

Maree Haig

28/01/25

Rnd 1 feedback — so resistant to
changing habits eg staying
up too late (after midnight).

⊗ resistant to change — habit
— mind modelled —
can't organise or stick to
things

⊙ H no phone after 8pm

⊗ Let go of control.

Short fuse — so tired all the time
↳ easily irritated.

Hides other emotions ~~before~~
behind Anger +
Desertion