

Nance Harg

2/12/24

Anxiety since childhood —
used to avoid by drinking etc
"Not good enough love self"

Mom diagnosed w/ cancer
11 yrs ago — ~~then~~ died 6 mos later.

Panic attacks — couldn't deal
with it well — resistant to change
— avoid "myself", avoid change.

Gen. don't feel well —
always tired, exhausted.
is an effort [too hard], doesn't
sleep well, ~~can't~~ can't make
plans because don't know
how will feel — too scared to
do things even those that
will help. When you're e.g.
car ran out of petrol on way
to school drop off — Mom
was so angry — worry about
how car would — felt
had to fix things for mnm
— people pleaser — want to
fix things for people so they're
not disappointed in her.

Overplan things — worry/anxious
— overwhelming worry
[CONTRAST] — fear of failure
disappoint

②
fear of not being loved + belonging
↳ fear of failure

↳ control everything

↳ anxiety

Burnt D face in fire when 2yo
↳ ~~teased~~ → felt like
didn't belong

↳ loved
↳ failure

fear being alone (w. self too).

Oldest of 3 kids — Mom + Dad
only 17 when had Marie —

Marie felt like she had to
Mother her Mom + 2 younger
sisters.

↳ Rebellion → rebellious
teen

Gen. energy picks up in evening
but tired of chores during
day — tired of hard work of the
day.

Doesn't sleep deeply until after
3 am

Restless at night since teens
— adds to poor sleep.

Sometimes neck hurts @
night.

"Hard" to not be the victim / blame
parents — unresolved feelings
w/ Mom

[Sea Salt]

Can't feel love
in heart — wake
up heart centre to
help feel love.

[Lan]
Too ~~hard~~

N.S. burnt out
Chronic constip.
Brain fog
~~Dizziness~~
~~Headaches~~
Weight
ENERGY

Thyroid
Stress hormone
Parasymp.
[breathwork]

fear of flying