybe took
sleeping pad - I did remember first aid kit in master bath
I forgot - @ some point - there's the old school mounted
phone - my body was out for this - He punched
hole in wall next to my head - he grabs the
phone - hits the receiver repeatedly into the wall -
getting madder + madder - smashing -
watching the phone disappear - into shreds -
again + again
I'm assuming that's how he cut it off — broke it + severed it + all those bones were broken too
Later when we talked about it - he
ack hitting phone
"I cut off my finger in a fucking rage"

next day - I go downstairs - think
late in the day
crawl out in my room -
He's still fucking up - music blaring -
Come down stairs - painting studio
on the sofa - paint - on sofa -
Letters - He wrote on the wall -
Sofa cushions -
Red paint - but later found out
blood - Jim Sturges (just an actor I
worked with)
lampshades
some walls - just finger marks
messages everywhere -
then he gone into my paints
IDK what that blood is from
Whole house trashed
He threw the food I was prepping
He put asparagus on table
Mashed potatoes on TV
Weird
All those windows are smashed
I can't find him
I walk into little office-side of game room
He's not making sense
He had st. t paint
He holds up his finger
"You don't think I fucking love you -
look what you made me do"
"Huh.."
Shows finger in my face - looked like bone -
I pick up scarve
I say I'm going to call 911 if you don't call it my
right now
I've never seen him this bad
hallucinating - def planet -
I'm waiting for Jerry's security team - He reloops +
starts smashing - back on conspiracy

I only took pictures of room I was trapped in

I made him cup coffee
he hurls it into TV - breaks it
Turned over glass table in LR
Grabs my phone + pushes record
He was going to catch me + prove it
but IDK what that is
Then thinks he hears my judge
in LR — Takes out his dick + urinates messages
"This is your Billy Bob"
Then security ushers him
outside - laughing
Malcolm - cooler security guard -
JD goes upstairs - "fuck this" ——— wiped paint on my clothes threw them over balcony
I told them he's bleeding + IDK how
long + he took Lunch extasy + they
get doctor + medicate me + get me
out of there.
Dr Kipper flew in right away
"Give her more"

* actors that are going to stand in line to fuck me
↳ He said

recording - found it
way later in my
divorce

Eval #3
Nov 8, 2019 10:15a - 6pm
Amber Heard 274 Hudson St

running theme -
I was a nag
He wanted to talk - but only wanted me to
validate his anger - that I DID THIS - not him -
not to apologize
write letters in 3rd PP - "she used to be lovely"
it dropped out of a book recently
the anger ē me

"used to be kind"
"used to be beautiful"
↓
just a list

so sad bc I thought it was a love note
↓
note - I didn't even know if it was a love note or not

Couples tx
after Australia - reached out to Amy Banks (Boston) - she wrote a book - 4 ways to click - bought it in airport coming back from Australia

coming back ē Ben King (Chinese mng) hired by production (JD demanded) to manage the team in Australia
+ We met him in UK - very proper Hes prof butler
think he found the finger
flew back commercial - wouldn't let me fly back

you could see where blood stopped + he dipped in paint
(my goal was to paint a portrait of him for his bday - June 9)
weirdly - that's the only thing untouched

He threw coffee cup - broke it
I went there - scared shitless - not moving
He had bandana - rage - he has them everywhere - fabric
tail wrapped around his hand
They had fallen - finger was brown

ran until it ran out of battery

hear shiny screamy ring ushered out

on audio - heard discussion bw security guards - and on the phone to Christie - sister -
they are talking about severe silence - how quickly what going to control me - what going to go ō me - Ben - most amenable - how to get me out of
Jerry - "the fucker cut off his finger"
"walked everywhere"

- Flint Tween | Beige phone - next bon
- took phone - entry level
- he go in + out - moments - I think he'd calm down or get tired enough
- I couldn't tear myself from writing - there was blood everywhere
was his body in shock - IDK how still alive

Kitchen - upstairs

- I got put in that room - Debbie wanted to give me meds
I broke - I just started weeping -
I dont think I cried all weekend -

In room maybe all night -
Debbie checking on me
'OMG what happened'
"Is Johnny OK"

- first thing grabs me + pull me into theatre room
- think Kipper met Johnny @ Hospital -
then came back to house to look for finger
I rem sitting in theatre - on main floor -
dark room - dark sofas - fluffy cream blankets - Im like "why are you giving me a f-- blanket my life is over"
Im just weepy - just locs - everything broke in front of me - She tried to touch me - I jumped
He was so mad @ me - always shutting room -
always google - he was so paranoid
tearful Debbie wanted to give me meds - I refused - but may have acquiesced - made me seem ornery -
I didnt want their pills - made me seem like Im difficult - like Johnny did
I wanted to know what was going on -
Eventually I go upstairs -
paint on my clothes - mirror - pillow - but only my pillow - bathtub
At some point I go downstairs - grab my phone - He dead -
plug it in upstairs - I didnt know it recorded -
I didnt know this until over one year later - divorce -
there's an 8-hour recording

So I see the book - Australia side
Brisbon → airport → bought book
Amy Banks - great book - thought Johnny might be inclined to this
↳ I wrote her - I found your book after one of hardest things ever

CONFIDENTIAL
PLAINTIFF'S TRIAL EXHIBIT 0938_0066
HUGHES0066
49098

It was science based - clinical based + worked
- ē couples
  - she talks about anx, dep, triggers, cingulate cortex, goes off like a bell
- I knew I had a prob being in the rel -
  I was telling myself - I have to leave him -
- He called me on way to arrest - he asked me not to leave -
  Hans drove - Malcolm in front - Ben in back ē me
- Johnny calls Malcolm -
  He hesitates - says "Johnny wants to talk to you - I think you should take it"

crying

I didn't want to go but I knew I couldn't
I was scared it would be last time - I'd see him -
Scared that all of this was for nothing -
I thought I was going to die - that he'd kill me first + then he would die - I really did think that
- so they gave me phone - they all got out of car + stood by door

crying

He told me "Don't throw it all away - Don't leave me like this. My Skim."
- he was so contrite in that moment
  he was like "My skim - My baby - Don't leave me like this - I know we've been thru hell. The monster is dead. Don't leave me like this."
- I know I was saying "I love you"
  I didn't even have it in me - anger - no anger - or "do you know what you did" But I had no anger toward him

He's saying this over + over

book not on door

Still felt - still feel - wish I did better -
so guilty - it's not about the physical violence -
It's so much more - I loved him so much - I believed him so much - I feel so responsible -
was he provoked by me - kept trying to find ways

crying

to not provoke him
of course he feels like I'm challenging him
of course he feels threatened if I get back up
or if I fight back - I didn't sleep & that is -
crying I didn't do that - Did I participate?
Did I make it worse?
Yeah - I call him names - I knew it would
lead to him hitting me
He'd shove me against wall
If I try to go past him - or block him -
he'd say "do you want to fight me now"
Fight end - then he leave & come back next day -
say "to get my stuff" - which is code for
talk (he could ask a million ass'ts)
first day - crazy - punch me & he fled - one of
more extreme acute - prolonged fight for 2 days
by end of rel - by 2nd or 3rd day - I'd be so
mad - I'm saying awful things back - I had
such limited weapons - "You don't understand"
Johnny uses very flowery language -
never a straight shot -
"can I have a cup of coffe" = "oh many - I'd give my
very last nik for a cup of the brave"
"pencil" = "give me one of those red plume"

said that all the time - argue the merits - just trying to get the most blame thing off the table

no one argue & him or criticize him

He lived in dif world
Had go in & out of manic episodes -
delusions - psychosis
I'd say "Johnny - you don't understand -
you are so much bigger than me"

b/c he received no criticism to what's said or anything - was like cruel & unusual punishment to him

I couldn't speak constructive & lucid to
him - normal conversation -
IV - Toronto - before divorce - on patio & I
said to him "OMG Johnny - it's so nice to
get to speak to you"

every time
So confused - thinking I have to leave him -
fights so mind fucked
so much anx + dep - I didn't know what was what

now
out of rel 3½ years - I know that life is not that stressful -
I was taking like 900 mg Neurontin -
① night trip - Keppra say - oh that's homeopathic - who am I to think

my mom reminded me - something I had totally forgotten - that Thanksgiving (2015) bad - but early Dec - I tell Johnny this isn't going to work - need to divorce (I did tell my entertainment lawyer (Carl) ↳ He'd say he's going to fucking kill you - do you have a safe place to go?
(I had a go-bag - someone ② Alanna told me to do that - think a & saw bruises)
(both LA + NY)
IX - Stranger in NY - pulled me aside - I'm going to give you my # -

throw bottles decanters - magnums - he loved throwing bottles - threw it right next to your head
many & seen him throw bottles

tried to separate - few weeks - try to see someone else to move on - to fortify my exit - no version of me that could leave on my own - preparing myself to be single + alone
↓

II so triggered - Kelly intervention - he got in anger - protects his innocence

IX - Michael Baden - intervention - kid (now adult) shaking - still treasured the gift -
↳ there was love - granny of family - close denver - not a stranger - all self-worth around it (me)

I rem concussion check - Keppra - I rem sitting there - Nurse said - he have to push someone thru - do you want to move - ↳ me & pushed thru -
I rem feeling jealous - that a stranger did that to her

IX - ± friend Amanda - re: Kavanagh - tagged + states - came as Senior Duke district - needed + 'perfect' survivor - we flew them to DC - sat in Blake's office - surreal feeling - they gave brief summary - we are your constituents - severe stories of sexual assault - trial / hearing
sense of jealousy - b/c the clear cut - it's not their fault - even if your not ok by the system that way - but not provoked to do s.t. wrong - block blows - make him madder - freeze - look @ him = make him madder
If I leave - make him madder - set him off - b/c "I left"
The fucking torture me about that
he always weaponized leaving - him leaving didn't mean that he would hit me - just that it was prolonged

could not have made R in phone — Johnny would call — even my female friends — He'd call them —

He took my phone all the time — called R all the time
Accuse me of affair at least one R on each job
It was throughout — it would come out — every job →
In his mid-term absence — accusations — presumed I had admitted it — I never did that — Men but on me —
One set it takes a minute to show that part — but not interested —
I started at Johnny — for sake
Every single movie — not every accusation — suspicion — downright hostility + blame
Whether drinking, drugs, angry, in fight — if not drinking — much more veiled —
He'd disappear + then I had to text right back — if I didn't, he'd be curt — cancel a visit to me — no one tell me —
I'd have to constantly guess "I don't know what I'm doing wrong Johnny. Tell me"
We are in Candyland — his delusion — You don't fight the delusion — you bring logic to Candyland
The onix of not knowing what I'm dealing with was so much —
I could hear him trying to make sense of what he's trying to say
Get disconnected — "You okay?"
"We weren't fighting" "We were having a nice conversation — you were great — I guess phone disconnected".

Few little pockets of normal — He'd feel good about being sober —

Then call me Tell me he was going to call R or set — I wasn't even in my

[crying]
I'm doing so many mental psychological gymnastics

"I what you don't hear me little girl — so yourself"
He'd be like "Yeah — the guy — the fucking guy — I'll find out"

Me — "What"
Him — "The guy you just told me about — Why You are fucking in my"

but he really hung up on me

he was always mad at me when I
away working - always -
He doesn't rem when he goes into
these things - I'm so confused
if - I said I'm going to record
this - I'd watch him build
this narrative - I'm in hotel
room in UK - Pushed photobooth -
And when he hears this - he will
understand - (b/c he only rem
the feeling - or that I think I
"told" him I was cheating
on him"
He was saying I just had this affair -
I said "I didn't say that. Cuz -
I'm sorry - that would be horrible
if someone told me that - but I
didn't"
I asked him - is anyone there - Stephen then -
typically there would be - but he's
going back to guest - Accusing me of
affair -
Tried to make sense of it - love it - fight it -
run from it - tried everything -
I really tried everything - I really win
he can't/don't helped him

I think
London -
Darien Girl -
there until May 2015

He was throwing up in his
sleep - & night - more nights
than most
I'd right a note - in Spanish -

taught
myself -
checkdat
books
started in HS
I used to
keep notebooks
Grew up

Dec - my parents, Rachelle's parents -
Josh - we were all going to go
to the Island
my mom said recently - it wasn't my baby
anymore - my strong girl was begging me -
she had busted lip - black eye - begging
him to stay
so hard to understand the dynamic - so hard
for me

He weaponized leaving -
it never meant fight
was over

And then nobody left to island -
just me
all the work I put into the rel -
I needed it to better
All we went thru
I wanted it to work
even restraining order - maybe
that would wake him up -
some miraculous change -
hope

why?
bc Rocky -
she was such an advocate for me
she didn't want to move out bc of me
leaving him
- we all planned to go as a big family
- Rocky is like "you can't go" - she's
begging me - she was so worried
for me - "he's going to kill you"

first day - of after fight ends in a fight -
"I feel bad Johnny but you're
so much bigger than me"
after that Dec 17 fight
days later - we are all
supposed to leave for the
island
he'd text me - we're going to
leave for the island - me + Kaddar -
everyone fucken hates me -
fine - want to get presents there
for the kids
still had bruises
lip didn't stopped bleeding
bleeding from head
} last few days later
coached it as "apology -
want to get my stuff - means he wants to talk
he comes over - I agree to be there -
but I wasn't going to island -
I was really looking fwd to that -
he wanted to convince me to go back to
him - Something - Monster is dead -
that fight was so terrifying
I was so terrified -
In Australia - up against counter - felt ok
In LA - Dec 15 - somehow different - the way
he was telling me he was going to kill me

mom + Dad in
whatever's apt - PJ

Dec 15 2015

the sound of his voice—hes punching me—those rings - He headbutted me square in the face—
Rachelle in her apt
she woke me—think LOC
He put his fist by his side—
He first hit me straight out—
Then I got up
This time - didnt have time to block
It wasnt messy (like grab me by hair—I'd swat to get away) - straight out
I was in foyer area outside Johnny's office—
no time to block my face
like a selfie—think I went down on arm—
he hit me c his hand—all these rings—
I rem brace myself—then stood up—
just look @ him—"Oh Look—she's a tough guy now—Dyke—so tough—camp counselor—" "whore"
all these terrible shit (those days so much of it)
I got back up—I looked him in the eyes
My dad always said "never hit back - just get out"
He's just taunting me
"You think your so fucking tough"
He's looking @ me—
He slams his head into my face—searing pain into brain—I topple backwards—back on selfie—no back to it—I fell over it—bang my head against brick wall—I start crying right away—
I want him to know he hurt me—im not mad—Im hurt - I want him to know Im hurt
I just rem pieces—He has me by the hair—I feel like its so sore
Before that - I rem—he was dragging me by the hair—
He managed to drag me up stairs—Im trying to walk backwards—crab walking
Something @ top of steps—
he stormed TS on way to bedroom—
cleared off antique table—then flipped over the table

was that provoke him? I didnt have to get up
I always thought it was battleship
sometimes I pushed him

R-bedroom
L-his office

He's screaming-
I'm still on top of stairs in foyer
I have mem of being slapped in face
I rem feeling proud that I could block him so he can't blame me - still in foyer
He had me by the hair again in his office - IDK what I did in the office
At some point, he drag me into the room -
I was dragged on floor from office to P4 - metal grate
old fashion safe door - big heavy iron door
Dragging me - on back - metal plate - safe door anchored
carpet → metal → soft black carpet
something hurt - it hurt a lot
He was so med - so much energy -
P4 - Big black duvet - Big black pillows - black cotton sheets - Lg King wood bed - unfinished wood - real heavy
He drags me in there
Gets me on the bed - punching me -
this time he's punching me + screaming @ me
IDK if I ever seen him this mad - He was so hurt - in so much pain - his veins coming out of his neck -
He has me by the neck - looking @ him - I have a visual of him - IDK - but I do rem is him throwing me back down or flipping me over - on stomach - he's trying to get on top of me - trying to get leverage he has knee + back on back - my back - His other foot is trying to get leverage - the bed is splitting - I'm face forward in pillow - He is kneeling on me on my back - Punching my head @ his fist - IDK feeling any pain - He was using his fist - hitting me hard
I rem thinking - OMG - He's going to fucking kill me -

His office connects to P4 -
Whitney's opposite
~~Joining convinced she was spying so she had to move out - so she wasn't there~~
He convinced me - she was spying - He said he had proof -
~~He was so adamant about it~~

cover bruises?
theater makeup -
lavender | green | beige pasty
3 piece pie -
~~carried it 2 me~~
every where
use more lavender -
day 3 -
~~then~~ then a dirty brown yellow color
Ass just found it -

yelling at me "I fucking hate you I hate you - I going to fucking kill you" — Dragging the words out — I wondered how many times he could punch my head — Am I going to die — Is he going to tire out first or will I die first. I ran screaming first - to break thru - to get thru to him - Then not saying anything I realize I can't breathe - not making any sound - I couldn't breathe for so long - He's punching - kept punching - dug in hands & his boot - His knee - He had me by the hair - the shirt - trying to get me to stay down - punching repeatedly & fist
Then it's peaceful - I've tried so hard to rem — I know I got to the floor [of PT]
Then rocky came in - I feel as I was awake but IDK
She passed him in the hall - smashing things — he was irate - spilling wine - she said ran into P3 + panic - whole place smashed up — she was afraid - if I was alive - at that point - she ran into room - saying OMG - OMG
pieces of my hair everywhere - chunks - she took pictures -
She wanted to call ambulance — I couldn't say car wreck
She called Erin - Erin walked Rocky thru concussion check -
I rem Rocky & flashlight -
Rocky wanted me to go ER
Then Melanie was there (dear friend + also make up artist)

saw injuries this incident
Rocky
Melanie
Erin RN
Josh
Keppers office
Dr. Monroe
Front desk — Lisa Bean, RN
she followed me to parking lot hey no question asked - do u have a place to go — have my private cell phone #
duct concussion check
"that mutter fucker beat her"

Literally next day - text Jodi - I may have to cancel James Gordon - to cancel last min . is really bad form -
- my hairstylist started & my head — winced - he saw some of the blood — He really softly kissed top of head — didn't say anything

Melanie came ō me – Melanie cried –
Samantha was there – (some asst ō her) –
Melanie told me that Mel+Sam hugged –
"What are we going to do? What are we going to do"
Samantha hugged me "Im so sorry"
Had to do makeup frame –
Heavy red lipstick – bc lip bleeding still

Melanie is my makeup artist not Samantha

Now I know I got to leave him –
trying all month –
Im embar – my mom had gotten there – Then Leyola got there (Rocky's mom)
Think dad was driving
Now Im crushed – thinking I ruined X-mas
Felt safe + family
I wanted to do X-mas ō Lilly Rose + back –
where they are kind of kids then –
Rocky so strong – very protective – my backbone –
I lost it
I wanted it to be fixed – I wanted it to be better
Rocky is like – no
Few days – first – no Im not going – big fight –
Next few days – he's apologetic a bit –
pressure on both of us – Keds wedding
Then he wants to talk –
doesn't work out – he splits again
Comes back – not really apologetic but
intent on my coming to Island – Im
like "but Johnny – you head butted
me" He made it like I caused it – I
made it happen – always minimized –
make me seem like it was me –
There was a moment – he fucking knows it +
then – "I just gave you a little knock"
like Im exag

but him?
took me years – to get out of freeze
I would never
Then I was like if he pushes me again –
I pushed him back
I called him names –
I do feel like I provoked him –
I had no weapon –
Nothing

He's still not sober – so took a while to calm down

even in Island – "I don't know what happen to your lip"

I know I shouldn't go – but I want my dream –
my fam, Johnny, the kids
everyone looking fwd to vacation
Rocky + Josh wouldn't go
I told Johnny no one would go
He's wearing on me – kids waiting – I know
what they must think – that I
am drama – "crazy bitch's fault"
He always blamed others
All this terrible obvious bad shit –
changed the dynamic
I always played down –
every one right in their criticism –
I know all that
I'm aware

He's never on time for them either

Finally get to school play, but late – Lilly Rose mad – but mad @ me

before left for island
Johnny gave Rocky + Josh eviction notice –
wrote it like crazy P – note –
He came in to their apt – @ night – They were in bed –
on ground – handwritten note –
get the fuck out of there –
you're evicted

I have hard time justifying for
myself – strong P – activist –
feminist my whole life – hypocrite –
I couldn't accept that it was that
bad – I take responsibility for everything –
I'd oversell my participation in it –
with him too
Tied those 2 together – drug + alc abuse –
the monster – Good Johnny is great
I took more responsibility – "I held my own" –
I'd say
I'm sure I hit him once when he pushed my sister –
I remember clearly doing it – landing a blow
I don't want to make it sound like I'm a
victim – tried to get them to him – to survive –
beg him to stay – call him names –
I know where it ends – extreme viol – then he wipes
off – lands @ a bottom – gets sober – there's a
chance – I thought there's hope – Elton John –
other rock stars – so there is hope

anyway

So I went over to Becky's apt - I'm really sorry -
that you have to have her worried you -
that you are going to be mad @ me
Sorry, Josh - Sorry Lolo - Sorry about note -
Said Johnny is really sorry,
crying I said sorry for asking - I think I'm going to go -
I'm sorry - I love - you - you can be mad @ me
It's my first x-mas as his wife - I love him - as stepmom
I know you know I'm weak
I just have to try for me
I'd really like you to come
She's like - we are not going - I love you - I want
to beg you not to go - I'm your best friend - Don't go -
we'll make X-mas here - Lelo is like "I understand"
I understood everyone's side
I was just saying sorry
So I had to choose - he wore me down - so much
pressure - I said on 2nd day "look at my face"
He said it's fine - you wear makeup -
(2-3 days in between of silence)

Island
good for first couple days
kids weren't really talking to me - but no one would talk about it
then the thing in the closet

I really loved them -
I cared about them
grades - protection -
10 taught her how to drive me
I cared deeply

kids
in front of their life -
nannies - security
mom - back - forth -
- France -
- primary residence
played cool - not disciplined

after Dec incident - Lilly Rose
mad at me -
She told Jack not to talk to
me -
Sad
Jack's bday - end April - (not sure what year)
Johnny left w/o me bc
Jack wouldn't let me come
to party

worst
Australia + Dec. 17
Australia confuses me bc it came so long –
went on for 3 days – complicated +
long – more scam + controversy

super bowl
never did that but – object
never saw him that fucked up
in my life

multiple men arrived
Jerry
Nathan
Malcolm
Stephen
Ben
} they all saw – Johnny was out of his mind

so fucked up –
has his penis
out –
doesn't make
sense
didn't make sense –
think he's peeing

THE video
main house
we never lived in main
house
he wanted to gut it bc
Vanessa
we hired Laura (designer)

but not sure – think now
small window we were there –
BF Adderall Diaries + BF Whitey Bulger
After plane incident
I hear it from upstairs
After camera off – he hit me – I knew I
was taking a risk
I kept saying "Sorry – nothing happened"
Late morning

when start video/audio
he would not rem that
s.t. happened – so weld
tape – to film it – record it
to prove – he thought to
prove me wrong – to justify
himself
He would misrem + not rem +
never knew what would strike –
but not overtly expressed –
cool suspicion –
insults + insinuations +
presumed fact
He'd say – that's what um told
me

why not leave after Australia

I Thought it was the rock
bottom – He was so crazy –
I said to Rocky – "don't worry –
I hit bottom" I played it up –
Thought I had it under control
Don't want R to think I was the
weak R – bit of hypocrit – but
not weak – made lot of mistakes

Dad tells me "can't ever defend yourself – just make him more mad" He's a big dude

I tried to stand up to him –
Ψ – physically – He's triggered by strong Ψ
I spoke to Kate Hoss K – in bathroom – she was crying –
June 2016 ~~think she is clean now~~
I was clean –
└ Then she realized it was ~~made~~ Huge elephant in room
~~She started talking to me –~~
~~she indicated – sorry that I'm going through this~~
she sat in tub – I sat in next to her – now into deep + meaningful convo
"Did you not have that type of rel" | news was everywhere
She's like "babe – it was such a long time ago – we were crazy – both using – yeah he pushed me around – yeah always accuse me of dating – couldn't leave the house – but we were crazy back then"

Ⓓ that pt, didn't break down – the sober part of brain – didn't recog that as abuse at all – took me a minute –
? ⇒ jealousy
control
withdrawal
check phone
destroy ↔ phone, took away
took car
call directs
call actors
} didn't see it

thought flattered – he's obsessed w me – should be flattered – he loves me
I knew that was not right
It really made me feel crazy –
suspended in reality
no accurate reflection
no reconcile
couldn't talk to anyone – crazy making
how does anyone understand why you don't stay – why don't you just call 911
I read sth about learned helplessness – open door + dogs don't go – they have to be dragged out –
I think that's when I realized – I had that door open a lot

[crying]

(year enough)

police coming over – IO saved my life –
~~I assumed now that's its going public~~ –
I can't go back
Now I can't go back + be a liar
As soon as I filed for divorce – it went public
All the R I was most accountable –
everyone knew about Dec incident +
knew what I was living with + it's still going on
Then Kids turned back on me
I couldn't leave earlier b/c my face
so I lost everything
and my bday – heart broken
say favorite memory –
talks about my ass
I rem later – he ripped my shirt – I had audacity to tell him I was upset b/c he was late

Meghan, Amanda, Erin, Rocky + Josh – Mama Lola, her parents, IO

even Jack said "ew – what happened to your lip"
I'm like "yea – gross"
Johnny threw me under bus
Lily text me – fuck you

(back to Australia)

felt weird –
he had to get sober for surgery –
then clean + sober for it
he has transcend meditation
open – massages
May 5 – fly parents to Australia – I knew sure of it – we went thru hell – I rem writing – OMG – I never been happier – I feel like the monster is dead –
other entries "how many times I've been so wrong"
"part of me is scared everyday the monster will come back"

after Australia
didn't leave house for days
didn't take pictures – thing of Johnny
no need – only look forward
Rocky said – look around – same shit – you think you're not like your mom – he just nicer furniture

dad kicked Boo
(Pistol stayed away from him)
held Boo out of window IX bad bender (in beginning)
gave Boo pot
I freaked out - he thought it hilarious
things flying in her direction

Fiesta painting incident

that night - finally got him out of the house - he would not leave - a testament

breakup
many times - so many times
in fights - day later - had come back "to get my stuff"
Something he just said
it hurt me after marriage - he knew it hurt me
I did not say that after marriage
I wouldn't say divorce word
He'd throw it around all time
Divorce became a weapon

Australia - he said I got my wife + now I'm getting divorced
this was before it got really bad - I'm sitting on steps outside

leave house + not contact by him - too many to count

I never knew if he was in the states or where

You so LIA
after Boston - went to hotel
IX - left island & Lily Rose -
he was so fucked up
we literally had to get helicopter to get us out
Jack didn't want to leave his dad
(he went to Tara + CJ - island managers)
I think my dad is dead or s.l. has passed out in sand

He always knew where I was

Dec - 2015 -
they broke up fight
I had to throw can @ him - [redacted]
when it was good - it was like magic -
I loved being in his life - kids life - amazing friends
Dreamscape island

May 5 2016
Met Bell
going as Ralph Lauren's guest
he made us custom outfits
at this time — on my bday —
he threw my phone out 14th floor — so I threw his out
contacting his staff to get new phone
they are not answering
no clue if he was going to show up
stylist — "oh honey I'm sorry"
Samantha

I contact security b/c realize his wallet & phone
security gets it but not mine

— lockdown order — they wouldn't listen to me — he told them not to talk to me when he was mad

embarr?
mortified
the room — set up pillows Att ID —
Met + strawberries

phone hacked
4chan — user controlled databases —
they were trading these like baseballcards
only released pics of me — not him —
Johnny said I liked it
of course
my fault — I send you an email + tell you to reset my pswd — fishing — its fishing

I'm like seriously

list of accused?
London Fields
billy bob thorton
Jim Sturgess
theo james
johnathan rease myers / johnny took his role
"go fuck your pretty boy"

Until I Do, I Don't
Wyatt Cenac

Damsel Girl
Eddie Redmayne
incinuated divorce

MAGIC MIKE
Channing
Producer-Lead

One More Time
actress — Kelly Gardner
furious about that
Hamptons house

Addicted Diaries
James Franco
(he tried to get me Deuce — Johnny freaked out — nudity)

dated him later in Dec 2015 — 2x
Friendship

Three Days to Kill
Kevin Costner
Producer - Luke Besson

Machete Kills
less explicit -
"man, don't make me hate my old bud" Danny Trejo

Paranoia
Liam Hemsworth -
Harrison Ford
|
He called Harrison Ford Couple times
like a "Keeping eye on you"

Johnny wanted to see ~~every Dame wanted to~~ see Underwear - read script -

All my ↑ friends
ID - "dyke bitch"
very verbally abusive to ID
Savanagh - plead to keep her
Rafa - he called her
Shooter Jennings

couples tx
Amy Banks - spoke to her on skype
did skype session together IX
he seemed not to be triggered by her
spoke to him alone / me alone
that was it
Dr Laurel Andersen
I saw her couple of times
Think he walked out - she said he's not ready - doesn't have tools ready
saw her multiple times
tell you?
IDR - She knew there was some - ~~got~~ the sense she know - I didn't want to get into recrimination - wanted solutions
Desperate to figure out - to fix this - had to give her his perception

She recommend I do a cortisol test - it veers off the charts

CONFIDENTIAL
PLAINTIFF'S TRIAL EXHIBIT 0938_0084
HUGHES0084
49116

sex abuse?

noone
said "some fucked up shit"
so - b/c of this - going thru all
of this - & Jennifer - said
"cavity search" -
later - she said kindly - "maybe
there's more there - really sensitive but ..."
she said "you know cavity search is
a sexual assault"

just felt like an
embarr detail -
some one ripping ~~off~~
your clothes -
sticking fingers up you -
easy to separate or not -
fist in your face

dad
not

until I left
not calculated - not disciplined -
go into rages - smash things -
smash coffee pot
1x - baseball bat - smash toaster
always in the mornings - coming
down
had to teach myself - I'm not a little
girl - I'm not afraid - and he
mellowed out quite a bit
I still try not to make him mad
always call him "daddy"

take off belt so fast -
indiscriminate where ever
it landed
Ⓕ marks
Ⓐ several times/week
whitney less
1x stuck his finger down
her throat
I jumped in - oriented
on my mom
Ⓒ/Ⓐ never pinch
↓
like in car (I'd sit on her
lap + drive us -
age 10/11) he'd
pass out -
I'd pass out -

to him
familiar

~~felt familiar~~
felt warm
I can handle him beating up on
me - I know what that is
I got myself out

CSA

- mom + dad had sex in front of us (on mom side of bed or on the floor)
- assaulted in elevator - stuck tongue in me - married to Johnny
- 8 been grabbed + groped whole life
- didn't fight guys off who had sex & me - didn't have respect for my body like now (Peter - unwanted

(I always thought he was going to kill her)
(stay & whitney until she fell asleep + then wait until I hear her footsteps - then hear her potter + she was okay)

drank + drug me + pushed all buttons ↓ UK

other things that have contributed to my inability to say no + control make it worse

felt Johnny elder — not to much later
@ airport (could miss flight - Darwin Girl)
gross dude - not traumatized
tell Jenny + Malcolm —
they get on it - tell security
He blamed me automatically
I had to ice/no make up - hair wet - big coat
| and then brings it up at fight

travel any — yes
big part - gets really terrible when I travel
before ID — no
now — yes - travel dates are tough

being alone — not at all now
hard to say - long rel's - serious - felt solid
I always left R
Felt deeply in love - lucky
| stable

Conan
@ some point it became clear
but as soon as Bonnie said it could be endangering to a child — I stopped believing it could help
by Conan - Kipper sent me - to fix the relationship
I'd want to work on problem
He couldn't have whole context
I never talked in macro about all this
- He was Kipp's best friend
My goal was Johnny's sobriety
| Johnny told me Conan was telling him everything + readers notes — I couldn't trust Conan totally

Moscow June 2013 press tour / Love Ranger

on plane - turned it into nightclub
gave us some privacy
nervous bc MDMA -
but didn't want to be fuddy duddy
thought - he could do that - it will be fun
He peer pressured flight atten to take one.
Fine for a minute
Flight attendant leaned into me
Johnny snapped
grabbed her by wrist - twisted her around -
she was frozen
"do you know how much pressure to break
a fucken wrist - takes 16 fucking pounds"
"you fucking cow"
"you hitting on my girl"
I calmed him down -
thankful he wasn't mad @ me
"you don't see a little girl"
He's screaming @ the front - door closed
(she apologizes to him)
Then he turns on me - I vom @ hotel - broke
glass table - [illegible] broke mine glass - he pushed me over - me "flirting" - I tried to remind him he didn't say that before - @ some point he hits me - I go to hall where Jonny is - he says "Love - your nose" and pulls out old school handkerchief -
He walked in @ me then
But I knew the calm down would only be temporary - take days sometimes + if he looped on to St., it wouldn't go away
I cried in bathroom - didn't shut door -
Then went to dinner
Paparazzi - held my chin up high

I'm figuring out the system - his system - not what happened but what he believed - I had to work with that

Exhibit 4
NOV 16, 2019 2:30-3:30
Amber Heard via VSEE

JD suicide?
"be done c this" — opium pipe - flirting away
bang head against wall
hit himself in face when angry c me
burn face c cig - he did that himself - he
told his security guards
(he's done that before — wrists, arm, face (that time — picture)

other self harm
(+) burn a lot
(+) cut self all over his arms
(+) multiple times - he looked @ it
like a challenge —
I'd have to clean it off after - find
him passed out c blood

(+) when sober
(+) when mad
(+) when drunk

ask him w/ tx
Yes - but he couldn't deal c it
Everyone told me he wasn't ready to deal c it (Cowan, Laurel couples tx)
Kepner told me he needed it
Never had it

Amy Banks
~~I had ind'v session. He had ind'v session. We had couple sessi~~

tell JD?
I may have said (ex: Australia) "it got a little violent" or
"sometimes it gets physical"
I know I minimized it - I wanted rel to work - I
wanted to repair the rel
Couldn't tell vict = abuse - Johnny couldn't deal —
couldn't get him to sit down + talk about it let
alone get tx
After couple session, he refused to do more
- He was convinced everyone was on my side
↳ Cowan on my side
↳ Laurel on my side - bc a ?

anyone accused lack of victim rel?

NO – no one blamed me – I was actually convinced everyone knew –
Everyone knew he hit me – bodyguards – our friends –
I actually called his own divorce atty –
My first agent friend (Megan) saw me & knew & urged me to call her very good friend – Leeva –
It was Leeva Wasser – I actually left a message but she never called me back – And I went back to rel – And then I find out later his her divorce atty – so I assumed everyone knew he hit me

dagger

ix – running away so he made me go get it – held it to my wrist – "there's no way out of this bed"

He took dagger out on my body

living in Orange ≡ 2013

He put them in my house – each side of bed at the time I couldn't really tell how scary it was – but I was freaked out

the line btw joking + serious kept moving

Many fights in Orange – not suite is Disco Bloodbath was one

text – I fucking love you, cunt?

yes – we tried to make light of it

where is her portrait – Australia?

IDK

throw things @ him

when he chasing me – things off corner of the desk –
I rem the paint thinner – (light – almost empty)

destroy things of his?

phone – ix – my body – threw art window after he threw mine maybe threw her down another time – on floor or bed

LOC

– Australia
– Dec 15

broken bone?
nose - 3-5x

force to harvest
Held put pressure on me - in a way it could go either way - Like during a 3 day period - to make him not freak out
He's mad @ me so even if it's not my fault, it's still my problem

your leave?
It caused more problems
And he'd always find me - and I constant know where he was
he always knew where I was
and then he'd be more mad + more violent

He destroy your stuff?
All the time - all the time
destroyed my clothes - closet - constantly
paints
phones
threw stuff over balcony

Jan 18, 2021 5:00PM – 8:00PM
Amber Heard Zoom

first time it happened
- Blepharitis
- Hicksville
} clear — so I can talk about it

now?
in past, more heart-sore + confused
my first visits ☆ you – the volume of it all
it me — the feelings ☆ him — the memory
of that high – further away
5 years – felt like a magical experience but
not normal – highs were a pause for
extreme lows
all just iterations of a cycle – love/lay my life
down for you — then – NOT – searching
for that peace again – so confusing
the solving the pain I was in was HIM —
kept trying to restore that peace —
that was him
lost so much dignity – so much self-respect –
horrible humiliating things – just so humiliated –
crying + trying to rescue things + he just
headbutted me + called me a whore
given up everything else

TX- Bonnie Jacobs, PhD (again)

MEDS - Provigil
Ø Adderall
Ø Sleep Meds
Standing Rx Xanax - since April 2020

Simplify - be as healthy as possible

Mom passed April 1, 2020
Drug Overdose / lethal amt opiates - a little bit of everything
opiates
not sure if accidental
my dad called me - he didn't know what to do -

Dad just did intentional overdose
brother-in-law found him - I told him to call 911
using opiates as long as I know
heroin when younger
then pills

she was a cold angel - I'm glad she passed so peaceful

Whitney + Gavin both lost dad COVID (hospitality) + 2 y/o -
taking care of dad
spiralling worse + worse

the house burglarized when out of town for x mos
so he took all his meds - benzos + opiates
unresponsive 2 weeks
we packed a bag - he can't go back to Hawaii - he went to rehab 30 days

but he has friends who are drug addicts

Relationship
Bianca
One year
living together

Pregnant - surrogate - April 3, Due Date
my egg + donor sperm
little girl
I'm the parent -
San Diego

case
reaked such havoc on my life
on my ability to cope ō life –
other ♀

+ nightmares sx/week

+ flashbacks
see s.t. on TV – triggered –
full panic attack –
dont need meds

worse over past year
blc legal battle – reliving this –
who will be ok – judgment calls –
5 hearing the story
scary
dreams that I'm in the witness box
and Johnny throws a phone @
me
I'm trying to move on ō my life
to move on + be a mother
Try to learn from the mistakes I
made + there are so many

See s.t. visually – violent man
against ♀
it was on – a movie – other room –
hearing sounds – I didn't know
what happened – man hitting ♀ –
felt like I was going to be sick –
went to restroom –
didn't make it – already
vomited
it – Nicole Kidman show –
she has flashbacks –
then I loose my mind –
shaking – can't breathe
it – Hands to be restrained
behind – back of neck
Hard to have sexual life –
even ō ♀ – energetically
different

oped
I thought I had made it
went thru the trauma
The trauma of divorce – the media
others – casting aspersions
my claim
Losing jobs
unequivocally sensitive to public domain
I thought I had gotten thru that + I mean I
am
When wrote oped – doing work to help other ♀ –
help other ♀ – otherwise wake up not knew
what to do ō myself – I had told s.t. → this

was the good to proactive get out of the relationship
I have lost all that

All the attacks
Troll army - Troll attacks
Made & not involved made them weigh in
Death Threats + Hatefest
Loreal can't even use me to sell Mascara they get so many trolls
the ACLU - I can't be associated with it - they can't withstand those attacks
All of this a result of this litigation - his lawyer - online campaign - relentless

Statement F

they had no ability to know about sexual violence - private - super confidential - The outcome was submitted

violating terms of confid of the court

In court - there was allocated confidential section - they chose to not to ask me

disgruntled ex-asst (Katie Jones) testified - He had been texting her
she was ETOH - had drinks and was a mess had to let her go
when I filed restraining order - he texted Katie "let's fix her flabby ass"
she goes over + is helping her

we stumbled on that text

70% bots + inactive accounts tied to Waldman but tricky to prove
Hire Retail Related Rep management experts - utilize algorithms plant stories, click farms
- A lot of it have interest

Adam Waldman comes to trial – day or day after Kate testifies – He throws a paper @ me –
Ambert Rape Lies
big bold letters – some UK Paper –
gave the story to
He made it seem Kate testified about it –
she did not

while Johnny + the team testifying

I hadn't taken the stand yet

So this is how it feels
this is why I fight to have this private –
even when judge said – yes – you were sexually assaulted
extra humiliation – diff category of humiliation –
extra vulnerable
how we treat sexuality in our judges & + viol aspect of it
to use that to torment me – extra painful –
extra hard
even to deny it – makes me more humiliated
even when proven – I have not brought it to public sphere

fearful

that day – I identified the shame – the confusion –
proud to be a G – this is what equality looks like –
this is what viol looks like – but then in private –
I couldn't hold my own – get smacked down –
seems senseless

healing?: its one thing – even if I had not committed
my healing to the public – Even tho I didn't
find my private healing by going public –
not my remedy – But the most traumatic
part is what comes after – like Channel Heller –
it all happens after
From getting restraining order to now – way more + than
survived 5 years of getting beat

takes my personhood – takes my truth –
all I can do is help understand what I lived – Name my fights –
hear me roar – then come home to my personal hell –
I can't stay quiet + have my truth –

I told him ② divorce — I just want to get out + go on to my life - just don't call me a liar | I told him I wouldn't file charges

Having been called a liar for telling truth bc yas are threatening a money maker — worst part

(2016) after divorce

I said to Johnny - "Have I lied about anything?"
He asked me if Im recording - I said no
He said "I didn't call yas a liar"
I said all your people are
JD said "of course you're not a fucking liar but —
What about what yas did
I said Please stop — I don't want to be in the position to tell the truth about yas

He has not produced it — only end of convo

I remember right after we separated I filed for divorce B4 mediation.

I think he wanted to agree to many of some sort

I already walked away —
got out of there —
have all the threats +
now have the whole world cast doubt on the claims —
every single time I have to prove it —
I have to re-live it —
like walking backward - don't get very far

Yas don't want to go to trial, kid, bc I will destroy you.

Mediation Failed

I remember so well bc so rare that he conceded anything — but of course tried to blame me

Internal Clandestine house — me + JD
lawyers on phone —
we have to move locations to finish talking
Im in car ☎ Christian Carino - en route to other hotel
On the way - JD finds out that Im dating Elon -
so shit show - Johnny ordered a big bag of cocaine —
stayed maybe 6 hrs

I hoped I could calm him down - — that was my life - I lived ☎ him like that so long

Whole point = this can't be for nothing → it was to reach a resolution → He could move on + not destroy my life I wanted him to know I love him + I'm a 9

-we were still utilizing damaged tools to fix it
-talking in circles - trying to explain everything
-accusing me of fucking everyone + Elon + me wanting $ (he had been convinced by R about this for so long - bc married ∃ prenup)

Mediation
^I will love you forever Dead or Alive - My Clim'

|| Note from JD @ Mediation

Statement 6

I never called
JD called
he called his friend in LA to call police -
he was in NY
he called from NY first -
then panicked + worried it wouldn't work

first set of officers walked thru the apt -
it was a mess
Josh took them through - over broken glass - destroyed floors -
Isaac saw wire
they said they were there for a while but it was only a few minutes - only 8 minutes
they were supposed to take pictures - of me / of apt / get statements
they did know what they saw
I told them "I refuse to give a statement on the advice of my atty"
None said it was JD - didn't want it to come out

I think of how many calls they get - so much DV - maybe I was aspect of dust

NOW - I'm concocted this elaborate scheme to trick LAPD - to establish paper trail - twice??
So - really - I call cops for DV - but I'm fine + my house is fine + tell them I don't want to cooperate + I don't name Johnny + no one cooperates to police - no one names Johnny -

- he's suggesting I'm a pro make up artist to make marks on my face
- not only did we never call — but we never cooperated
we cleaned up — bosh, Rocky, + I + dogs were on couch watching a movie when 2nd set of cops came — it wasn't roughed up | maybe 2 hours
↓ ~~he didn't call them~~ ~~he didn't even know they were coming~~
2nd set — in + out | they seemed unsure of what was going on
- this whole statement does not make sense

distracting + throwing mess + mud to service claims
sending to twitter — no checks + balances —
he can say anything — no control measures —
throwing misinformation that is inconsistent

Whether statement came out
My work stops — the money maker campaign gets suspended — the brand ↳ they have mixed ? me — what's coming next | Loreal — various campaigns
- then friends reach out —
Melanie — who does my makeup
Amanda — wait — cops came + you were fine
Lauren Shapiro — made call on behalf of ID — tells ID she doesn't want to be involved — looks shady
- then do tape audition for director — ~~but then he doesn't call~~
- a ball on revenge porn — then they can't be associated ? me.
| then trying to explain another — I can't afford publicist — I have to do it all alone
| they deal ? troll attacks

-all I have going for me is being on the right side

my online presence
my business
my brand
my friends
} add them up

legal team — distracting | confusing / planning

-my phone starts blowing up
the texts "Have you seen this?"
panic inducing — that means
something else is coming out

#

"abuse hoax"

He's calling this whole thing an advantageous play on my part — all the that I lived thru
They know Johnny — the don't know me —
This feeds all suspicions when I speak about abuse — He plays into that prejudice 'what does she want.'
I've literally been punched in face since filed restraining order —
He's saying it's not true + a malicious attack + made it all up to harm Johnny — your Beloved Johnny + then say that I am the abuser
My rel was filled w so much Love, — so much pain — but so much love — but we were damaged + we hurt each other — both — but he is even saying that I'm not there — that I'm a scheming ♀ -
wrote the article — come forward — if I can — you can

-then the rel itself was a hoax
- I learned now - I can come find b/c I am the most privil - so the pain + damage I exp is b/c of that - but its not fair -
-can't in good conscience telling ∅ they will be fine coming find - fucked up pot

anx
When will this stop?
stop being in the news?
he's doing a lot to mute my voice
When will I be able to move on

will he stop?
no
but efficacy of the lawsuits will be mitigated

SX
breathing
heart pounding
shaking
crying
tense shoulders

dep
not really
feel stressed out
lot to juggle in my life
wish this wasn't a part of it
want a good night sleep

night terrors - scream/cry
flail about
covered in sweat - drenched in sweat

last night she changed my sheets 2x
↓
sneaks up out of nowhere

lay down - this goes thru my mind -
Meditation App -
No drugs -
Then the circus -
What do I need to do? what evidence?
Why would they do/say s.t. not true?
etc etc
Always about the case - About him -

June/July
trial

July/Aug
impact of trial
debriefing
being in same room of Shanna

last 3Y – alone Shanna first –

Bday
Phone
Clarestin Medication
↓
threw me against wall & hand on my neck

then all that into –
a wave –
all trial + case stuff

then anticipate verdict –
then after that –
punctuated by short respite

its abt dealing ☐ + ☐ whole world
to see & I once trusted + &
betray me or be angry ☐ me – I
see my friends attacked themselves

try to avoid –
All the time – even when I am asked to
talk about it – just giving the
place holders – otherwise I can't –
I don't want to

scandal

huge swaths of music I avoid
get rid of photographs
can't look @ ad ☐ his daughter in it

memory
weirdly – I can remember this stuff up to abt –
than just blacked out – the fog is there but
blacked out
- Australia – - After I filed for restraining order
- Dec 15 – After Bday Party

Australia – remgoing to bathroom –
remtrying to reach him –
when he had me on counter top –
then dat rom –
start + stop

a lot of the time I feel like I don't rem
I felt like that when I was in your office +
going thru it – to give good detailed info –
all the info I could give you – but then
the sensation of pulling myself back –
I want to give all the memories – every + time
I don't want to

tx
started to do
PTSD/trauma
tx –
then covid
so trying to
manage the
shit show of
my life over
Zoom

blame self
all the time
a little less since trial + someone objecting
before it was severe-severe
I left this rel + was unsure who was the
bad guy
I thought I caused him to do it
At times I'm unsure
Things I did do + things I didn't do (leave)
really confusing

neg beliefs
trust
even in this healthy rel
tx to overcome those impulses
any sort of emot dependency –
I deal w a few from my past who would
give trust – I'm your best friend + then
sign declarations against me
look @ Johnny – I'd love u forever –
wouldn't think he would try to destroy my
life
so of course I'd have a baby by myself

affects my romantic rels –
struggle everyday –
no matter how healthy –
how safe

negfeelings

I feel my life was threatened—
fear my address leaked
get mail - hate mail + threats
Feel he won't stop

paparazzi outside house everyday

shame In part of this huge public shaming campaign—
entire army drag out parts of my life
every thing I do
Adam waldman manipulates + leaks meant to provoke

3 statements—
provoke shame
even if
its not true
they are meant to
make me feel ashamed
to lean or misrepresent
evidence so I
engage + participate
in shaming

old friends don't support me = extreme

rape lies = extreme

no - no
I know I didn't
do this + but 1000 x
screaming down

When Leaked—
Shame = extreme

distant/ cut off

yes
only tiny group of 9 left
every single close friend have
lost their social media
accounts
tiny little band - brutal test
of friendship
most isolating thing
Dont even have ability to form new friendships
& fear of what will happen + they
will be targeted + attacked

loss of interest

I used to like being in public eye but can't trust it

I have no business

Feel a million miles away

My industry has turned it back on me + I didn't do anything wrong

& root for Johnny Forces & play

I used to enjoy romantic relationships b4 Bianca

Statements

Hard to trust someone want turn of me bc of false information and media against me

everytime is weaponized

positive feelings

even when we won verdict in UK – what's he going to do next – now he has nothing to lose

feels futile – no matter what we do – he is still at it – even when we win

remainders of rel – it doesn't change anything – no matter what I said – I feel he does happens again – all the past

onguard

I have to –

Baby – loving rel – but have to be watchful – constant

not paranoia – but everytime I leave – I'm being followed

I have to limit my movement

online attacks bad b4 UK trial – it muffled my voice – I anticipate blowback

I was writing again Set laws presented to congress

Now I can't tweet about a book + like

afraid

sometimes particular warning or letter (looking for another house to get out of LA)

Lost 8 days – 2 A came to house – ask for autographs + left notes on car

sleeps a fucker
try to protect yourself

~~angry~~ all the time - everyone knows - running joke

~~intrusive thoughts~~ all the time - its constant - something always coming up - this lawsuit

event not reminded just here just comes in - so much

Att

Dec 27 2021 ZOOM 1:30 EST - 5:25 Living in LA

April 8, 2021 Oonagh - 8 mos
healthy baby

[DCAPS]

Aquaman II June 2021 – NOV 2021 UK
they wanted me to walk away – basically fire me
the first one was a smash hit – a lot of chemistry bw me + Jason = that's why it worked
ienpdemovie

Why?
bc I came w/ a whole lot of baggage – Johnny's trolls
↓ lots of slack when post pictures of me

first movie since all this
guy who replaced JDM fantastic Beasts – behind to take down his mates
My mates private. Bf – Dshit – had tons of comments – a few are a gd dagger – but now can't have any

haven't been asked for public facing events in so long –
went to a friends fashion show (she's a designer) in UK – wearing her dress – everyone went crazy good next day – she's bombarded w/ trolls
she had to denounced me – said she did not invite me
so now – on the long list of R who have done that to me
new hers 10 year
one month ago
me – HS so fast @ birds that are so absurd
awful – I lose so much

Aquaman I
they tried to fire me bc I had lost a lot of weight – they just signed w/ me – 3 titles – justice league – potential for sequels
for health reasons – so I flew early – went to gym – trained @ gym 5 days/week
Johnny also signed 3-5 picture roll o JK Rowling investing in the actor
there for 6 months → shot justice league – 6 days

then post-divorce - before he sued me
- Aquaman released
- totally fine - good
- did more philanthropy - got into it
- which uses my name

felt so good but then was weaponized against me

* Once he sued me, everything changed

then just bit parts in friend's movies / characters

for entertainment
balance out of big super hero's movies

after UK decision - they (Aquaman) said not good press.
- filming so hard for me throughout
- team of 9 think it would be easier if
  - I wasn't there
  - show up early - leave late - always prepared - consummate professional

I can't give them an excuse

They cut my role a lot
Final scene - Epic Battle - Me (possessed by evil spy) + Aquaman

trained for solid months - trained in US B4 went to UK -
6hr/day in gym - Jump, Jelly, Ag, Spt

They wouldn't do it

Then they tell me that me fighting Jason wouldn't be a good look.

They shot teaser stuff - in the gym - guys working out - never to me

I wasn't even asked
↓
He just made up against studio

promo It will be difficult -

I don't even have a publicist
↓
But they way I am attacked - way more than a Fijabe - creeping - all the - what going to do that

I had one since I was 19

magazines would want me but the trollamy is so bad — can't use me on an online platform —
[that machine kicked into gear around the time of the lawsuit
[And Adam Waldman led the tailored leaks — indefinite fuel source — he nurtures rel ~ 5-10 of them + then they do most of the work —
[they are online groups like @ Iron — fan groups

paradox — I have to have an online presence — but for my wellbeing — I can't look @ my Insta or Twitter
[online hate
death threats

I cannot work in comparison to Johnny —
there does not exist an email / text / nothing that I asked for him to
[be fired
it didn't happen
[His career has nothing to do ~ my pain
[my rely, my love for him
[it looks like him wanting to be vindictive + less angry
its not my business
its not my role to hurt him —
don't want to

Anyone over age 45 — I have to walk on eggshells — its a relatively small pool — so creates a small universe — in which he dominates

I do my work + keep my head down + really really hard — have to face studio exec — marketing reps

I'm shielded from all of it — I get the top level stuff
↓
I don't even have social media on my phone

CCDH
Center for countering hate online
[online hate space
anyone who looks @ the messages says the hate is off the charts

have to always be thinking of this
really hard

Aquaman II concept

-even director of Aquaman II couldn't post + he raised his voice to me — "I can't even post about Aquaman" - made it seem like it was my fault - I said "I'm sorry"

what could I do?

this is all I will work on until this case is a distant memory

role cut down significantly - changed content

then Jason said he wanted me fired as well
(this was Justice League (Zack Schneider + his wife - producer) stood by me

I shot a promo for him - no questions asked

but on set - Jason drunk - late
(on set dressing room + Johnny - has all the rings too
(I did my job - professional

nobody could take selfies w me -
on set
given blackouts - don't post anything on social media - it was just me - just me - everyone else posting from set

Broke up Bianca - Sept 2021
I had a hunt that I could love again w her - that part in me - I was able to tell my mom that B + she died - so happy for that
(I think I was falling in love again - at least a version of it

I have deep attachment - I have not avoided that

I mark things - pre-audio tapes - have to prove I'm not lying
(then they were armed (before it was noise - now armed)

think Feb 2020
(trial May/June 2020)
Mom passed April

-that changed a lot for me—
and that's when I started dating Bianca
-I had to get interviewed by Ψ to have baby
-Then trial
-Then got worse
@ trial — Adam sat next to me @ trial — threw that newspaper @ me — expelled
-so after all that — felt a million miles away from having to love Bianca — felt a million miles away from my own heart
-then the baby — focused all on the baby — already felt far away from her
Mom shaming — am bad able — still friends
crying
-I see the effect — how this effects me — what it costs me in life — friendship — the damage on my life — Really comes on when I have example like that — emot takes a toll on me

-so hopeful excited Jan 2020 — Jan 2021 — Jan 2022 —
does not look hopeful
crying
I was trending upward — positively B4 —
then not — downward

// Dad was rehab — now in sober living — have rules — they test him — getting into AA working it now
└ sober 5 mos now
cut him out for awhile

Whitney still my support — in my life
she has 3y/o + preg 8 mos

iO — estranged — he started distancing himself from me online — trying to fight trolls
└ we don't speak — since July/June 2021 →
I keep losing people b/c of this — of the lies —

Rachelle — won't speak to me either — since UK sucks —

tx - no time in UK (Bonnie Jacobs)
just emailed want to get back on schedule in January
would like to try EMDR or other tx to get better @ managing sx
my methods of avoiding things is getting embar

I don't want to have a breakdown watching content - b/c watching a movie - couple yelling @ other
↳ I'm aware I'm trying to regulate my breathing + tell myself I'm safe trying to bring the room to me - the right thing help

① drown out - my body can't help but - truth - echos of partner violence

② panic attack in the gym (training for aquaman) - normal fight training - I have a trident - getting good @ my routine - hours - every day (not weekends) - all of sudden - sensei - changes the action - intricate - actual karate steps - very specific - I'm stepping in - I make contact w stunt man - dummy/padded - I kept stepping when had to hit him - He not reacting - but not understanding why - Sensei said you are not going to hurt the guy - Sensei but I can - I hear the sound - the sound - all of sudden all I hear is sound - only 30 ms of hit - it's a shortcut to memory - instantly transport me - they say you have ways of getting over it

somehow filmed - that scene was cut out

next day he said hi/how - eventually able to act

Sensei freaked out - I left - ran outside - pulled myself together - eventually went back in

[crying] I went somewhat to me - sound intense crying can't breathe confused

② crowds — sensitivity — and in groups of 2 I feel like becoming basket case

③ when 2 put their arms around me — especially by men

Heightened resp in kitchen

— even dad did it to me — friendly arm around me — I said "don't do it!!"

not feeling safe

tell 2 — ♂

don't surprise me

don't come behind me

don't grab shoulders —

don't wrap arms around me

don't block a doorway

↓

♀ no — not Bianca

Sleep

try to manage

live in a lot def places

need a bedroom that locks

I need a locky bedroom

door

baby sleeps ☆ me

Hs lock down

I can't sleep ☆ Oonagh —

I would love nothing more

to sleep ☆ her

But trigger — sleeping — then bam — S.t. it hits you in the face

She had another rule book — more emotional (intimacy

I have to have awareness not vulnerable

All my friends know it involves violence — female visi — they edit BI me

he wanted necessary but me — but bam "Hey — we need to talk"

"Are you fucking sleeping"

most of time him standing on side of bed — fighting ☆ me over something — "our relationship"

"you can go to sleep"

"I'm going to get my stuff — bde — seriously not affected"

start of last phase of cycle

Meds

provigil

Rx — sleeping pill when travel to get me in schedule

Xanax — as needed

took one another night

those tapes — representative of our dynamic — my voice — alienating to me as it is familiar — but S.t. I know so well

When I see doctor - GYN
let them know I'm a rape survivor

+COVID
baby + I got covid - June/July | we were fine - she ran fever several days

During hug again?
I was shocked
~~the second time we were just talking about trauma~~ -
my hands by my side -
I didn't want to be rude reflect badly on me
I left my hands by my side
As it was happening -
I was sure it shouldn't be happening - no permission for this
Walking me out - opening the door -
"Here - Give me a hug"
I froze

BACKGROUND INFORMATION

10-11-2019
DATE: 09-26-2019

Client Name Amber H	Date of Birth 04 / 22 / 1986 Age 33
Date of Incident	

Family History

Mother Paige Heard (construction) Living? (Yes) No If no, cause of death

Father David Heard (State of TX) Living? (Yes) No If no, cause of death

Siblings

Whitney - Age 32
Isaac Son - Dec - Hunter

Children

Were there other times when you were pregnant, but didn't give birth? Y N

Ø

JD Affairs
- Sky
- Rachelle
- mystery girl
- Since before marriage
- If I directly confront him, he's going to lie + then I'm forced to know + then I'm going to stay w him

Intimate Relationships

Travis - 16→18
good guy
Edwardo - catholic activist 18→19 (no sex)
Valentino - fun loving 19-20 (1½ years)
Mark - casual - Mexico
Tasia - 5 years
Johnny -

BF - friends - got close - but really wanted to be Johnny
Dec 2015
Elon - May 2016 - met Met Ball (met him | dated after Johnny)
I was heartbroken
My soul was dead
felt nothing then
Landed March 2018

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HUGHES0114
49146

Family Background

FAMILY MENTAL HEALTH HISTORY

Alcohol/Substance Abuse	(yes)/no
Anxiety	yes/no
Depression	yes/no
Domestic Violence	(yes)/no
Eating Disorders	yes/no
Obesity	yes/no
OCD	yes/no
Schizophrenia	yes/no
Bipolar	yes/no
Suicide Attempts	yes/no

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Educational History Austin, TX

K → 4 St Austins
5-6 Public School
Manor Middle School
GT tested
7-8 St Gabriels – Duke Program – took SATS – scored high
9-10-11 St Michaels
took classes Austin Comm College
got enough credits - stopped HS –
took GED - Age 16

College classes for self enrichment

Needed tutor Algebra + Nat
LD
Special Ed
ESL
Suspensions
Expulsions
Held back

DX
ADD – 10th Grade
Rx - Adderall

Military Service

Ø

Employment

modeling
acting

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Psychological History

Previous psychiatric hospitalizations or treatment at emergency room or emergency clinic ? Y (N)
Suicidal Ideation Y (N) *Suicide Attempt* Y (N) *Self- Harm* Y (N)

IV-young - dx ADD
saw dr.

IV- teenager - cut arm - emb marcdm

IV- age 18/19 in LA
ANX
Rx- wellbutrin - then Ability } felt worse
≅ 3x Klonopin
then went off everything

→ SO did cocaine
met Tasca - age 20 -
fell in love - She dealt
We cope

Stopped 6 mos later
↓
stopped drinking spirits
↓
SO met wife

WA- Bonnie Jacobs
beg ~~@~~ Johnny → then Dr Carlson
Amy Banks - few sessions
Laurel Anderson - few sessions } goal = complete

Childhood Trauma History

Ⓟ CPA
Ⓟ Witness IPV
Dad → Mom
Ⓟ parents drug update

Adult Trauma History

IPV

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Alcohol / Substance Abuse History

Any substance abuse tx? Y / (N) *Any substance taken at the time of the incident?* Y (N)

Al Anon - sina relō Johnny

drugue ō Johnny—
could not be fwd around Johnny when he was using — Didn't mix oil + water together

only few times
- Hicksville (accused me of taking her coke + using)
- Cochella
- wedding → maybe shroom — just participate but maybe take a stem
so tense already

Medication

Current medications

prenatal
lunesta

Past Medications for psychological or emotional problems

Ecstasy drinking wine together — scary

Medications taken at this of incident (if applicable) for psychological or emotional problems

- MDMA on plane to Mexico - got bloody nose

Medical History

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Social History *(Personal Friendships and Other Supports)*

Legal History

IX- incident @ Tasca
walking thru airport - came from film festival
think Seattle - bickering - but we had
a good rel - on escalator - argue -
nothing crazy - maybe loud - cop behind us -
listening - get to baggage claim - waiting
for production van
cop says "now now ladies" I say "excuse me" | I'm angry | me + my mom
He's like "ma'am have you been drinking"
She goes to walk away - I grab her bc van is here -
cop grabs me
Ask for ID runs them - gives them back - I say s.t. bitchy - like
"can we go now"
He said "you don't look like
sisters"
Oh - "you're married - in the state of WA
we take DV very seriously"
Said s.t. vaguely homophobic
"you guys want equal rights?
Handcuff me
Airport jail / cell
Sat there hours
moved me - ankle + cuffs
mugshot
Third place - only can call a
land line - I have no phone
Then chain gang on bus
@ all dudes - only female
Mandatory wait time DV
Arraignment: "The state of WA is not
going to pursue charges"

Religious or Spiritual Interests

Hobbies

IX- Dogs - Australia
Johnny's people told
me I'd be charged
but they will make
it go away
L we both brought
our dogs
L Johnny had the
audacity to
send bill to my
lawyers
L 2 DOGS
Boo - Yorkie -
Pistol - Yorkie -