

24.10.25 . 18yo.

Dep + anxiety . School councillor R/F (Pers)
onset - age 12.

Pregnancy - stressful . F0 + 1 separated
shortly after her birth.
Stressful time

Vaginal delivery - induced - 2 weeks early

Preterm baby huge.

Aisha 5kg.

Older bro + younger bro.

18 mos

4yrs.

Breastfed till 3yr.

occ. colds

3yrs - fall + hit eye.

pain in knee cap → surgery

4yrs Rolled into a pole.

Slow schedule of vaccines

Dert milestones - no co

Walk - 1

F0 - Turkish

Anxiety
Fear judgment

⊕ Sleep "M" - difficulty getting to sleep.

till 4 then occ. in till 7/8

Sanguine ; dancing ; imaginative ; friends ;

everyone - despite stress at home.

v. imaginative

Friends would move on.

In own world.

Milestones.

Rheumatoid arthritis;

M.H. MIP GP - difficult childhood

M&M - Breast Ca

M&F - diabetes

F0

M Health

thyroid

Pat. U0 ? ASD.

? PTSD.

Fear.

Needles in general. - (prior to knee injury)
alone

Heat

hated jumpers; av. bunch of clothes on
Hated singlets, jeans, jumpers
av. scratches on the skin.

Food - textures - mushrooms, lentils, 3 vichie
pumpkin; avocado; eggplant.

Nois es.

- people eating - grossed me out.

over stimulation.

Psychologist did prelim ASD test → mild/mod.

Dx ADHD - medium level - 2yr ago.

- executive dysfunction
- focus on specific things
- getting started

as a kid - not a problem in primary (Carien) when
teacher engaged me so well.

High school - went to public

Struggled as didn't have the safety networks.

Child

Sudden/Loud noise - freeze; DISSOCIATING.

No night terrors.

Gender dysphoria since 14.

Big struggle. Affected me a lot.

Born female.

Body image issues

Uncomfortable being in my body. Way I'm perceived & the way I sound.

Body dysmorphic

Low self-esteem.

- face

Get focused on small parts & blows out of proportion.

From 13-16 - had DSM - a couple of episodes when overstim

- scratch arm until it bled.

So overwhelmed I had to take something out.

(N) - emotional regulation strategy

f: anorexia

? skin issue in

Really disconnected in my body.

A shock that's what I look like.

Unconf. in my self.

No connect in to myself.

Not best memory of childhood.

? as young child

- stressful 2° things in F°. → DISSOCIATION.

F° was physical & verbally abusive. HIT a lot; yelled at.; (Towards M° as well)

→ really damaged my self-esteem. He projected himself

If we were 'failing' he'd take it as insult to him.; that I couldn't do what was expected of me.

A lot of issues stem from that

- self-esteem; confidence

He was always - constant disappointment

→ I'm not worth as much as others

Shy & reserved.

Always apologising

Reliant on dissociation.

↓
Foggy memory

Exacerbated ASD & ADHD

? exp. of dissociation.

Like I'm sheltering myself from myself & my material world

Blurry & unfocused

Like open eyes - ocean; fuzzy & can't see far

Can't be aware of surroundings or motions.

NUMB

NOTHING

Not really anything

absence of exp.

Really foggy

White noise; static but on metaphysical level.

Catch myself losing weeks or months of time

I'm completely separated from my body & my matter

In same place as body but not part of it.

Disconnected from things I'm doing

Triggers:

Really love to draw.

Going to study at JMC next year Ba Creative Arts
(animation) - 2D animation.

Draw people.

Major work - mouse characters.

As a kid - drawn to genre of Brit.

2 mice live in a log. Foraging for berries.

Mazel - G. nother

Arise G. daughter

Don't have defined personalities
soft

Focus on feeling

Capture looking back on my nostalgia
recreate feeling of comfort.

How safe it is

Inspired by nature

Wanted to have a safe foresty thing
- colours

v. stressed about the modern world - hate everything
going on.

Film so off to what we are

→ everyone pulled into extremism; political unrest
climate tipping point.

(W) - no hope for coral reef

AI - scares me.

Polluting our water.

v. nihilistic about how we treat environment

Uncertainty; complete lack of hope. Absolutely desolate

off:

soft + comfortable

I get joy from media / cinema.

As a kid - obsessed w. books for years
wings of fire - YR 4 to 7. exclusively

Dragons continent

was going on; prophecy

So into dragons - my personality for childhood

Friends

Tsunami - liked how angry & violent

- girl character that could be outspoken.

- her strength

As a kid - tom boy;

→ so cool. Drew dragons; thinking about dragons.

① Mythology for dragons

obsessed w. idea of flying

Big strong aggressive monsters that can fly.

FREE

EXCITING

Let go of everything

Go so fast

So big

Perceived as big & scary but agile & delicate

- conned

I'm tall & look threatening but on inside
v. sensitive & don't feel like I look.

? gattara.

- finding solace in abstract idea

Big monsters but graceful & elegant (wow)

I always feel people will interpret me as

intimidating or big or stupid (neg. archetypes)

I'm 6' tall.

internally reserved & introspective.

? meaning

I feel like I didn't get to ever see myself
in media to

See myself move as the animal in slow w/ people
Don't see people & my features

F: alienation & difference b/w me & everyone else
assume people don't like me.

inherent isolation

Can't connect w/ them & think they

Dragons perceived as...

FREE

OPP

Caged + no control over your actions or the
world

? exp.

No control over anything going on
Protects won't make a difference

Nothing I can do but watch world crumble.

Disintegrating around me.

how I feel when overwhelmed

Can't breathe

chest tight

can't move

panicking.

rib cage can't move

R: give up &

not much I can do to stop it.

Dreams.

Adventure

Disconnected to actual reality
Fantasy

train - archaic.
everything so purple.

No flying dreams.

Like spiders - bugs
The way they look.

POTS
- super dizzy when
stand
- vision goes black
Black out for a
few seconds.

Skin

~~the~~ forehead, nose, cheeks

Dehydration

Menstrue

14 ya onset
Possibly irregular

Digestion

tend to constipation

Foods

ADHD med^{ca} ↓ appetite.

Don't eat lunch & feel too sick to have dinner

Medⁿ saved me

Viviane &