

16yo.

16.9.24 Amy

Not able to cope w
→ reactions difficult to cope.

⊕ Coping strategies.

YR 10. Arndel - since YR 7.

⊕ be a hairdresser.

Liked hair since young.

Always had a lot more emotion.

When I'm happy, still a sadness in me. Never fully happy.

Always having to distract myself from my feelings

When I'm sad - v. sad; + mad; lose temper alot.

Get into trouble from teachers.

When we have subs or a teacher I don't like, I love it; bad attitude.

Can't deal when something doesn't go my way.

Mad of things get cancelled.

Recently been getting worse → cry tt

→ I know I can't control it

Mood ss v. quickly. - v. easy to go into bad mood

But hard to come out of it.

→ feel it's my fault. They don't want to hang out w me.

B. y friend - 6/12 - school - Will.

Thought at back of mind - don't want to be w me.

Overthink alot.

Think b/f is mad at me; doesn't want to be w me.

Misread things; take it the wrong way.

People want to joke around + tease - take it wrong way

R: take out of proportion; F: I'm not good enough.

Someone will think bad about me.

" I care about - think highly of their opinion of me.

Confront people.

If not resolved → anxious

Can't stand people talking about me

↳ untrue things about me getting around.

Care about some people's opinions

- think I'm annoying

↳

Used

Told I talk a lot & fast.

I talk it as hurtful; or annoying. Hurts me a lot.

Fear - people not being honest to me;

Go behind my back

Scared others not being honest.

Onset - age 12.

<< moods.

temper <<; emotions all over

crying + for nothing

face goes red.

I get really mad / sad.

Floods made it worse.

Get sad; depressed; low; don't know how to fix myself.

Lost & don't know what to do.

Don't think others suffering as much.

Can't relate to

Get mad at little things

B/F & 2 close friends - genuine happiness.

12 - started H/S.

talkative; outgoing; speak up; in the popular group
since YR 7. No troubles socially

Friends from primary went elsewhere

Felt left out. Primary friends kept their friendships

+ I felt left out. v. upset about lost friendships.

Q: Fear of leaving each other. Scared I wouldn't make friends.

Moses - April 4R 7.

Always been emotional as kid

Emotions < last year - a Δ. reduced Δ.

? happy

Family good times
Friends

Hobbies

soccer gym; sporty
union competitive; social; friends; fun
good at it; Banter;

I like to be active

work

Pizza shop.

Live w/ Mum + F^o

Bro - 21

Sis - 19

Me - 16

} all at home.

Bro + I were tight; one time, 5^o + 8^o got closer as one
18 + older together.

Part 3yr - become close.

→ F: jealousy

5^o + I close.

8^o makes me mad. Talks to me. Blocked him on S/M.

As I became teen - 12-13 - I got attitude + he
started treating me differently

Some of reassurance! need that I'm loved.

Tell family I love them.

2 1st not loved.

Only 1/2 siblings. Jealousy them being a lot closer.

I'm gangled up on. Miss about me to each other.

Say to me that they are best friends

Torment me

F: Jealousy; upset.

R: Mad; lash out; lose temper; retaliate

I'm screaming & he's laughing.

Rawl my eyes out. Get over it

Can't do that at school.

If I've done something - mad at myself.

Always searching for approval from older siblings

Reassurance I'm enough

Left out; on the outside.