

17.2.25

Rx didn't work + skin is worse.

Fatigue - can manage it well if take care of

menstrual cycle -

Moved back - 1. M. + 1. - 4 travel to training
city every day.

End of 24 a big year.

Sick over break

1 got hit, my body gave out on me

Similar to when thought I had GV

Came a head + fast

Day 2 - rash on neck - ? food allergy

Taking Sunday off to rest + recover.

Waking more refreshed

Rash - started around nose + mouth → neck + body.

tiny papules; white heads + redness around.

Sore throat had injured since October.

No sore throats since Jan. Cleared up.

Then got violently ill in gastro. No one else ~~ate~~
got it. 5th Jan.

Reset since then.

Took other Rx for acutes - ? Rhinex

No things since Dec.

No daily

Emotions - readjustment, moving home. Helps that
it's short term or I'd feel stuck.

Hard to live in people again; used to being just me.

Choosing to focus on the positive.

Still waves; up + down.

More numbed atm

Rough week last menses - low;

Thought patterns - love to watch them or get v. low.

Feeling there but more numb.

All the sadness + trauma + hurt still there; play
scenarios in head. (DWELLS)

Have to eat but not feed.

around me + life + everything that happened.

? stopping you move forward.

many ways I have
still a hope that he comes back.

Trying not to stay STUCK
choosing not to be the victim; to do things to not make
mistakes.

Trying not to be struck - my plan.

? there without the compensation

- confusion

- hurt

- pain

- fear - being alone; not having that again.

- a mess.

I'm content + at peace if that's how it's meant to be.

- better than emotional abuse.

But still the desire to be in a relat.; to have a
family; build a life w/ someone.

But fear of what it would be like to open up +
trust someone like that again. Not sure if capable

→ completely broke me
Betrayal of trust.

? victim

He cheated + left me. I could have seen self as
victim, but chose not to. That leaves me stuck.

How can I move forward + heal.

At end, I was v. scared

R: when younger, I'd fight (temper)

now - I appease.

Had to work on not appease + freeze; but to
not give in to fear + find my voice.

Rug swept under my feet.

His volatility.

I felt v. ... no power or control. He held all the
power.

Dreams. good. - been nice.

Nightmare the other night - 1st one.

Combat dream. 2 of my dogs + had to remove a bullet from them. to save them.

Wounded not killed

F: high intensity; nervous system heightens
in combat war zone. Urgency; had to care for them
+ save them.

High stress but not scared; Confident in we
perform my duties to survive
More concerned for dogs.

R: a purpose + intention. They got injured - became
my focus to find a safe place to look after them.

Intention - from the mission to looking after them.

Tense

Strong + confident

Engaging - fire

Defending myself.

V. aware; capable + strong.

Prepared; on guard; ready

HG fists up

Defensive

Preparedness to fight

Exp.

Readiness

Confidence

Strength

Agility

S: aggression;
adrenaline

? opp.

HG - arms protecting head

Retreat or protection; on backfoot
Lower ground
in defence.

Unstable; unbalanced;

S: Faced in to foetal position - protect you

Keeps you safe
hides you.

STUCK.

Not moving

Stationary

Caught b/w 2 things

Lodged b/w

Not growing

Still

Caught.

Stopped.

Image: stuck in the mud.

~~Has~~ Something holds you back.

Struck up something.

Exp.

Uncomfortable; heavy; dragged down; slow
Can move but really heavy & every step a struggle.
Hard to take steps forward; weighted

f: Anxious Frustrated scared exhausted agitated

R: overwhelmed, consumed by it

Struggling & tired; fatigued of trying to move forward
& not going anywhere

Trying to get out but every step hard

Still moving but hard & a battle & can't see a way out.

Fear: no way out; don't know how far &
No end to the mud.

Moments of panic; giving in to it & letting it
consume you.

Get up - moving or stay there & die.

S: Heavy weighted slow.

Move how I feel most of the time.

Dream state - because I'm feeling stranger in
myself. I have stronger days of not wanting to be

OPP.

walking: a soft grass

open field

movement

light

open space

nothing holding y back.

HQ arms waving out

flying; twists

on back foot.

2 yrs ago - just protecting myself & was so broken; I was in protective mode.

Testing self to stand up for myself.

Stunt work helped alot.

Constantly doing things I never thought I'd do.