

9.8.24

Workers Comp until cleared by physio
paradeise forte
mood stabiliser - escitalopram - ; propr?
Stress been really bad

Trip down south

Have to get over f^o death

But stress is <

2^o immediate family

- brother - coming down.

M^o 50th

Have to be there

Work a sanctuary.

Going to ~~bro~~ see bro

Home - eggshells; don't do anything right
Living at home to M^o + S^o + her partner
Brayden's every w/e.

Brayden.

Holly (S^o)

M^o - more emotional manipulation

(+) move out; they can't control me.

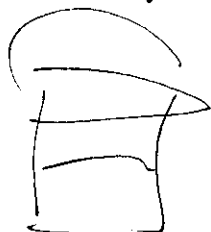
Told A^o + she told mum. I want to move out.
She tried to talk me out of it.

Infuriates me.

Stressed; want to let go + punch.

Violence then wave of guilt

Cup is always 1/2 full.



instead of blowing up

I disappear. Avoid. Go to room
stay at work longer.

Exhausted

I ignore it so I don't ruin the night.

As a kid I'd hear them giggling & laughing.

When I come in, change.

Mom is like my M'

I'm not the same

? my headspace?

I wanted to feel & be happy & then for a long time.

Couldn't match their energy which made me ruin the
energy

→ go back to my room.

F: I had no energy to smile; flat.

I didn't know who I was

School - pretend to be someone else

Δ need for other people.

What do I want?

→ I want what they've got -

I'm lonely in my room, but got used to that.

If I'm there, they'd be happier → stay in my room.

still do it.

→ like sitting in a room everyone there but
no one can see you - no matter how much I
f* up or shout

?

They only saw what they wanted to see, not who I was,
so never seen for me.

A really f* up thing actually.

They saw what I let them see, stopped me doing
things I wanted to be; or who I wanted to be
was wrong for them.

They told me how to be; how to act.

Deflated every time I tried to be myself. M' says
where's my little girl?

The way they show love is f^x
If anyone

~~I used to take control~~

If stay in room, can't f^x up as much.

thought I started falling when I

I never really fit in

Never thought I was enough.

Did they make me feel that? or, did I believe that.