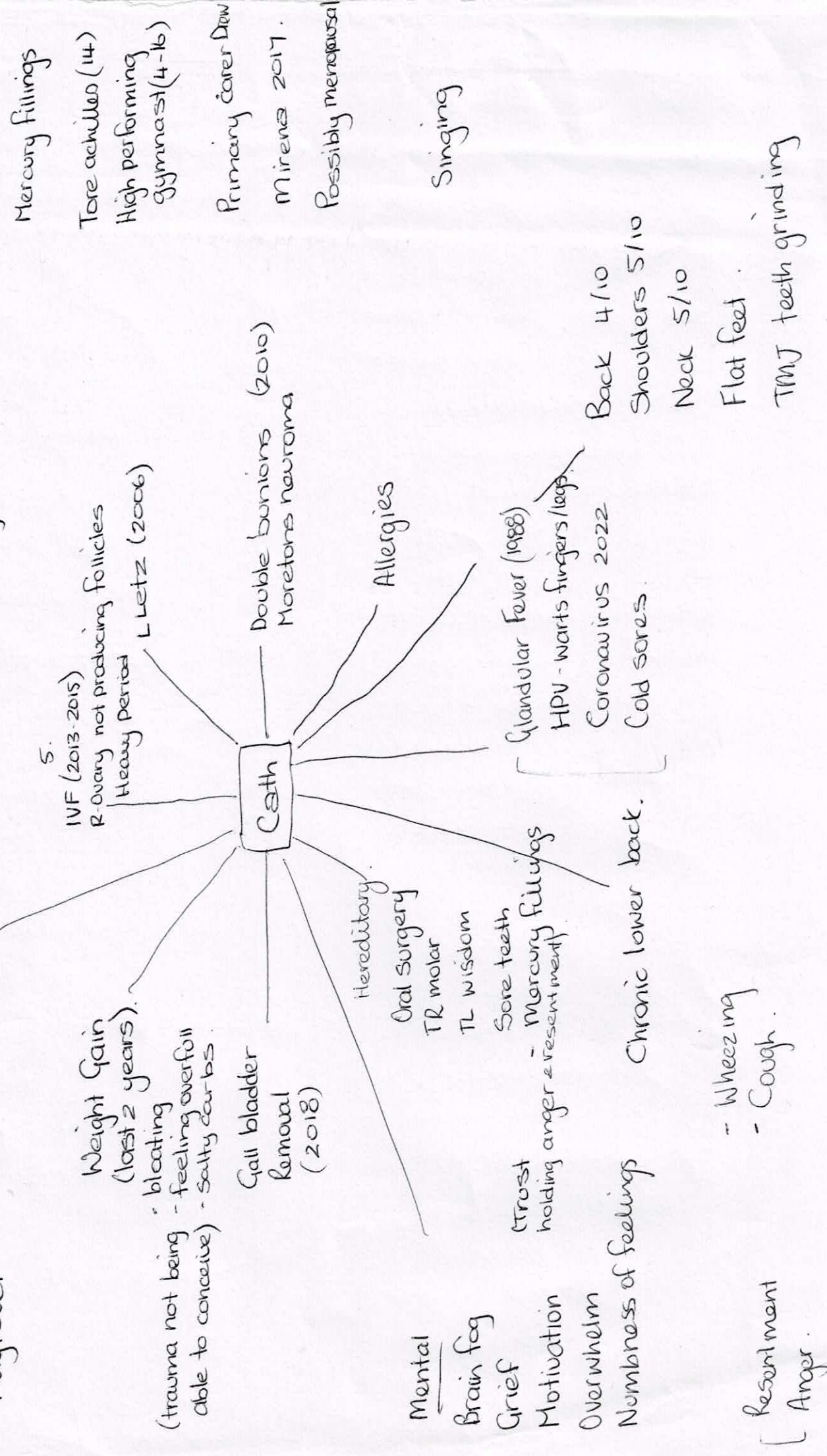


Self-worth related to being needed
Life is unpleasant w, no room for joy & peace
Judgemental of things you cannot change within self
You attract people who project negative attitudes on you
causing you to feel like you deserve to be treated poorly
House/chores overwhelming

Allergies
High grade gluten insensitivity
Cows milk protein allergy
Hayfever



1971 - 52
Antibiotics - 70's
Mercury fillings
Tore achilles (14)
High performing gymnast (4-16)
Primary carer Daw
Mirena 2017
Possibly menopausal
Singing