

Bonnie Jacobs  
Proffer Exhibit Y  
Depp v. Heard  
CL-2019-0002911

**FILED**

MAY 23 2022

JOHN T. FREY  
Clerk of the Circuit Court  
of Fairfax County, VA

Amber



- 10/17/11 - 60 min
- Returned from shooting & will be in it for a while.
- Decided to date I but needs to keep it secret because he just split from partner. Has 2 children a girl & boy. met in various places but always secret & discrete. I questioned her feelings @ hiding, Says she understands. Feels she is protecting her. Liked how he treats her. Bought her a horse (white) because he told him as a child dreamed of having one. Loves to ride but horse needs to be trained so can't ride it yet.
  - Not happy spending so much time w/ I's brother. She's told Q of her friends & sister but doesn't trust others to keep secret.
  - Has talked to him @ his drinking & asked him to slow down. He knows @ his parents & childhood.
  - Feels sorry for him because his father was also an abusive alcoholic. (Trauma bonding??) Has scars from beatings. Dad used belts & chains, also burnt him w/ cigarettes. Scars all over body including head.
  - Spending nights together but hide going to & from each others' homes. Concerned @ pregnancy. Says he doesn't want her blamed for break-up w/ ex because not true.

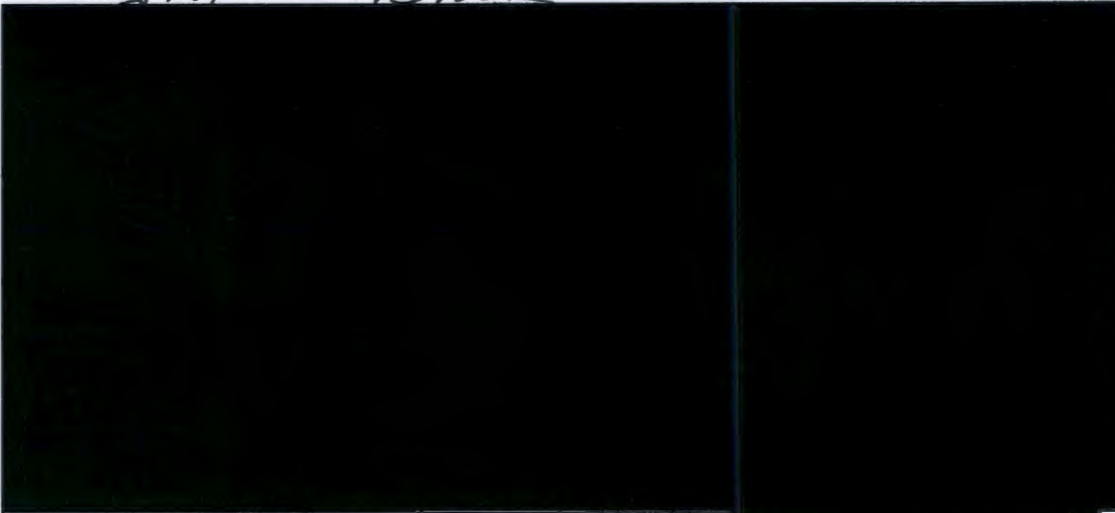
Defendant's Exhibit
1059
CL-2019-0002911

**CONFIDENTIAL**

Amber



11/10/11 - 1.5 hrs



- Continuing to see J but becoming more concerned @ his drinking & drug use. Sometimes, he had to need help getting into bed. Pointed out she is enabling him in similar way she enables Parents, minus the money. Has only attended 1 Anon meeting. Found it helpful but can't go often because of schedule.

CONFIDENTIAL

10/20/11 cont'd

Doesn't know what to do or how to do it. Advised her to stop picking him up or hiding bottles. Also suggested not seeing him if he is drunk or stoned. Feels she can't do that but will try. He using most of the time so worried she'll never see him.

11/14/11 - 45 min

Tried refusing to see him if drunk. He got angry but next time was mostly sober. Feeling better @ relationship but tired of hiding. Was open @ first. Will understand

Not ready to go public. Feels he knows best from PR standpoint. Assures her this will go public soon. Still spending most of their time w/ his friends. Sometimes her friend & sister are there. Worries when they aren't together that he will get hurt or is cheating. He assures her he won't cheat but she's not sure. Afraid to discuss using & drinking because he gets loud & physical. Questioned if he has hit her. Said he only yells & throws things.

Discussed Alanon issues. How difficult but necessary for her to take care of herself.

CONFIDENTIAL

Amber

[REDACTED]

11/22/11 - 45 min  
Apologized for missing appointment  
due to work. Parents coming  
for Thanksgiving not happy @ it.  
I will be spending time w/ children.  
Afraid her father will tell people  
@ her & J. Told him not to say  
anything but doesn't know  
what he might do when drunk.

11/25/11 - 45 min  
Had a good weekend. Saw friends.  
I promise he will go public  
w/ their relationship in new year.  
Various tabloids offering money for  
1<sup>st</sup> photo of them together. Think  
they will do it & donate money to  
charity. She's been involved w/  
Children's Hospital for a long time &  
would like them to get money.  
Has some anxiety @ going public.  
Doesn't want to be accused of  
breaking up his relationship. Also  
knows paparazzi will get worse.

[REDACTED]

CONFIDENTIAL

Amber

Dec 5, 2011 - 45 min  
More in depth discussion of J's  
behavior & ways it parallels her  
father. Said J. has a loving side  
& dad not so much. Discussed how  
only the substance abuser can stop  
him/herself from drinking & using.  
Discussed how isn't related to  
how much others love the addict.  
Can't force someone to stop using  
if they don't want to, and  
that addict can't stop for someone  
else. Addicts have to stop for  
themselves. Extremely tearful.  
Feels she can't help him stop  
using. Wishes she could get  
friends, body guards & sister to  
stop supporting & enabling his  
addiction. Too many people  
dependent on him for financial  
support.

- Asked why she wants to be  
w/ someone who is addict &  
behaves badly. Said she loves  
him & she loves her. Just  
doesn't like "bad" J. Recommended  
Alanon again.

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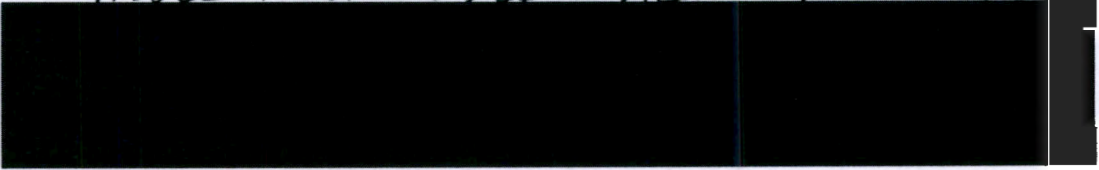


12/19/11 - 45 min  
Continued discussing her relationship  
w/ J. He was extremely drunk  
when he came to her apt. She was  
angry. He began screaming & cursing.  
Apartment became so loud that  
landlord threatened to call the  
police. Doesn't know what to do  
when he is like that. He left.  
Didn't hear from him & got  
worried. Asked if this is relationship  
she wants? Again tearful, & certain  
she can help him get clean &  
sober.

12/21/11 - 45 min  
Went to Alanon meeting w/ friend. Did  
not speak. Bundled up so no one  
would recognize her. Found it  
helpful. Promises they will go  
public w/ relationship soon. She  
still worried press will call her  
home wrecker even though he  
made public break up w/ J.  
Getting harder to just go out w/  
friends to shop because paparazzi  
following her.

**CONFIDENTIAL**

12/27/11 Amber  
Going out of town for holidays.  
Will be gone a couple of weeks.  
Looking forward to being w/ J and  
down time. J better but not sure  
he will stay sober. Discussed  
more books re: AA & Alanon.





CONFIDENTIAL

Amber

1/18/2012

Had a good time on vacation but there were times when she believed she knew what it was like to be her mother. Said she was reluctant to tell me what happened because she "knew what" I would say. Asked what she thought I would say. Said she heard me saying "leave him on the floor, don't engage, and to leave."

I very drunk, using, angry. Tried to calm him down. Asked him not to drink or use so much which made him angrier. Admits screaming back @ him. He hit her, threw her on floor. She threw pot at him. Told her she dresses like a "whore" and was not to wear low cut dresses, shirts etc. After he sobered up he's always apologetic & sweet. Wants sweet I around more.

- Discussed cycle of DV again. Told her no matter what she did or didn't do that behavior was unacceptable. Told her no matter what she can't change him.

**CONFIDENTIAL**

Amber

2/2/12 - Phone 1 hr  
Extremely busy getting ready for work.  
Getting to know J's children better.  
Closed w/son. Daughter a bit standoffish  
Things w/J a little calmer.  
He's having financial problems +  
may need to sell boat he loves.  
Got around watch TV w/kids in  
Room. I want her to wear "sexy"  
night gowns but she's embarrassed  
if kids are in the room.  
Kids split time w/J + V.



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2/13/12 - 45 min

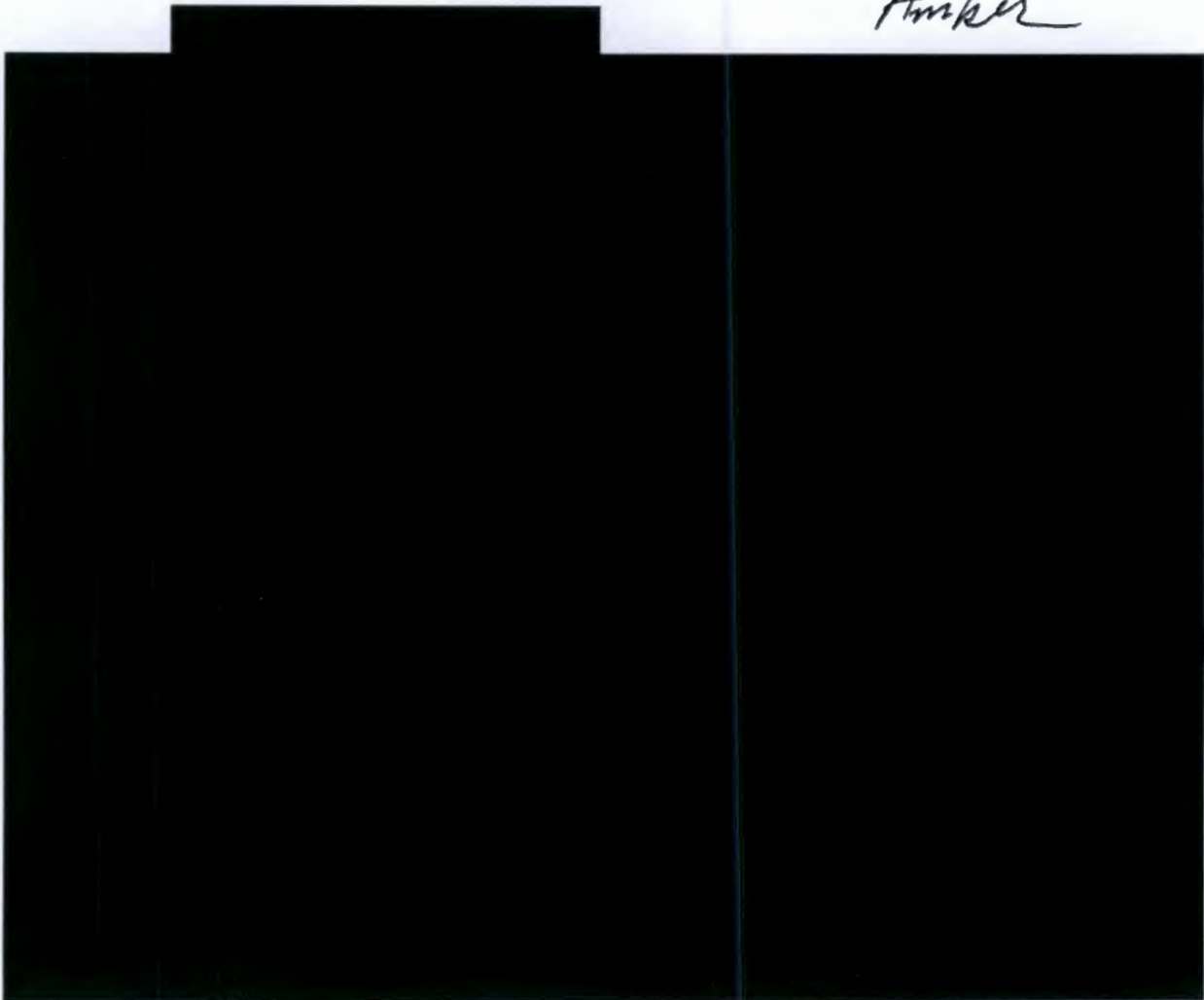


Talked @ how difficult it is for her to not enable J's behavior. Discussed difference between rage & anger. - Father has been in & out of town. Insults on trying to "break" horse the way he's always done it. A has a trainer who is doing it gently, but father keeps interfering. Don't feel she can stop him. - Said she's going to more Alanon meetings & talking with friends @ parents & J's substance abuse. Said J gets drugs from friends, bodyguards, sister. Sister is div manager & works to keep him happy so he can financially support family. J supports mother, sister, children & thinks V. A. angry people are willing to get him whatever he wants because he's a celebrity & he pays them. - Wants to come to more sessions & work on memories & ways to be less codependent. Agreed to go to more Alanon meetings.



CONFIDENTIAL

Amber



2/27/12 - 45 min  
Continued processing anger & sadness, identifying feelings under anger. Said she has recurring nightmares about parents & sister. Wakes up in panic. Isn't sleeping well. Processed some of material in dreams. Sobbing during session. Said becomes panicked when I take off for days & she doesn't hear from him. D's sister said he does that on occasion. Believes

**CONFIDENTIAL**

2/27/12  
he goes on benders and may get hurt. Pretty sure he's cheating on her when he does that.

3/1/12 - no show car trouble

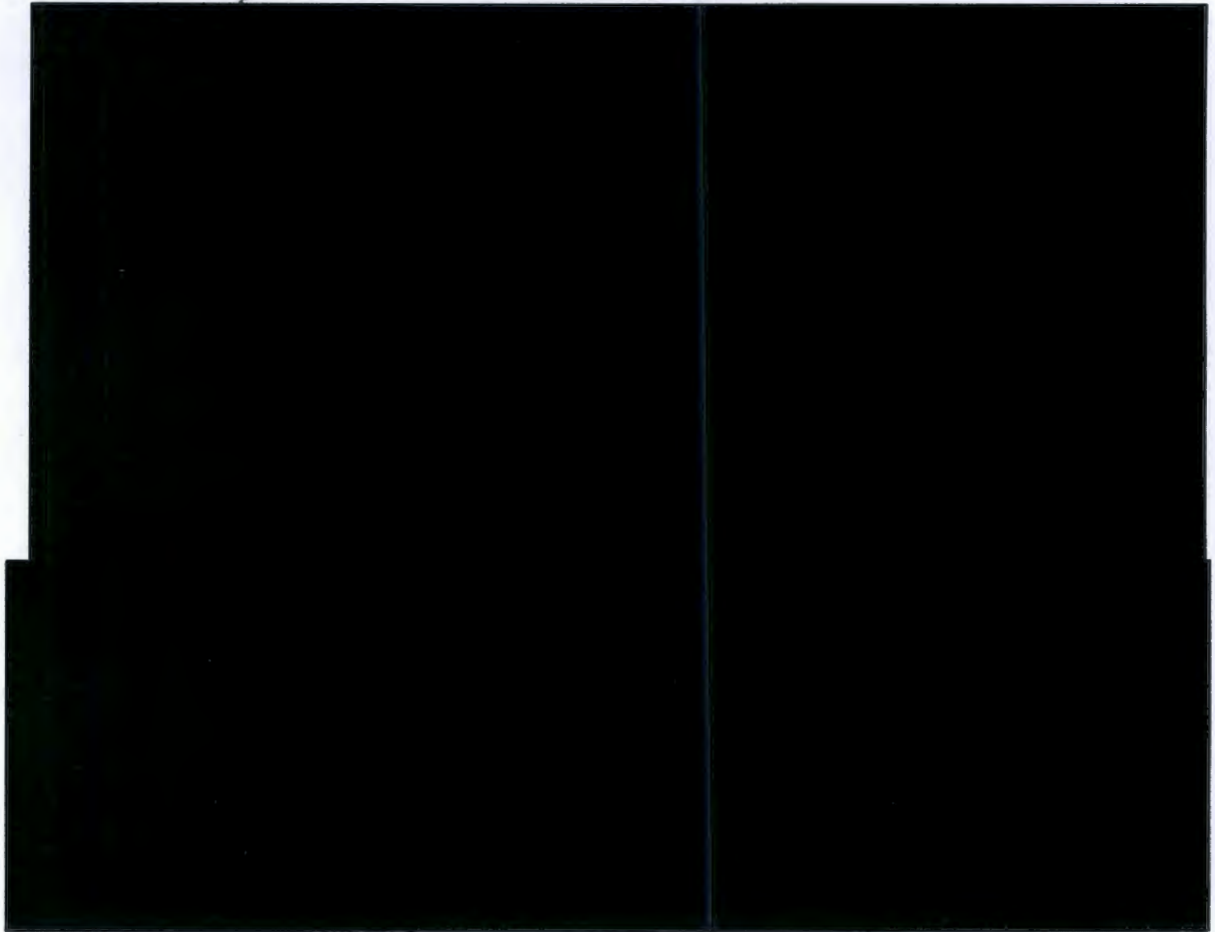
3/5/12 - 45 min  
Heard from J & saw each other. J gets angry & jealous when she is photographed w/ men eating out. Tell him they are just friends. Discussed that trying to control is DV behavior.

3/9/12 - 45 min  
Afraid father is going to slip & tell people about her & J. Father drinks & talks a lot to look like he's important. Concerned he will tell one of his drinking & drugging buddies & they will tell press. J says they will go public soon. She finds some of the ways they sneak around funny but tired of it. J says he'll drink & use beer but doesn't last long. A get fearful later in night because he gets drunk then.

**CONFIDENTIAL**

Amber

3/12/12 - 45 min  
Having nightmares @ childhood &  
being chased - trouble sleeping.  
Has been exercising but still  
can't fall or stay asleep. Discussed  
& processed dreams. Discussed  
some of this is being triggered by  
I being similar to dad. Loss of  
agency. Discussed ways to calm  
herself @ night & work on  
changing dreams by visualizing  
something happy & pleasant  
as she falls asleep. Very  
tearful.



**CONFIDENTIAL**



4/2/12 - 45min  
Had some quality time w/friends.  
Has mostly been staying home or @  
J's because of paperwork. Went out  
w/R. Feels better w/friends. Has  
gone to some Alanon meetings & finds  
them helpful but still feels badly  
"doing nothing" when J needs to be  
taken to bed. Struggling with letting  
him stay on the floor when he passes  
out. Discussed how no consequences  
to substance abuse behavior  
are enabling the user. Explained  
how what most people consider  
helping someone only hurts the user  
because they do not need to take  
responsibility for their actions. A  
understands concept better but  
still struggling with it.

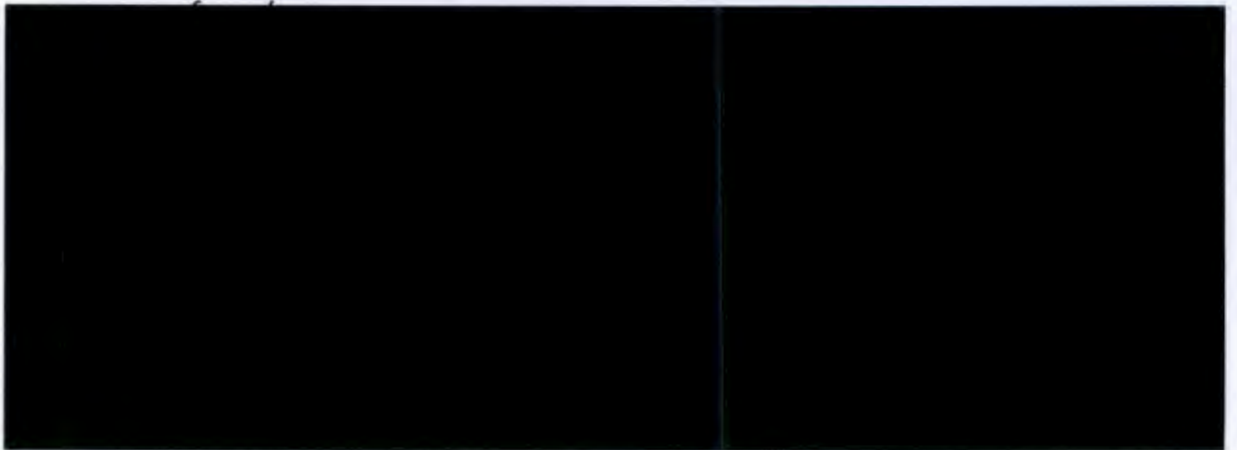
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Amber

4/10/12 - 45 min

Continued discussing co-dependent behavior and how just checking up on J and parents is coD. Afraid when she doesn't hear from him he's hurt or wants to break up. Told her this is his controlling behavior to keep her hooked in. Says she loves him & doesn't understand how it's controlling - discussed more.

- He becomes engaged because she "nags" him about drinking and drugging. Stays out with his friends & doesn't get in until early morning. He's missed a number of work meetings & call times because he's too messed up to get there. Pointed out keeping track of his appointments is co-dep.

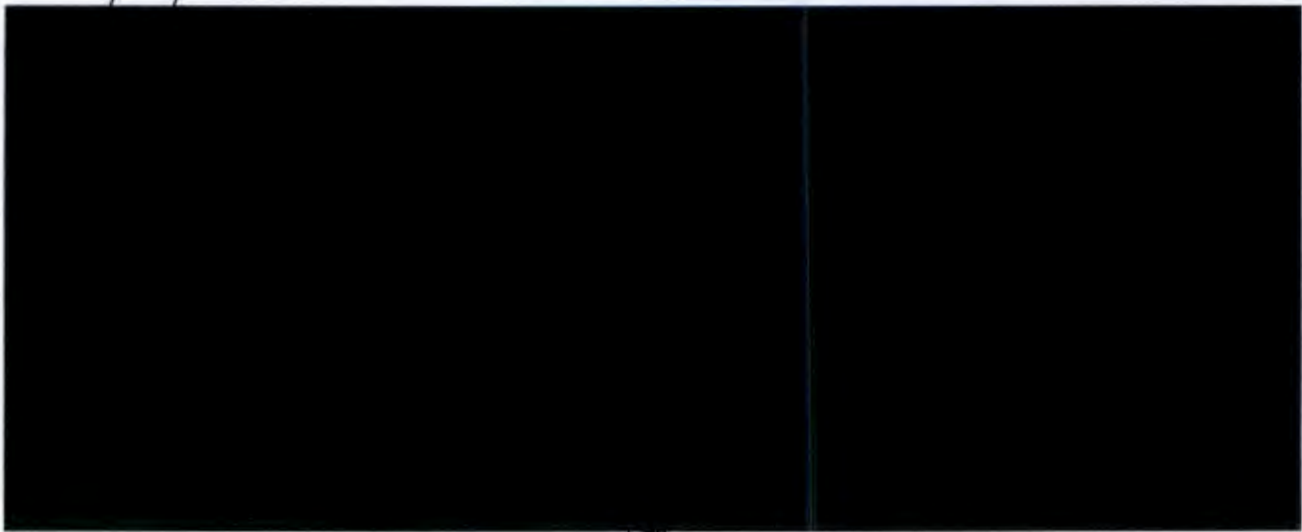




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4/26/12 - 45 min  
I claim he is getting help for his substance abuse but it seems a psychiatrist not a psychologist. Doan't see the psychiatrist on a regular basis. Psychiatrist prescribed medication but A does know if J actually takes it. Not sure what the med is. J seems to be using less but is still using. Not as many arguments right now and she is glad they are getting along better.

5/9/12 - 45 min  
Having nightmares again. Processed dreams & want to relax. Will be working again soon & feels pressure to get a number of things done prior. Having car trouble again. Unresolved issues causing her anxiety and ways to deal with them.



**CONFIDENTIAL**



5/17/12 - 45 min  
Went out w/a male friend & I got  
upset. Has also been getting annoyed  
if she sees some female friends,  
other than I or R, because she is  
bi. He's been increasingly  
jealous & concerned she will cheat  
on him. Continually states  
she won't but he wants to tell  
her who she can & can't see.  
Discussed abuse includes control  
again, He frequently engages  
in name calling.



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Amber

5/24/12 - 45 min

[REDACTED]

Said she often feels uncomfortable when J touches her if he's drunk. Said J has trouble maintaining erection when high. He gets angry & sometimes violent when that happens. Blames her for his failure.

- Discussed physiological reasons alcohol & some substance users have sexual problems.


[REDACTED]

6/4/12 - 45 min

Apologized for lateness. Talked @ work & car. Discussed her car but it's extremely problematic. Discussed how often she apologizes for same issue. Said she was sorry again. Laughed. Discussed how apologies are often not for things over which she has control or responsibility. Talked @ how she tries to take on responsibility in effort to have control. Falls & feels bad because no matter how hard she tries to make herself responsible she's not. Blames herself for a lot that isn't about her.

**CONFIDENTIAL**

6/4/12 cont'd  
- Schedule getting more hectic.  
Spending more time traveling  
between her house & J's house.  
Extremely busy w/ work, reading  
scripts & voice coach. Feels tired  
and has little time for herself.



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Amber H

Jun 28, 2012 - 45 min



Dad + J  
drinking buddies. Likes when mom +  
sister are there. Has been very busy.  
Paranoid very distressing. Follow her  
around. Still hiding w/ J @  
her place + his. Feels lonely when not  
w/ others. Did more breathing + relaxation



Aug 7, 2012 - 45 min  
Not feeling well. Rough time w/ J.  
Disappeared. Came late + was worried  
Argued about who she was seeing.  
Thinks she is cheating. She denied  
he was in a rage. He threw  
things. Glass flew near her head.  
asked if she was going to Alamo

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8/7/2012 cont'd  
meetings. Said she didn't have time  
but wanted to. Still can't bring herself  
to tell him to go home or not  
come over if he's drunk/dressed.  
Fears he will be hurt. Asked what  
@ her feelings? Told her he is  
escalating & not @ her. Feels she  
should be able to do something

Aug 9, 2012 - 45 min  
Having nightmares again. Very tear-  
ful. Afraid of breaking up w/ J. Feels  
he will stop using & drinking if  
she can help him feel better @  
himself. Still not going public  
because he is protecting her.  
Ask if she believes that. Said she  
is afraid of bad publicity.  
Discussed Cycle of DV and  
control is a sign. Worried @ what  
I am saying. Had to work for 2 wks

Aug 21, 2012 - phone - 1 hr  
still working a lot. Reading more  
@ Alcoholism & DV. Didn't realize  
how many different types of DV there are

**CONFIDENTIAL**

8/21/22 cont'd

Having a lot of trouble sleeping. Nightmares  
Crying throughout call. Working next  
few weeks will try to schedule  
sessions.



9/17/22 - 45 min

Working a lot. Too much travel.  
Talks to J but he is often  
unresponsive. Scared her when she  
doesn't hear from him. Reminded her  
if something happened to him  
she would know thru media.  
Wants to do more work on co-dependency



CONFIDENTIAL

8/21/22 cont'd

Having a lot of trouble sleeping. Nightmares  
Crying throughout call. Working next  
few weeks will try to schedule  
sessions.



9/17/22 - 45 min

Working a lot. Too much travel.  
Talks to J but he is often  
unresponsive. Scared her when she  
doesn't hear from him. Reminded her  
if something happened to him  
they would know thru media.  
Wants to do more work on co-dependency  
talked thru some co-dep behavior.





CONFIDENTIAL



9/28/12 - Home - 45 min  
Extremely fatigued. Fighting w/J.  
again, the violent. Throwing things.  
Some hit her. She screaming back.  
Started w/ he was upset @ clothes  
Ripped her nightgown thru her on  
bed. Tried to have sex but couldn't  
get erection. Became more angry.  
He passed out.

10/21/12 - 45 min  
J being nice. Sorry for fight. Discussed  
cycle of abuse (Hohmann stage).  
I promised he would get clear. He's  
been missing appts because of use.  
Says they will go public w/ relationship  
soon

**CONFIDENTIAL**

Oct 9, 2012 - 45 min

J not using since fight. Does better when they are together. Sure she can help him stay clean. Had more discussion @ addition. Went over it not being caused by her. Her use is long term before they ever met. Feels responsible even though isn't logical. Why can't she help more? [REDACTED]

[REDACTED] Told her but addict has to want to stop & accept problem."

Oct 11, 2012

J still sober. Spent time w/kidd @ his house. J's son very sweet w/her. Daughter very "teenager." She afraid of dogs - even Pesto. J's mother at house. Very demanding & nasty. J's father dead. Both abusive when J was young. Father worse than mother. Mother wants dog just like Pesto. Discussed her mother's role in father's abuse. He abused all of them but she allowed it by staying. Very tearful. Discussed

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Oct 29, 2012 - 45 min  
Doesn't like being followed by paparazzi  
Wants to go on vacation w/ J but doesn't  
know how to hide. Talked @ ways she  
can dress so cameras don't pick up  
as well. Tired of hiding, tried  
making jokes about ways to ~~lengthen~~ they  
go to hid. Heard there's a lot of  
money being offered for photo of them  
together. Still claims QJ thinks  
it's best to wait. Makes it a game to  
hide. A buying into it. It's several  
bad influence. A doesn't like MM.  
Talks badly @ women, does a lot of  
drugs.

Nov 1, 2012 - 45 min  
Schedule is going to start getting hectic again  
Earning soon. Has a lot to do before  
shoot. Wants to keep doing ~~secret~~

**CONFIDENTIAL**

11/1/12 cont'd  
but not sure how often can make it. Afraid of not talking to me. Has been anxious @ roll. Working on voice & accent. I not around. Doesn't want to feel dependent on hearing from him. To be calm. Wants to schedule appts but not sure when. Asked me to consult w/assistant to schedule.



Nov 15, 2012 - 45 min  
Feeling stress @ holidays & school.  
Parents coming for X-mas. Always worries @ Dad drinking & causing problems. Doesn't know way to deal w/ his drinking - Don't engage. Has trouble doing that when he verbally attacks sister & mother. I winds up drinking w/ dad. Father misogynist - says horrible things @ how women should be treated to J. Sometimes J becomes verbally & sexually abusive after spending time w/ father. Has thrown her on bed & has "angry sex" if he's drunk can't perform and gets angrier. Blames her

**CONFIDENTIAL**

11/15/12 cont'd  
for impotence. She feels responsible.  
Discussed addicts not taking  
responsibility for their actions. Blaming  
others so they don't need to own  
their behaviors.

Nov 28, 2012 - 45 min  
Continued discussing addict behavior.  
That she didn't cause & therefore can't  
fix the problems. Talked @ going to  
couple's TX. J says he has a  
psychiatrist & maybe they can see  
him. A doesn't think he sees the  
psychiatrist very often. Not sure  
if he gets pills from him. Thinks  
psychiatrist is just another "yes  
man" because J is rich & famous.  
Told her to ask if he would be willing  
to see an independent 3rd  
party for tx.



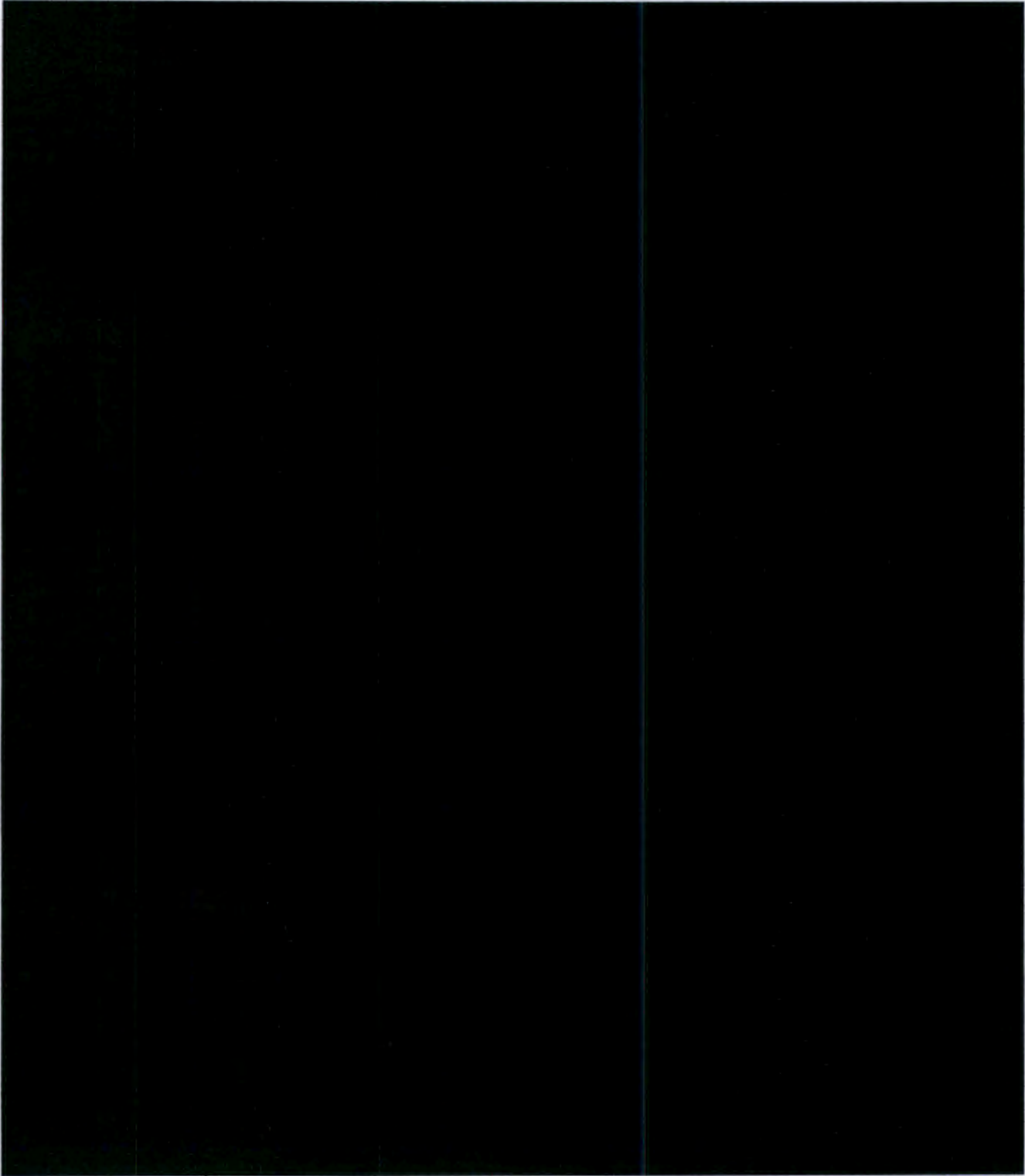
**CONFIDENTIAL**



12/20/12 - 60 min  
Extremely concerned @ sister & parents.  
Will be spending holidays w/ them,  
J's fam & kids. J got drunk &  
passed out on couch. Left him there  
& went to bed. Felt proud of her-  
self for not trying to make it okay for  
him but sad @ the same time.  
Discovered change is difficult.  
Nothing changes if she always does the  
same thing. No consequences means  
nothing changes.



**CONFIDENTIAL**



3/7/13 - 50 min B  
Going public w/ Relationship. Not  
making big deal. Feels relieved down.

**JACOBS-0030**  
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3/7/13 cont'd  
need to sneak around anymore.  
J's drinking & drugging again.  
Went to Rolling Stones concert and  
didn't ask her. Felt very hurt that  
he would leave her out knowing she loves  
the Stones. Kept asking why he would do  
that. Feels uncared for & unloved when  
he does those things. Feels punished for  
complaining @ his using. Discussed  
addiction & DV, emotional abuse &  
control. Says she understands codependency  
but is having trouble getting the message  
in her heart. Sure she can change him.

3/11/13 - 50 min  
Still distraught by J's behavior.  
Tabloids saying he broke up w/ V to be  
w/ A. Saying A broke up w/ T to be w/ J.  
Trying to understand why they make  
things up & who reads it. People are  
saying vicious things @ her, hurting her  
feelings because they don't know her.  
Discussed putting up better boundaries &  
going on offense. Says never very good at  
ignoring people or depending herself.  
Says ignore it but she wants people  
to know the truth. Studios protect J  
but not her. Word of J's drunkenness &  
drugs hardly ever make tabloids. No one  
knows how many times he has thrown  
things at her & other people or  
shown up late to call times because  
of drugs & alcohol.



CONFIDENTIAL

March 18, 2013 - 60 min  
Mom telling her to not be so hard on J  
to go along more. Got angry w/ her  
because of what happened since mom  
did that w/ dad. Asked why she was  
with J given his behavior. Says she  
loves him and feels if things were  
more stable between them he would  
get better. Checked to determine  
if abuse was ever directed @  
children. A said not that she  
ever saw. Said children were not  
usually present when J hit or belittled  
her. A stated he threw her against  
a wall & threatened to kill her  
while they were at her apt.  
Land lord called police but told  
them everything was fine.  
Pointed out her behavior was paralleling  
her mom's and she can't "fix" J.

3/18/13 - 45-min  
Going to be working a lot soon.  
Has a lot of public appearances &  
shooting some shorter films. Also  
Ad campaign shoot. Having hair issues  
because of dying.  
Not getting good scripts and worried  
about work. May shoot film w/  
JF but not sure she likes project.  
J being nice and loving again. Sorry  
he hurt her. A acknowledges she  
screamed back & put him down.  
Dad is L and what to do when he

CONFIDENTIAL

3/18/13 cont'd  
is out of control. Asked if she could  
leave; go someplace safe. Said she  
could go to a friend. Again asked  
why she wants to be w/ him? What  
does she love about him? Made  
some statements about "the good J."  
Pointed out the bad one comes w/ the  
good one.

3/25/13 - 45 min  
Had a panic attack but was able  
to use relaxation techniques to calm  
herself down. Next few months will  
be hectic because of shoots and schedule  
will be out of town a lot and is  
tired of it. Feels movie is a good  
opportunity but doesn't care for  
it. Has been considered for a  
number of projects. Not offered one she  
liked but may get a "Big Popcorn"  
movie. Agents telling her would be  
good exposure. Not sure she wants it.  
Schedule next month and fears good  
parts will be harder to get.

4/1/13 - 60 min  
talked @ sadness re: leaving town  
again. Glad to have work and  
will be able to spend some time  
of J. Has been reading a lot about  
alcoholism, abuse and childhood  
trauma. Hopes having intellectual  
and emotional stability.

**CONFIDENTIAL**

4/1/13 - cont'd  
info into body. Feelings are more important. Info & knowing/understanding only go so far. Feels if she can understand it will be easier to deal with her stuff & J. Informed her no amount of understanding makes behavior "ok?" Great to understand but people have to be held accountable for their behavior. Understanding is sitting in her head. Need to connect head & body.

4/8/13 - 45 min  
Worked on breath work & getting feelings throughout body not just in head. Often feels so anxious to process info. Did relaxation in office

4/11/13 - 45 min  
Going out for her birthday. Glad not to sneak around anymore. Friends are coming & rented a large room in a restaurant. Schedule is going to be crazy again. J drinking & using again. Got nasty & grabbed her arm. Passed out in living room & she left him there. Discussed possibly moving in w/him & what that would mean for her safety. Friend I is around more when she's at J. Expressed concern re: his blackouts & behavior. A thinks he will be better when they live together.

**CONFIDENTIAL**

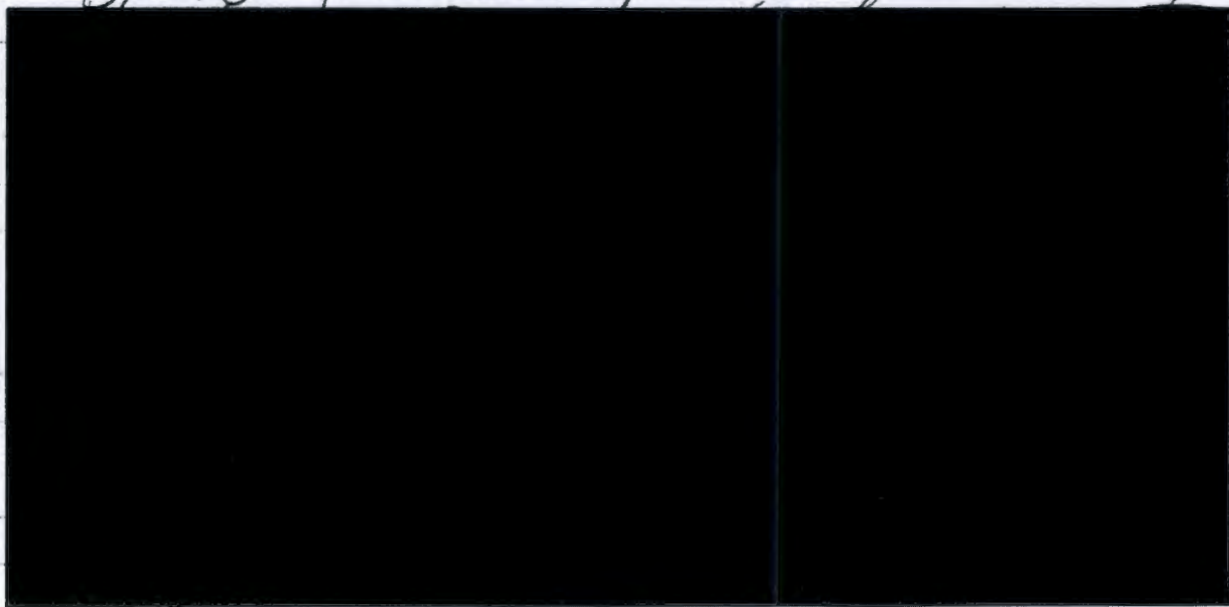
April 30, 2013 - 45 min

Had fun on birthday but J + his friends got drunk. He's using more. She stays away when they are using + he gets angry. Always sorry next day. Wants him to see therapist more often. He says he will. Wants her to redo Master bedroom before moving in. Thinks it's fun to fuck her as she wants. R going to help her.

May 2, 2013 - 45 min.

Going to be shooting starting next month. Considered @ being in hotel alone + away from home + HZ. Reminded her she can call if needed. Has a lot of money related things to do before leaving. J not around much because of work. Seeing friends mostly @ house but out some. Running + doing breathe work.

5/6/13 - 45 min



CONFIDENTIAL

5/8/13 cont'd

She can't make J stop. I has been late & missing work because of drinking & drugs. People, some friends, angry about his behavior. Unprofessional. Gets so angry w/ self he burns his skin w/ cigarettes. Tries to get him to stop but he gets angrier. Zones her & wants to help him.

5/13/13 - 45 min

Having trouble w/ sleeping. Had panic attack. Discussed Benets leading up to panic. Reminded her if she can talk she has to be breathing. J jealous about her filming w/ other men. Assures him she's faithful but he's unreasonable. Doesn't want her to dress in low cut or tight fitting clothes. Feels very pressured.

5/23/13 - 45 min

Learning for shoot & won't be back for 2-3 months. Assistant will be w/ her. Friends & sister will visit. J working but will see him & talk on phone. Worried he will use more while she is gone. Suggested trying to find Alanon meetings when she has down time. Reminded her she could call or schedule phone session while gone. Going on location w/ J for a while too. Will spend some time on his island when come back to LA.

**CONFIDENTIAL**

Aug 1, 2013 - 60 min  
Really wanted to talk over past months but was busy w/ her work, J's work & appearances. Really happy to be home but leaving again soon. Feels better stay @ J's compound because security doesn't allow paparazzi & fans to get in.  
Friend I live living in one of the houses because she is broke. Whether there were not so many other people around - J's "friends". J's using is very bad. She has been yelling @ him @ drugs & alcohol. He falling down, passing out, and verbal abuse. She screamed @ him @ public behavior like kissing JK on TV. Arguments are more frequent & hitting himself & her. Told him she would leave if he didn't stop & get help. She took it back after he promised he would. I told her to stop hiding & emptying bottles as it doesn't help & could make things worse.

**CONFIDENTIAL**

8/5/13

Still arguing but getting a little better. J has been drinking less. Has not blacked out or gotten violent in past few days. Reminded her he has not committed to sobriety and nothing change unless he is. She sure he is willing to get better. Having trouble w/ studios because of his actions. She + his sister trying to reason w/ him. A can't stand that his "friends" hang out + want to party. Feels they use J.

8/13/2013

Mom ill. Worried. She + J discussing engagement + marriage. She wants to have children. J onboard. Not sure what to do. Thinks J's daughter is smoking pot + maybe drinking. Afraid to talk to J @ it. Says V uses but doesn't know how often.

**CONFIDENTIAL**

8/19/13 - Late cx

8/20/13 - 60 min

Having anx attacks, Mom better. Things have been quieter @ home but always a little on edge.

Discussed not knowing when the next shoe might drop so she is hypervigilant. Recommended

"Co-Dependent no more" and "Walking on eggshells".

Questioned decision to move in w/ J. Said she thinks it will get better. He's not drinking as much. Going on vacation & working is hectic.



CONFIDENTIAL

AH

1/7/2014

Getting engaged. Holidays & kept  
Tusinga game. Spent time w/  
Parents, sister & bf. Saw friends.  
Getting house ready to move in.  
Wants to have engagement party  
but very busy & doesn't know how  
to juggle everything. Very stressed.  
R said she'll help w/ party. I busy w/  
filming & music. Has been  
packing out a lot. Fearful he will  
DJ & become party.  
Asked if she's going to Allison? Said  
sometimes but no time. Told  
to make time. Fears she is  
failing because can't get J to  
be sober. Discussed CoDA again.



CONFIDENTIAL

AT



1/16/14  
Not public w/ engagement yet but  
happening this month. Taking photos.  
Parents helping w/ house. Mom's mom.  
Dad & I drinking buddies. Had sex  
using. Penned father from their room  
@ hotel. & helping w/ venue & food for  
Patty. Worried everything won't get done in  
time. Did relax in office. Says she  
is trying to do it @ home but it's hard.  
Sister helps but not enough. I  
questioned her willingness to move. Said  
she can help him. Asked how well  
mom was able to help dad. Said it was  
different because mom is addict too.

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AH

1/20/2014 - 50min

Life still stressful. Work stuff, house & party. J's working - music & film. He's showing up late to work. A tries to get him to not use night before work. Work sometimes doing good job trying to find venue for party. Very attached & grateful to R. Have each other's backs.

1/23/14 - 50min

Work ramping up. Has been exercising for stress. Helped out not enough. Trouble sleeping. Has nightmares. Deceased dream content. J being verbally assaultive. Gets angry if no alcohol. A admits to dumping some. Deceased not doing that. He can always get more & she's leaving CO. Haven't been able to get to doctor. Will do so before next session. Helped talk to I @ Annon numer.

1/27/2014 - late ex

1/30/2014 - 50min

Too much to do so couldn't make, but session. Schedule is all messed up. Not sleeping well or enough. Very tired & needs to look good for camera. J's sister/mgr causing problems. Sister helps J get drugs & alcohol. A feels too many people support his using. Wants to do something about that but not sure what.

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AH

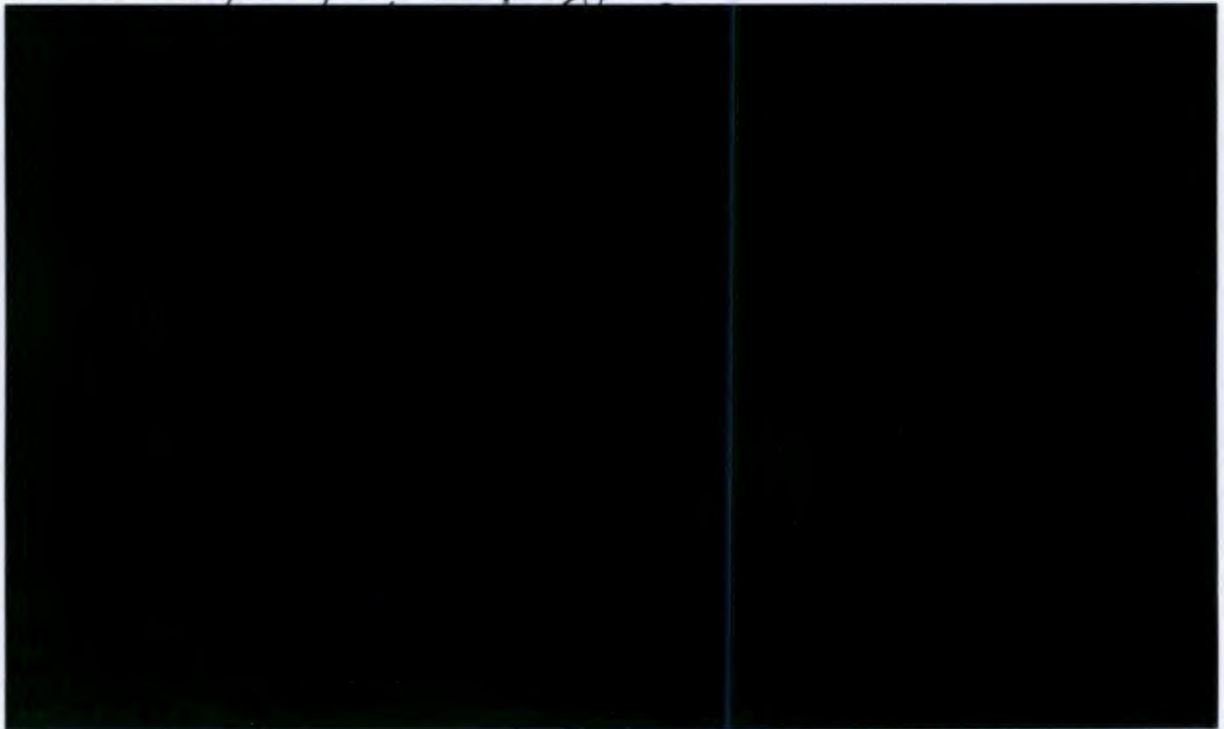
2/3/14 - 50 min  
Party month away. Invitations out.  
Theme party - vintage. Need to finalize  
mom. Theme really nice. Too much  
work to do prior. Worried no one will come  
but knows that's not true. Most of  
her friends will be there. I invited  
people she doesn't care for because they  
use & he uses more when w/ them.  
Her family & his are going to be there. Son  
is great w/ her. Daughter getting better.  
Discussed prenup. I don't want  
one because he says only way one of them  
leaving marriage is dead. Asked  
if she would sign one. She said yes.  
She has no prob with it. Kinda what  
I said funny & enclaving. Asked, given  
his history if maybe let's a little scary.  
Denied being afraid.

2/6/14 - no show

2/12/14 - 50 min  
Said schedule got messed up because  
of work, party, etc. Also making plans to  
move. Too much to do. Feeling stressed  
but only a little anxious. I got  
drunk. Fell & broke table. Left him  
there passed out. Found him in  
bed next AM. Doesn't know if he  
got there himself or body guards helped.  
Hard to use alonon technique  
when so many other people are  
involved in care taking him. Studia  
getting more angry at his no shows &

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2/12/14 cont'd  
behavior is worried he will behave  
badly @ Party.  
Handled me invitation to engagement  
party. Discussed her wanting me to  
come for support. Explained I don't  
usually attend those types of events  
for patients but would think @ it.



3/13/14 - 50 min  
Very anxious. Diff breathing &  
grounding. Asked if having  
second thoughts @ marriage.  
Said yes but feels she can help J.  
and will have more say over things  
once they are married. Told her she  
set precedent for current behavior & other's  
behavior so likely won't change. Seemed  
tearful & repeated that she loves him.

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AH

3/5/14 - 50 min phone  
At other end of town so can't  
get to office. Very busy getting  
ready for party & short next  
month. Feel it will be fun to  
dress "old fashion" for party.  
Stressed @ work but glad to  
have work.  
Told her I would make a  
short appearance at party because  
it is important to her. Said  
only staying for 20 min. Discussed  
confidentiality as it applied  
to situation. Explained issue  
again.

3/17/14 - 50 min  
Party was nice but angry w/ J. Only  
stayed short time then went up to  
a private room & stayed there most  
of the night. Was drinking & using  
w/ friends & her father. Tried to  
get him to come down to see  
guests multiple times. Hard  
screaming argument re his behavior.  
She was w/ people & had good time.  
Asked me if I had good time. ~~True~~

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3/17/14 cont'd  
Told her it was very nice.

3/19/14 - 50 min  
stated she leaves to shoot movie in  
couple of days. Can't come to  
tr for a while. Re stated can call  
if needs to. Worried @ part of J's  
feelings @ her working scenes  
w/ J. Told him nothing to worry  
about. Feels he is going to cause  
problems on set. He will visit but  
not going to be there most of the  
time. Doesn't like being in  
hotel by herself. Sister & S will  
visit too. Will have S call to  
schedule appt when she will be  
back in LA.

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AH

5/15/14

Shoot was difficult. Long hours. Someone posted photo of her w/ JF and J got angry. Had argument screaming. Crying. He threatened to break up she assured him nothing was going on. J threw things @ her. She left her scared. Went to friend's house. J cut & burned self. Was drunk yelling he was worthless & she didn't love him. Doesn't know what to do when he self mutilates. Told her to call an ambulance. Said she can't do that because press will get hold of it.

Same reason she doesn't call police when they fight. Also knows cops won't do anything because he's a celebrity.

5/23/14 - phone - 45 min

Parents same. Sister sober. Has JF. Friends are being supportive. J better. Life is busy but feels she's handling it better. Talked to J @ how scary his behavior was. He apologized. One his best behavior right now. Again discussed cycle of DV.

- Going to be gone but wants phone therapy. Set up appointments w/ assistant.



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8/4/14 - 50 min  
Getting ready to leave town again.  
Decided on wedding date have a  
lot to do. Looking @ gowns. I left  
planning to her. Got planner. R helping.  
Discussed feeling re: marriage &  
substance use. Also discussed  
issues of DV in relationship. Stated  
I better @ not acting out physically.  
Believes she can manage problems.  
Suggested getting impartial couples  
therapist. I set up for that  
wants to use someone he knows  
if anyone.

8/7/14 - 45 min.  
Very busy. Going out of town. Wedding  
will be on JB island only a few  
people. Seems wrapped up in  
idea of fantasy wedding not realities  
of relationship problems. Advised  
problems don't get better, if  
anything get worse. Sure they will  
get better once they are actually  
married because she will have more  
authority in house. Told her that  
wasn't realistic.  
Said they will actually marry week before  
wedding because island is in  
Bahamas and not legal in US.  
Said she would call when back from  
trip to schedule appt

CONFIDENTIAL

AH

4/1/2019 - 50 min

Returned to tx. Wanted to come sooner but embarrassed.

Severe beatings & worse by J. He refused to allow her to come to tx w/me.

Went to "his guy." Got meds but didn't help.

Very little talk tx. J went alone & together. Felt blamed by psychiatrist & J.

Thought everything must be her fault so stayed.

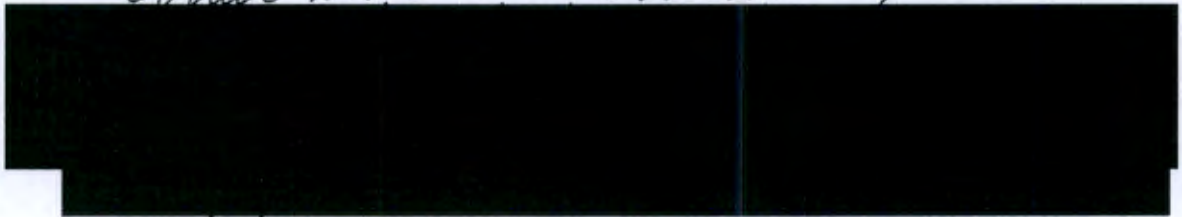
Only left after attacked her & threw phone @ her face.

Tearful said she was afraid to see me because when abuse was happening heard my warning that situation would not get better only worse.

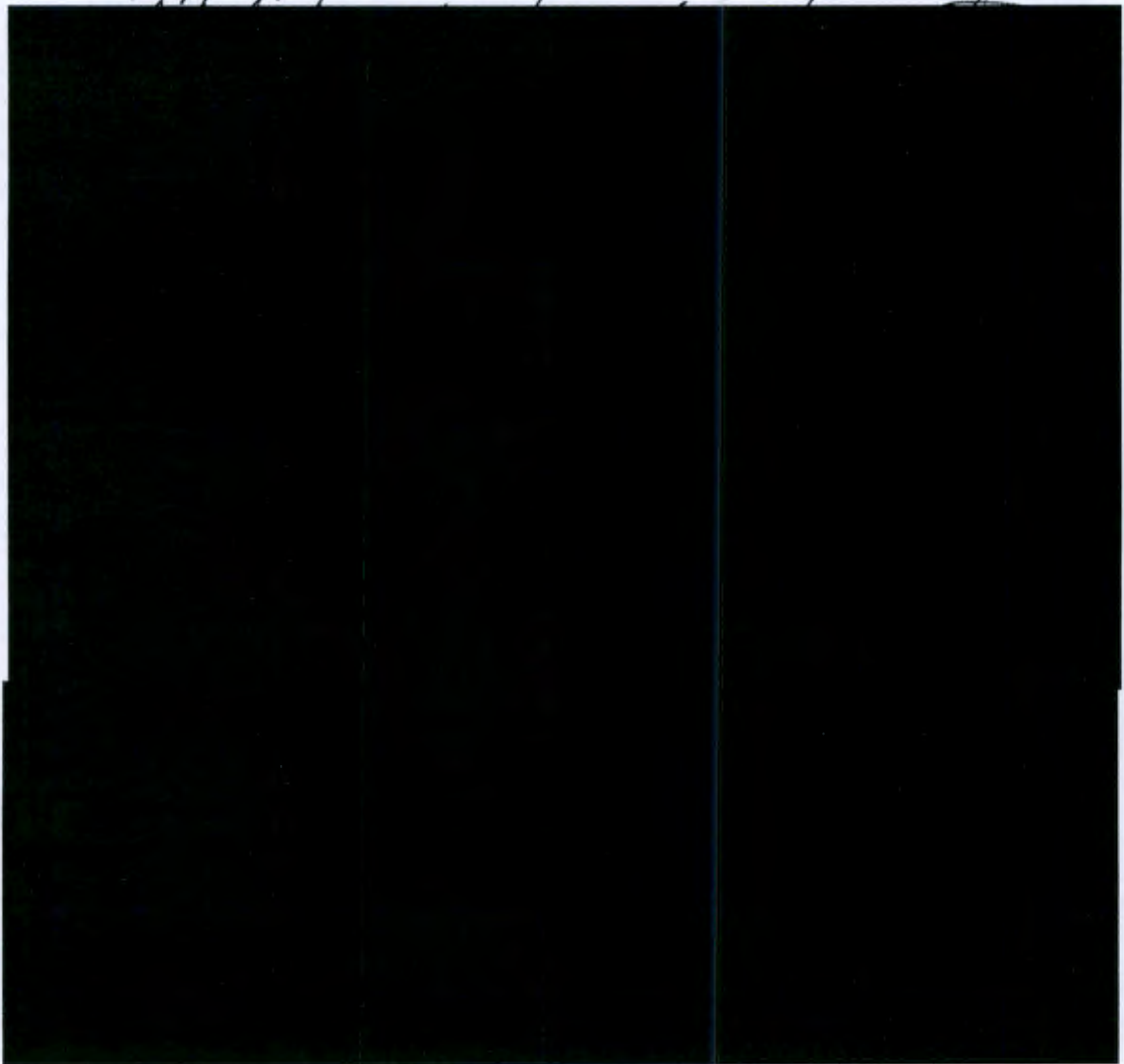
Spent majority of session crying. Said J sent messages to his friends @ telling her. Remembered he said only way one of them would

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#11/19 cont'd  
leave marriage was dead.  
terrified of Reaning because he  
could have her killed.



#11/19 - 1.5 hr



AH

4/4/19 cont'd



He's also suing newspaper in England. She needs to testify in England but it's attorney's for paper not her's. She had to spend a lot in U.S for legal. Feels he wants to bankrupt her to get even for her leaving.

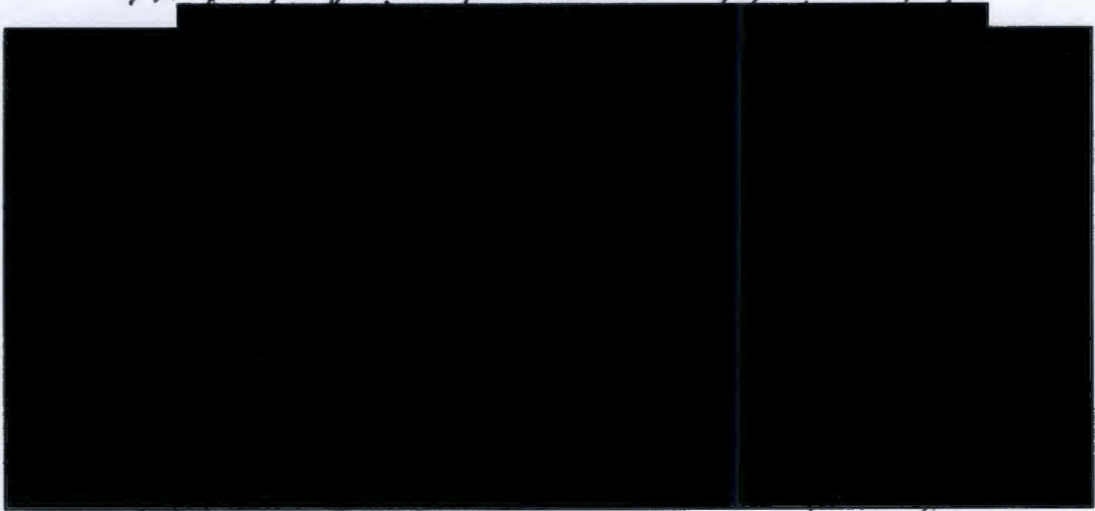
- Having nightmares @ what happened when they were together.
- Crying because feels stupid for thinking she could help change him. Feels she failed even though she "knows" that's not true! Wants to stop feeling guilty & responsible for his behavior & using.

Discussed DV & Alaman issues.



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4/11/19 - Phone - 50 min



Severely stressed @ legal stuff. Costing a fortune. So stressful emotionally. Having nightmares @ childhood & J.

Discussed fear when I would lose temper, drunk, maybe didn't know what he was doing. Tried to choke her. Went calm to try to reason w/him. Couldn't fight him off so got very calm & logical.

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AH



4/16/2019 - Phone 50 men  
Feels she can't function. Still  
murderable @ divorce. Trying  
to process and it's being  
played out in press/media.  
Hasn't had time to grieve  
& how being attacked in  
tabloids/social media. Sure  
J's team is planting  
stories & releasing personal  
info to make her look bad  
& take heat off him.  
Talked about nightmares  
in Australia when J  
was filming Pirates. Had 3  
day break. They alone, body-  
guards & staff gone, J got  
drunk & wild. Not sure what  
he was using. Got into  
argument, J grabbed her &  
started hitting her. She tried  
to get away. Grabbed her by  
hair slammed her against  
wall. Started hitting her head  
against wall. Got away but  
grabbed her again. Picked up a  
land line phone & started

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4/16/19 cont'd  
Smashing it against wall  
next to her head while holding  
her by the throat. Phone  
cracked into pieces. Took  
2<sup>1/2</sup> part of his finger. He  
let her go & started painting  
Wall w/ his blood. Remember  
blood every where. She was  
Crying, screaming but he  
wouldn't stop. Whole house  
was a mess: broken furniture,  
bottles. Body guards came.  
Someone grabbed her. She was  
hysterical crying, shaking.  
Someone dragged her. Carried  
her to change clothes.  
Doesn't remember much after.  
Now he says she did it. Says  
she burned him. She doesn't  
smoke.  
Used RITT to process memory.

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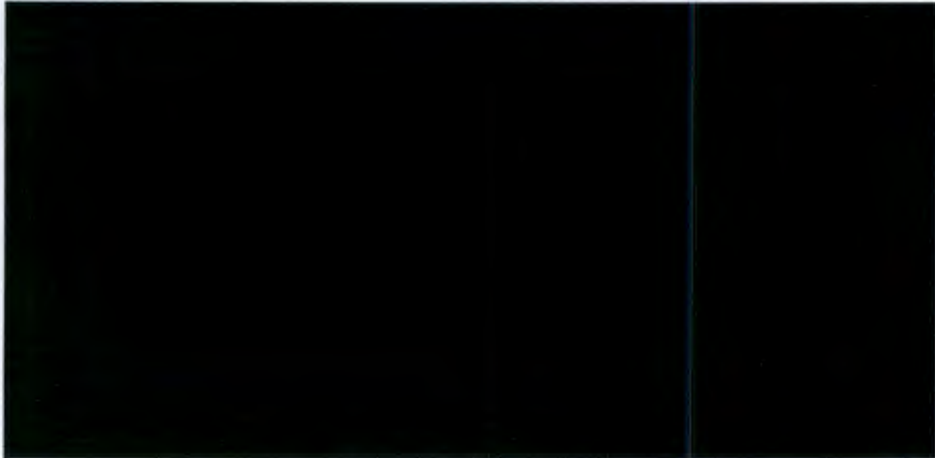
5/9/19 cont'd

- 
- Angry w/ dad. Heard him tell  
I women need to know whose  
boss - put them in their place.
  - Told mom @ some of abuse  
by J. She said he wouldn't  
do it if he didn't love her.  
Told mom that's not love.
  - Has more insight into  
how/why she put up w/ abuse.
- 



**CONFIDENTIAL**

AH



6/13/19 - 45 min  
Depressed @ still feeling seek &  
having to go through journals to  
prep for court. Feels not  
fair she has to re-live  
whole relationship w/J over &  
over. Feels she never  
really got to grieve & heal.  
- Read book "Body Remembers" 2  
times. Saw self in book &  
how abnormal became  
familiar for her.



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7/10/19 - 50 min  
Reading journals sees  
pattern of good times  
& bad. J's behavior go up &  
down. Good J / Bad  
J. Flipped quickly. Discussed  
labile behavior. Explained.  
Could be drugs & alcohol.

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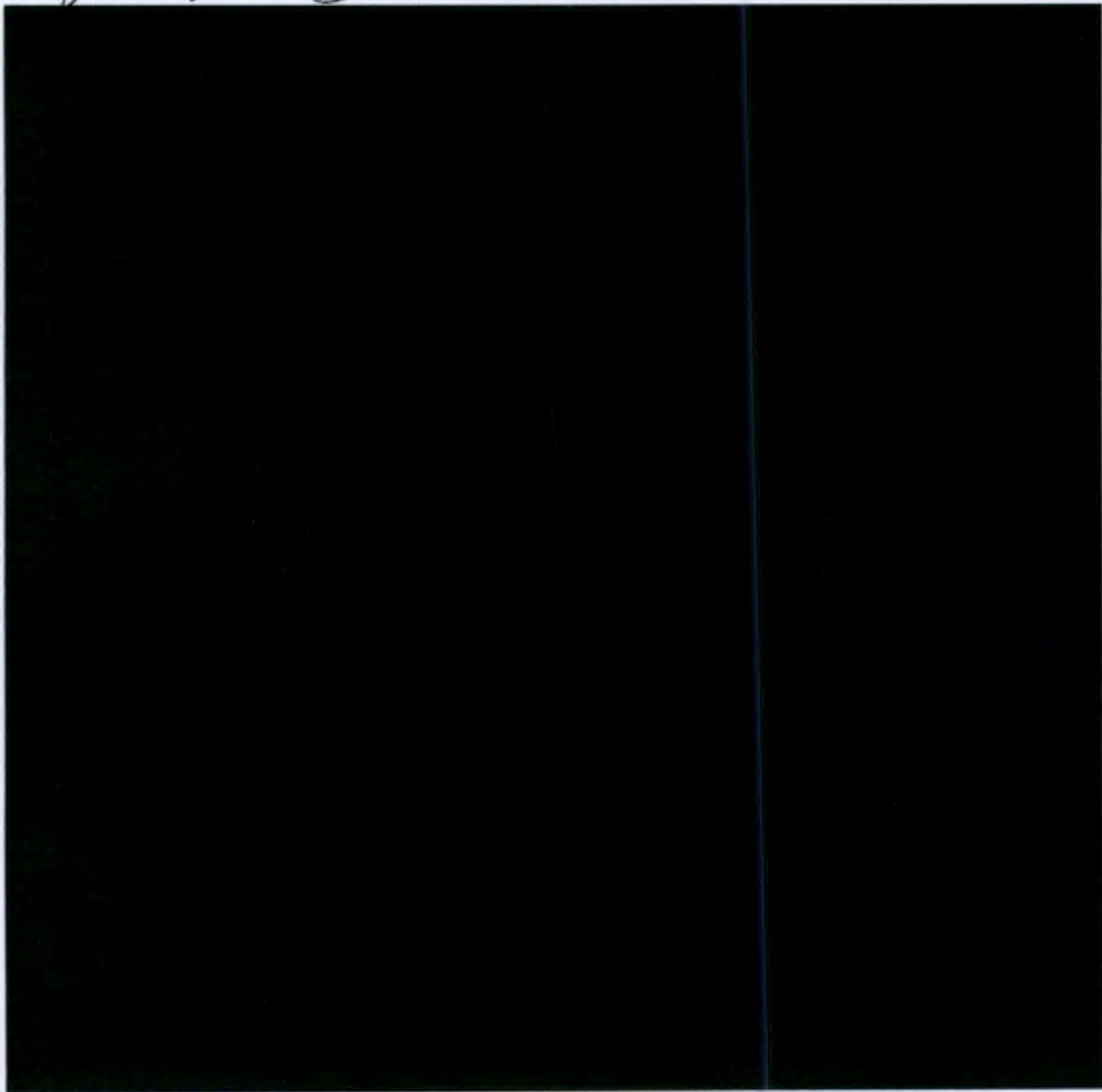
2/10/19 cont'd  
Could be mental illness i.e.:  
Bipolar or brain damage or  
both. A very interested in  
brain. Concerned something  
wrong w/ her brain. Assured  
there was no evidence of  
that over years. Problems  
due to family dynamics.  
Feels "broken."

2/16/19 - 1.5 hr  
Really needed to come to  
TX but has too many  
meetings w/ attorneys & reading  
to do. Feels sick re-reading  
journals. Crying talking @  
how much she wanted things  
to be different. Thought it  
would be different w/ E. Had  
family mealtime w/ kids. He  
shares custody w/ ex but  
kids mostly @ his house.

**CONFIDENTIAL**


Amber

9/4/19 - 1.5 hr  
Nightmares @ J, being trapped,  
family getting hurt. Processed  
memory from childhood. Dad  
hitting mom. Parallel to  
J's behavior. Being re-  
traumatized reading journals &  
being in depositions. Trial  
prep very stressful.



**CONFIDENTIAL**

10/7/19 - 45 phone  
Back & forth to NY. Talking to  
Dawn Hughes PhD for 4 eval.  
Shaky. Remembering more  
@ abuse before & during  
marriage.



**CONFIDENTIAL**

Amber

10/14/19 - 1.5 hr

Spent 8 hrs w/ Dawn Hughes discussing events w/ J throughout marriage & before. Second session w/ her re: law suits.

Discussed what was said to D & that she had not talked @ many events prior.

Discussed incident when J was in desert. He drunk & stoned, thought she was hiding his drugs, grabbed her, stripped her, & did what he called "cavity search." Went into detail while doing grounding & breathing. Maintain eye contact.

**CONFIDENTIAL**

*Amber*

*10/18/19*

*Consult w/ Dawn Hughes, ~~But~~ re:  
Amber for law suit re Johnny;*

*1 hr. 2 min*

**CONFIDENTIAL**

11/16/19

Amber

Tough shoot schedule.  
Today many lawyer calls. Dawn  
clearing some stuff. Had 3-8hr sessions  
trying to remember events & chronology.  
Remembering very traumatic events;  
feels sick; feels she provoked - got  
her hit but knows no good thing to  
say.

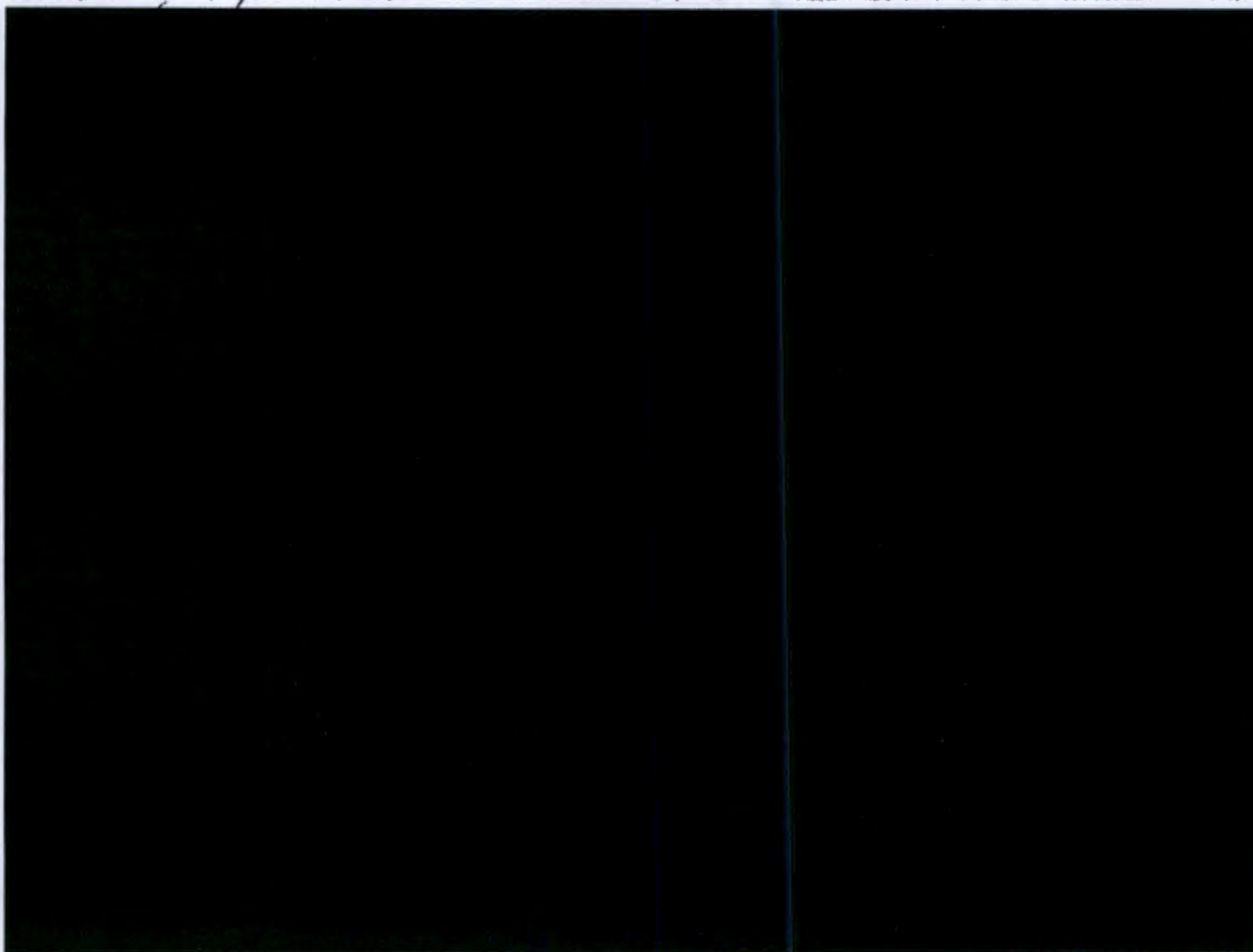
Still feels responsible for his behavior  
if she had or had not said or done  
something different. Blames herself for  
getting angry.

Compared Serial Killers w/ Serial  
Abusers. Help her get logic of  
knowing she did not beat him or force  
him to beat her" with feelings of  
responsibility.



CONFIDENTIAL

AH



12/11/19 - phone - 45 min



Career going down  
hill because of all negative  
publicity.



**CONFIDENTIAL**

Amber 12/17/19 - Phone 45 min  
Had panic attack due to  
mold of her head that needed to  
be made for film she's on. Wrapped  
her head in plastic w/only holes  
for nostrils. Then poured  
plastic over her head & had  
to sit there till it dried.

Normalized fear of suffocation  
& sensory deprivation. Explained  
it was compounded w/ feeling  
like a prisoner w/.

Said she used techniques  
we practiced, in order to  
calm herself. Also told hand  
of one of the women to ground  
herself.

Discussed grounding  
techniques.