

4. 4.25

Anti a

5° away.

Sleeping through night. Still tired but not as bad.
When she's home, she's out late & gets home & all
animals wake up & bark

Good for my nervous system.

Back on Sunday

I like to be up early & clean

⊕ doing what I want.

Anxiety when doorbell rings

Happy in Covid as people not allowed to visit.

5° had drama, but because not at home, I didn't
respond. As her energy not there.

Nice to have just my energy in the house.

? Life look like

x away from Munkesburg; away from parents

Trying to mask & hold it all in

Lived in Perth for a while. Met someone just like me.
(7 yr ago)

⊕ single life

arty

introverted

My whole life I've felt out of place
been searching for people just like me.

Tried lymphatic drainage but got sick after

Constipated for a while → can't get rid of toxins
Saffron tea helping - mood & sleep.

2 out of place

always been socially awkward.

I have to put on a mask
A lot of rejection when younger. Hurt me + so
my personality

Mask adjusts

Hard since sick. Can't hold it up anymore
Parts of me coming up $\Rightarrow$ shove that down. No one
wants to see that.

Think I'm on the spectrum of ADHD.

Don't feel I was born to be in this world. I don't
fit; a struggle; v. introverted

Coming to therapy saves me. Having to be around

> animals. accept you who you are.

? coming out

- anxiety is hard to mask.

People don't react well to me when I'm unmasked.
I notice patterns in people's body language.

R: want to get out.

unMask - energy not as high; not as smiling; not giving
body language; don't show emotion in face

if excited, voice goes higher but excitement too
much for some people. I'd talk about different
things; deeper things; bored is small talk.

Excited + talk over people + have to hold self back.
Do things in my hands that I

I try to hold myself from moving too much.

I hold myself

I learnt to be really still. Now struggling to
control it. Can't hold it in.

Die since unwell. Brain forgetting + affecting my
masking

as if brain is disintegrating; falling apart.

as if something chemically is wrong to me.

High cortisol is affecting me.

felt like turning into a person I'm not.

an irritated person. Normally I'm calm + find
positives. Now jumpy in sudden words.

Losing a part of me every day; little parts of me.

Don't like the person I'm becoming - irritable + impatient
Even sing my face; drooping; sad.

Concussions

19yo + horse riding race horse + flipped on top of me +
kicked me all over. Woke in clothes being cut off
after that, a normal thought pattern was blocked.

5yo - fell out of tree onto head → CT scan
? unconscious

(parents don't remember anything; in survival mode)

20yo Wrestling a race horse. ~~But~~ turned really fast
+ whacked me over head. Cut head

8yo Bitten by dog on right face → 70 stitches inside
- 30 outside.

Dog was put down

~~Thores~~ but hate race industry. Horses dying; babies
dying. So stressed

~~Thores~~ age

F^o had issues to his M. He said she put doubt in
him. She took me in as loved into horses.

V. Close.

Hard when she said that. Her's came out

My paternal uncle was ~~the~~ MH.
His daughter Dx w/ ASD.

M^o in survival mode as in B/V relat prior to F^o.
But F^o more emotionally B/V to her. Even her F^o
was abusing to her (CSA) (+ still dealing w/ him
(I'm 41 + 50 40)

Don't remember F^o ever smiling as a kid.

Don't want kids; to bring a girl into the world.
Too many women I know been sexually abused.

Primary school - touched by guys.

Just had no rights

I'm always holding myself + my body in to look normal.
Can't even let muscles relax.
Sleep w/ my knees up (even hold body in sleep).