

Tahman (5)

* Script only
16/09/25

Unrefreshing sleep - constantly tired

* DRAINED

Strain in relationship - up + down with own stuff.

* In-patient + Annoyance.

* Desperate - ? Cautious + Care i/c.

* Ache is from over-responsibility.

* Self-doubt = Not good enough
Insecure = Not loved.

* Release bullying experienced as kid + teen.