

29.8.25.

Health good.

Last w/e had a flare up, which
Used the Rx a few days early - Sunday
Mouth really dry - < this week (bone dry)
& water

1 month ; + < this week.

Drink at least 2L /day.

Flare up - 6x ; runny

Rx settled it , but took gastro stop.

Moving -

Stressed % move - in 2 weeks

Twitch in left eye lid - all week

Bought it one month ago.

M.O.S. has Ca; in hospit at 3 weeks.

→ No downtime.

W/e is getting ready to move.

Stressed

Tired

Run down.

Twitching

Hard to stay focused.

Sucks life out of you.

Get dry mouth at networking

Not natural

Tongue getting

I want to have my own space

⊕ living at home % family

Like the lifestyle idea: gym; restaurants; close to RP

Looking forward to that.

Doing it from scratch, you need every household item.
A big list.

Planned it to be organised

Exciting; my own space.

Every process.

Doing that while running business

Less focused than usual.

not gone to gym. Just running

Sleeping later; took 1/2 a day off.

Mornings less rushed.

Then feel guilty

but been ok despite stress.

Sleep

V. good. Always been a good sleeper

Dreams.

Chait got arrested for murder.

I got a phone call

F: shock; he's the nicest person.

R: disbelief

Old boss.

been a mind slot.

Knot in stomach

- they'll try & sue me

- from so many nasty exp.

paranoia; they're looking for way to get me.

like a trauma thing. If her email an w/e,
still, stomach drops.

Have to remind self I'm not employed there anymore.

They are so vindictive

1 got legal advice

1 should be excited; a great opportunity

Cautioned

Fear - being sued

↳ they could sink me + everything I've worked for

↳ ending up on street; going bankrupt.

Built business in 2 yrs. + 14 yr

Stomach drop

Hot flush

Knot in stomach

Dragon lady went smelly

Embarrassment - public email out of her

Swimming all weekend

Knot last for days

sinking; breath -

4 yrs on edge

Cholitis started in ex gf.

? Knot

tightening of stomach

sinking &

hot

heart racing

image: rope; thick; heavy sinking feeling

Knot; pulling down

you feel sick

(30% absolutely horrific at that work)

boss passive aggressive; constant micro management + control.

FEAR FALLING

Relief when left

opposite: coming indoors; happiness
proud of myself.

S: I can breathe

image: sliding away.

Digestion - constant. Flare ups only in food now.

< spicy or deep fried; lamb

Lost weight; focus on diet.

160g protein / day

O.C.D.

No Δ.

Constant checking of things.

Bad habit I need to break.

Need to resist in new place.

Check doors + oven x 3.

A.O.R. when away.

My body's so routine.

6 weeks - came off oral med = to suppositories.

Don't want the chlo, it's back.

No scopes for 3 yrs.

Have bad effect of prep → ↓ BP

Chlo, it's starts at rectum & set up.

Hernia inguinal left - early 2024.

2° discomfort

Flare up = 25 after scope.

Scan said no hernia
specialist can feel it when cough
> & training