

Elba H.

⑧ 8-wks
17yo?
L15-45hr

9/6/25

Period - was bit early - but no
prelude pain - some day 1.
cramp - + morning of day 2.
- pale skin + dark circles
- loses appetite.

[Malnourished] [Childlike]
[Dull]

Tummy sore when shy - doesn't
mainly talk
anxious - events coming
up eg dentist (cries + sore tum
night before
+ worry).

("Rattier" Rnd S.)

When anxious = quiet.

Some shorter lived anxious.

⑧ Trust own ability + self-confidence