

28.4.24

4x paracetamol
20x 5mg
2x anti-emetic

Took 26 pills Friday last week. → Hospital

M^r caused me to have panic attack

- just quit my job & trying to relax
- saying I need to focus plan for my future
- comparing me to other kids my age

While I O/D, M^r got angry w me as didn't want to go to ED.

She said she'd run away again as 'sick of this shit'

→ Horsham Hospital → O/W admission

Lost page in anxiety workshop.

Not doing the meditation as got distracted.

Not that helpful.

Mood: sl. stressed but otherwise calm.

Stressed - as going to see M^r sister.

- new place haven't been to (North Ryde)

Sleep - going to bed at 12.

Been trying to make comics so staying up late.
2 characters

Both incredibly stupid; dense

Chick is kneeling him in face as thought he was going to attack her. But just wanted directions

Spur & Nis

acts calm but super temperamental
v. impulsive

Rude; egoistic but logical + a little

? stress about future

- don't care where I end up.

D/C art school + challenged thinking.

Quit job - Couldn't handle it.

ST - not there right now.

MSG my friend when took o/D. She called M. to ambulance.

Didn't think to call anyone.

Dreams - nightmares often (2 weeks ago)
- wake me up.

graphic.

my friends trying to kill me + M. we left
Went to storage place to hide. Left bro behind

M. rang other friend + told him to get my bro.

Saw that car drive past it in it; was
someone else.

M. said s** what will happen to Kai (bro)

Ca

opened door. Bro being beaten up; knocked out;
blew his head off w. gun

F: stress

(v. hard to go)

nausea

Fear: bro if he died

R: woke up; freak out + panic attack

Heard things - for a normal experience

Witnessed fighting

M^r had crazy ex b/f (age 6-10)

Used to hit us; held us up against electric fence.

F^o - just got horse in Bligh Park. (on his own)

See him weekly. Close to him.

Most of my trauma comes from my M^r

She's quite trippy

Neglected me heavily when young

Preferred my bro

14yo - v. sick. Up all night screaming for water.

Couldn't walk. M^r kept telling me to shut up.

M^r v. sickly through my childhood.

Bad depression + anxiety

Meditⁿ → sick + vomit

? Live w/ F^o

- Love my house + animals

- Couldn't leave my animals.

- Can't sleep without my dog.

M^r had 11 men. attracts crazy men. F^o was abuse, but better now.

I need heaps of validation to believe people like me.

* Causes me to hurt myself so they worry about me.

Mood swings + easy to anger

Only way I can calm down is to attack the person who made me mad

Difficulty talking about my problems as M^r always shut me down

? self

1 think I'm crazy

1 impulsive

Do stuff that hurts myself

Don't think logically; act & don't have time to think about consequences

Don't love myself.

Think I'm a bad person.

tried to Δ but got worse.

- I apologized to everyone I'd wronged.

Friends doxed me & I apologized.

wonder if I have B.P.D. friends think I have it.

Triggers: abandonment & fear of.

Don't believe people

When someone openly worries about me or worries me, I get stressed in them.

F: happy; butterflies

Boyfriend since March - online (lives in India)
chat, play games.

I want a Dx so I can box it & figure out what's wrong to me.

D/C Doketela for Ax & Dx → G.P.

Didn't know she was preg. ETOH + smoking