

3.6.24

Alice

GP wanted me to see someone for long time.

A lot I haven't dealt w.

PCA (nurse) personal care assistant - 7mos

THAT school for 11+12.

Nursing home - night shift only.

Don't like being awake in day.

Like nights - the quiet.

Not wanting to be here since 14

DSH

Suicide attempts x 4

M' knew of one → counselling (Catholic) but <

YR8 - YR11 - worst years.

When Nan passed

I'm living for others as know it would break M.

Work so much to keep mind off it.

Keeps me stable to feel needed.

Triggers - deaths of family members.

F died 9mos ago. in US (went for work) fitter / machine
overweight.

Hadn't seen him for 1mos

M' went to visit him & he d

Parents together since they were 15/16. Married at 21/22.

They had a really good relat.

I look like x0; strong bond.

Family worried to tell me.

From age 10 to last year.

F' brought people together. All his work colleagues

Keep busy; don't want to think about it.

I was the best friend who'd had TOP

S' called me &

R: not feeling anything but feeling everything at same time

Feelings go straight to anger & rage

Hyperventilating

Then broke down.

Then best friend needed me - 14/1 put my stuff aside for 4 days
I had to tell Pop.

I didn't cry all that much.

Think about everyone else

? fear

- drowning

If I think about it, it would consume me & I'd
become the vegetable I was in YR10 - I'd be all day;
that's not living.

→ don't think about it.

Like a little itch. I can ignore it.

If I feel it - go & do something else.

Good at hiding it.

M^o - L^o

M^o F & M^o S^o - M. H. Lewis

↳ cut off all family when I was 8.

↳ had to stop work. Don't know why

'we don't talk about it'

STO

family - don't speak about it; don't think about it.

19 - planning on moving out next year.

If I don't see it, I don't think about it.

MVA - 2/12 ago - going to work - wrote off car.

(terrifying to drive again.

→ raining; doing 85 km on bend. Wheels spun →

3 turns; hit barrier of cliff → # finger

Hurt rt elbow at work. & knee

→ light work. Dealing w. workers comp.

Need MRI

Relationships that have traumatised me.

Was having bad panic attacks in high school.

Shake

(Lt leg shaking constantly).

trying to heal myself.

Have to see gynaec

Last 2/52 - felt flat. starting to affect me + Bryden.

Only see each other on w/e's.

I'm either so stressed or so flat. can't do anything.

Dead inside

Hate crying in front of him but am - I'm more vulnerable

④ Cry on my own. | If him + he responds well. He sits there
+ lets me cry. Then annoyed at myself.
for radiating my stress onto him.

Anxiety - crowds;

- in a car if someone else driving

Pick up each others stress

> music

< trucks on road. after watching a show.

random log entry.

Some days I just feel like writing. most of the time its about my plans of the future other time it more like a letter to a certin person.

But this time I feel like I need to write down, my fears and all the negative things that have significantly impacted my life. bc I have finally put my big girl ~~pants~~ pants on and am going to go and see a shrink. I like to call it my big health kikk. im going to the doc, eating healths and finally going to get my head read. but if im being honest I have no idea ~~as~~ how im going to start the whole shrink thing like in all honesty I know that I'm fucked up. am I as fucked up as everyone No. but do I have a fair share of my own problem fuck yes. so the way im going to do it is throw a letter.

My name is Alice Maxreen therease Bauerhuit, I am a 19 yr old girl now for her whole life has lived in the same house in winnabee. I have an older brother liam (27 yrs) which live in sandbra with his partner, I dont really talk to him at all anymore. I have a older sister Mollie (22 yrs) she live @ home with her partner ronan, shes a paramedic. and we have an ok relationship, not super close but also we r not stranger in each others lives. then theres my mother Elizabeth (50 yrs) she has worked the same job since she was 17 yrs old. "the Wool inn" a small wool shop in penrith. curently my mother an I are not getting along as well as I would like it to. I know the reason why we are struggling but I dont know how to change it.

AIN/PCA at bodington nursing home
up at wentworth falls. night shift only
4-6 days a week. depending on the

week. the shift is a 10 hr shift
2130-0700hrs. most of the time it
good but some nights can be ~~abit~~ ^{abit} ~~about~~ ^{about}
crazy with all of the "Bitching going on"

I have been working there since Jan
2024. ~~was~~ did have a second job

working at a small office in Springwood.
I loved that job out of all the jobs I had.

but she let me go bc she needed someone
with a degree in the field not just admin.

I also have a boyfriend bry brayden -
L.P.M. Tuxford. we have been friends

since yr 11 (2022). we were close

friend all through senior yrs. (11/12) and

only halloween last yr he did I find out that
he has had "romantic feeling for me most
of the time I have known him"

we started "being more than friends"

in November but started officially

dating 9th November 2023. only bc

I ~~was~~ just coming out of
really complicating & messy relationship
with my 2nd bf Aiden.

but brayden, not to sound nice or
anything but hes the one everyday
I fall in love with him. to be honest
he is one of the only reasons I hang
around.

Now that only the dist of my life
currently. but lets be honest the reason
I'm doing all of this is to finally
deal with the mountain of shit that I
have not delt with in my past. so
here goes time to rip of the bandage
I guess.

At the age of ⁹ ~~10~~ my grandmother
(my mother's mother) had a stroke that
left her with dementia and her whole left
side of her body paralyzed. needing to
put her in what I think is now as one
of the worst nursing homes ever.

away from another stroke on my grandfather's birthday. I saw her the night she ~~was~~ died, then old 2 yrs later when I was 12 yrs old ~~the~~ yr 7, 1st year in high school. My grandfather (Mother's Dad) past away in his own home, never got to say goodbye to pappa. Then the next death that happend in my family was my ~~nan~~ nan (my dad's mother) I was 16 yrs old and after about a 2 yr battle with an unknown illness, that effected her ^{Legs} go badly. and in the last several months of her life.