

7. 2.25 Anita. 41.

wife - like time to myself.
as people all week & social anxiety
last 4 yrs - more fatigue - so harder to work.
→ to income so avoid outings

Energy drops

if I get upset about what friends are saying,
energy drops

HQ - Hands closing down from head

Adrenal insufficiency

Histamine issues

affects how I react to things

Now escalated into panic & I can't hold it back

Went into panic 1. & HR when chest

Normal me wouldn't have catastrophised / rationalised

Now. so straight to panic

onset - 3yr ago.

→ anti. B - helped w/ dep. & soc. anx. but

high cortisol / adrenaline

That didn't stop after med = stopped

→ GP → lots of tests - NAD.

Drains out of me; hits me hard

I feel like I'm turning into lead. Heavy

Exhausted

→ don't see friends any more

Conserve energy to survive & work.

Always been introverted

> at home

Fatigue is new.

always had good energy.

Now I feel old.

Relationships

- no long term relat.

Prefer a single life

Who

Trapped + have to get out. Then difficulty getting

out of it as @ hurt them.

Seeing how M^o + MGH trapped in their relat.

Why waste my energy in that.

No energy to travel

I can't look after someone else.

I don't want to make myself smaller

I keep myself safe - from making self smaller.

Dream is to be on my own or i. a friend on a farm.

S^o bring home guys - (not good ones); she's always home.

She's dark + heavy energy all the time.

@ be home + relaxed; to do what you want.

Nice to be in own energy to re.boot.

Don't want to meet another strange person in my house.

I feel unsafe

@ be home is no bra on.

Don't get angry; don't know how to healthily get angry.

Intensive anger + sadness.

At 4 this energy came; started to shake.

Can't you go to his house?

She wants to be home.

"O.M.G."

Want to say all these things but can't as she dating
to all her stuff.

Time to myself, not getting it.

Work - love it but drains me. Then home - so
always there.

Olivia on my own.

? stopping you

x fatigue

x money

x foggy brain

Brain fog + fatigue trapping me.

She was angry for me waiting to do own thing - travel
living on own.

Then she wanted to push me out in corridor.

Some responsibility towards her.

- Big S^o; have to look after her.

2^o trauma - because I didn't know for so long.

M^o told me as a teen. Didn't understand the extent

until 30. Confused why he was still coming around.

Talked to M^o about that & she talked to Dad

When he (bro) came around, I got cold to him even tho
didn't know extent of abuse.

She was going out to push to him. Confusing

things that when grandfather died. Hit me hard

She wanted to thank him for taking spud (bro) in.

P.G.F. always drunk & smoked.

S^o hit hard when he died as hadn't thanked him.

She believed that G.H. blamed her for FACS

Gran: like a 2nd M^o from age 9. She was an
artist; taught me to paint. She knew I struggled
socially so took me in.

S^o went into dep. after P.H. died. Then she started telling
me what Scott had done. → meeting in M^o + F^o -

nothing came out. F^o quiet & angry; M^o cried.

I said I believed her (1st time S^o had said that)

I was strong through whole thing; reporting it.

Saw a detective.

Scott wanted to write an apology. Had to get it for court. So scared to get it wrong

Police tapped phone.

I had to get letter - police took photos.
- not incriminating

Took a few years.

I attended every ^{strong} mentioning for 5^o; guarded her from bro.

9 charges in open court.

5^o in jail mode but read her statement

I was so angry in bro.

He pleaded guilty; no jail due to M.I.

After, she had string of bad relationships. ⊕ a dog for companionship

I'm 16 mos older.

Don't remember any thing to me.

He was v. aggressive to me; beat me up;
pull hair out; chase me + pull me off bikes.

Being (5^o) in bottom bunk.

5^o went to a Xmas party. I got a p/c at 1 am
as 5^o became aggressive + beating people up.

Colleagues left he there - called me

I called her + she was sobbing + saying she was going to kill herself. I went + got her; on Harbour Bridge. I called cops. She was so aggro they left her for another call.

At Luna Park.

Got her in car. She was aggro scarg.

She beat up a good friend badly. Can't remember.
Not like her.

I feel v. sad for her; had to leave job.

Now - anxiously every time she goes out.