

4.9.24.

Alice

M^o 50th kept away from b.o. (Liam)
Brayden there - good.
F^o day for Michael (Brayden's F^o)

I felt 'mocked' by b^o all night → walked away.

last time I saw him - when F^o died

He has opinion of how I live my life -

Said he needs to take the F^o role. - I'm not going to listen to you
me, I don't want anything to do w/ you

I'm an adult + can make own choices

F^o died end last year.

Liam left for army.

Molly holding all power; they resolved their issues → then started
telling me what to do.

F^o proud of me + my choices;

(+) Work - 2yr. Save; TAKE p1t

He wants to boss me around + tell me what to do.

Talked to Molly about how I feel in the house.

She's upset I smoke + so a smoke.

She said 'don't know why I can't live at home'

Torture for me to be in the home - without F^o; stuff that
happened when younger.

Now Molly standing up for me to M^o

M^o today - I was drunk

I said a few things to M^o - a start. Not trying to hide
my MH.

M^o away for 1/2 in 25 days. Will try to be home more

G.P. - dis DASS. - high 20's since anti Ds.

→ A score to 15mg.

Do help - in stress levels; can drive without panic

> talking about it

Some things too dark to tell Brayden

We're always shared things b/w us; listen to each other.

At school - tried to make people hate me; but they wouldn't
talk to me about their issues.

In Covid - you give me your shit; I won't release mine

If I decide to hate you, you can never hurt me.

From YR 8 on - didn't show I cared;
Projected I don't give a f* if still there,
I can be a friend

At work, was friendly, then took his side.

stabbed in back → don't trust anyone.

Put hoodie on & glasses, give msg 'stay the f* away from me! Girls stayed away. Friends in the boys.

Met Brandon.

Not hate - just protecting myself from getting hurt.

Primary - teased & ridiculed - weight → alone a lot.

Friends - manipulative; using me; behind my back.

YR 3-8 - group to group is same outcome.

If I pretended like I hated everyone, I could pretend I liked being alone - self preservation

'I don't need anyone;' chose to be a bitch.

? F: unsure

Love work; I can be myself. I'm friendly & nice

Everyone people stayed even if I was rude, a nice surprise

Didn't think people genuinely wanted to be in me

Self-doubt; am I being too loud?

Dreams - nice child

Wake in a panic

Everything goes v slow & v fast at once

I can feel every texture - smooth to rough;

Flying over something & texture moving really slowly & fast.

F: fear - of... terrifying; trapped there & have able to stop that feeling

Dead silent, but sounds I make really loud - breath pulse.

whatever I'm doing is quick + loud.

? Exp.

terrified; don't know how to stop it

why can't I control it

fear - will feel this forever

- fast / slow / panic - sensory overload & it's terrifying

- panic.

HR 4

opposite

>> water; in water peace

music; driving; zone out.

When everything is life overwhelming, I imagine myself in a movie, pretend I'm in someone else's life.

Can't feel what I did before.

(tried to drown myself once)

used to swim daily as kid for hours.

Loved the water

Go to school as swimmers.

Quiet; peace;

→ calm down; release.