

Alannah 7.4.25

When I was YR 1-4 had a friend who caused a lot of stress.

sexual things I didn't want to do → stress.

She was v. controlling

Told me I needed to be skinnier

Her M^o was gay

Doing things: told me I couldn't tell anyone.

Wanted to but now realise I didn't

YR 5 - stopped the friendship. She told her 5^o

Told to never talk about it.

→ no friends

→ withdrawn & stressed

In YR 8, we talked about it.

She brought it up 6mos later

I felt she took a lot of control over my life + me.

She left school in YR 10

Feel like that impacted everything & my future.

Wasn't violent

She told me what to do.

It wasn't fine but I got used to it.

Anxious & depressed: primary. Didn't want to be here.

She was my only friend. Felt she understood me.

Knew I was gay back then.

My parents were home phobic.

Purports - gender dysphoria; didn't want to be a girl.
A lot of fear. She knew a lot about me.

At 1st doing it because she wanted to. Then both initiated it.

Prior to my sex education.

Caused me stress.

Didn't speak back to her

Went along to it as wanted the friendship & she said it was ok. Didn't want to seem bitchy

She wanted to be older

She was putting me down a lot & telling me what to do

telling me people like me because I was skinny
→ w/ consciousness

I was worrying about all this stuff.

All I thought about

I was so stressed all the time

Didn't want people finding out; that people would
think it gross. & say you shouldn't

M^o had told me to say something

Wanted to make my friend happy.

It felt good

Took me a while to feel pleasure.

She said we couldn't do it anymore.

She must have thought it was OK.

I was upset.

I didn't want to do it but now I start to like it
you say we can't.

She said she was sorry.

Had another friend who was brought into the act

Didn't trust her but to

Never conflicted about my sexuality

Anxiety has followed me.

Manah
Hawaii

terrified

v. loud.

F^x S^x

7.5

I slut off.

Hold on

Shaky AHR

Could be a tsunami

10yo - biggest fear of tsunami

Exhausted + faint

Couldn't eat

Nausea & anxiety

Didn't sleep

I was saying it's OK.

Numb & faint

Everything out of my control.

after - no control & anything can happen.

Every plane noise - freak out.

Can't

Screaming to friends

SO COUD.

Military flight home.

Thought I'd die

I haven't lived yet.

Life is so fragile

No one had any balk.

Can't trust

Dreams.

1/2 blind in house in friend is a quake

Fear response.

More aware of things that can hurt us.
Catastrophizing about disasters

Primary - stressful.