

Alice 16.10.24.

Took week off

Back on nights

Spending more time in Brayden.

Last 3 days, Can't stop crying.

Funeral tomorrow.

All bereavement coming up.

Burying people that got me; that understood me
(F° & Belinda)

Feel so guilty

Angry they want to live but died

Don't want to get out of bed

& SI.

Communicating better in Brayden.

Tomorrow I'll have to shut off to cope

Don't have M° which is harder than I thought.

Scared something will happen to M° while o/s.

after F° died, & AOD.

Worried Lachie will do same thing. But he's abstaining
(Belinda)

M° b/f - F°, B° & Belinda then Tony.

Had kids at same time.

Grew up together

B. understood me more than M° & F° more laid back.

Comfortable to tell her about my life.

another M°.

Coping is terrifying; Can't breathe; stop breathing
pain (emotional) → DSH & S-F. → not strong enough for it.

NO help as others just worry about me.

Get up & go to work to stop others worrying.

- ? assume stopping you from being strong enough
to take emotional pain
- x sub. consciously whenever promise self to stop something
I relapse straight back.
 - x force myself to put self in other's shoes
→ protective factor
 - x not strong enough to fight my own head
 - x yelling at self
1 side saying to go
1 side - what about others.
 - x tired all the time
 - x avoidance - drink, work, TMC to avoid feelings

- ? why feel not strong enough to feel pain
- x 10⁺ years of suppressed pain
 - x like T1337 drink about to explode.

? reasons

- x whenever I try, ends in panic + BSH or o/D
- x fight/flight
- x lash out at others or internalise + lash out at self.

- ? evidence of when have been strong enough
- x when another person wants me to.
 - x think of family
 - x knowing I'm still wanted
 - x " I can help others
 - x knowing my life is worth something

From 10 - told to be strong

Bro I don't talk to; killing me.

S^o worried about me all the time.

Completely broken

⊕ wide in bed - not move

⊕ run to M^o + hug her.

Heart - black hole sucking everything in.
want others to know I'm the strong person for them.
F^o told me to be strong.
F^o told me to stop crying when P4M dying; to be
there for P4M.

Had to switch it off for Pop to lean on.
If I had a purpose reason to be there it would
help me not to care & spiral.
People would come to me for support in Covid.

Talk to me
tell them:
React the way you need to
Don't want to be treated differently

F^o had presence of a leader; taught us to take
control & be the leader.
Thought 'I was weaker as couldn't stop self doing
things.'
F^o had learning difficulties; violence rage to deal in his
emotions; P4M.
I pick a fight in myself. Grit is suffocating.