

24.6.24

Anna 2 Mnie.

Rash returned, all on left side - left shoulder +
pubic bone. Comes + goes; up + down.

Training a lot atm.

Carnivore - based diet 3/12

Clean + wholesome food.

2023 - stunt performing; got qualified to work in
industry.

Building strength

Gut + energy - feeling better.

< stress.

- Less impacted by reparation.

(W) Divorced March '24. I chose to do it to get rid of
false hope. Facilitated week of 9 yr anniversary.

Rash - Rtn Spring 2023

= just back from o/s.

Put business up for sale - 1 yr ago. before I left.

Steve was hostile. I was frightened of him

He contacted me while o/s + asked for forgiveness +
took responsibility, but nothing progressed

Started contacting for Dad.

Focusing on my new life.

Caught off guard; unexpected;

Took time to think + reply.

When told he I was selling business - tore sheets off me.
He'd made me feel I was crazy

I was in pieces.

I had been having a ~~bad~~ great day.

He twisted my words

Parents had to put me back together from being in pieces
? exp.

his words were vicious + tore chunks off me; as if

Cutting me + I was bleeding all over floor.

I was so delicate + fragile, my response was to freeze.

Overwhelmed; he was being so cruel.

R: tried to oppress; justify & defend myself.
He was seeking to attack

R: freeze

- routed to the ground
- panic
- desperate to resolve
- fear

Saw psychol. till early 2023 but re-traumatizing
Seeing somatic psychotherapist >>

Hypnotherapist - subconscious reprogramming.

- self-worth & unhelpful narratives

Have tools to self-regulate

Selling business - feel I've lost a lot of things.
Still attachment there.

Stunt work

(+) moving & being active

Challenging; learn new things

Forcing me to be uncomfortable to grow.

Found a great community

Sleep.

Nightmares - Steven = the girl he cheated on.

F: betrayal, anxiety

R:

NS - feels so fragile trauma; hurt.

Like I'm made of glass & slightest thing will shatter me.

Feeling hollow; not firm or solid.
v. delicate

opp.

sturdy; solid.

Stunt -

Cold stars are rare.

Low energy

Mergers - Energy lower prior mergers.