

18.9.24

Things better at home. Rearranged schedule in Taylor to have Sunday afternoons in M. + S.

F° anniversary F° death next Wed. Then M° goes to Europe for bike.

?

The more I spend time in them, the nicer they are & the more I want to come home. They're accepting my choices too & being nicer when I'm around.

Lots of memorial events in family & friends.

Dread it. people ask why I don't cry.

Grief goes to anger.

Dreading the Thursday.

Got up in hat road, & had to get her abortion pill & be in her. So while family going through grief, I had friend in TOP & then tell my P4F his son died.

May go to work to distract myself.

④ Drive to Bathurst - where F° used to go. to our bush property.

M° best friend (like 2nd M°)

- Ca - uterus; then stomach; lungs; new heart.

M° unsure about her trip.

Will be another parent dying

I'm upset for her boy Lachie.

Issues in Brayden & Michael

B. been in & out of work; has financial responsibilities.

B. - Conflict in Michael.

B. smoking weed again.

stressed if my recharge place (their home) becomes not great.

Smoke THC in B. on w/e

started - OCC. then w/e & then only together.

Yr 11 + 12 - always stressed

Alcohol - 1 or 2/day. w/e - 1 bottle + 2-5 glasses

I mixed spirits across a w/e.

Sitances everything; calm & relaxed.

Now 3 /day (come)

Drink to relax.

F^o - Couldn't relax without alcohol.

U^o - alcoholic

Convince self a few glasses is ok.

2 weeks - back on nights. + good.

Can't sleep at night.