

13.5.24. Betina.

Still sober.

↳ Campil

Got a manual car.

Truggin around some time of year. Buried a lot
Unsure if it is a heightened state of stress or if I've
buried things to cope. But it's not there.

Chatting to brother about D/V

- was really beat back then - in parents +

the store - when he raped me + also T.O.P (his baby)

+ he isolated me from friends + family

- + visiting him in jail for that crime.

I'm the victim of that situation.

Steve tried to contact me later through my bro.

I need to re-visit it + speak to my brother to
get more info about it as I

I shut down

I feel really raw + exposed but usual at same time
+ overwhelmed

I'm a lot of debt

It's all spiralling + I'm trying to bury my head.
Went away for w/e

Phone damaged + need a new phone.

My friend Sam rehab. back in

Work is helping + got my mojo back.

Relationship to Ruby improving.

M^o Day - went to M^o grave (2010) Dec.

F^o died (2002) May 24

Tuner pattern

Go into a space of vagueness;

Not seeing anything around me.

Body is there - I'm not feeling anything.
Like I'm not there.

I'm autopilot

Can't think or process anything.

Out of my body but I'm not happy or sad or fear.

? Exp.

I'm in that state of shock where everything is shut down to survive

Like valium, but not a happy place

That void.

Anxiety is that high, that med = doesn't work.

My body shutting down to protect itself

? 2^o ACE + shutting down then

4.5 in primary. An agreement and of my f^o

On w/e, listening to podcast on addictive behaviors.

A lot of control in that religion

M^o + F^o excommunicated. Shut off from family.

M^o found it hard to fit in + find her identity
I relate to that. Trying to find who I am as a
individual.

There's so much; I've shut down to even f^o in
every day things

→ rescue others as too many things

My bro had to rescue me so many times from
unhealthy relationships?

Why I isolated myself this time. f^x up, but on my
own. But became co. dependent & Ruby.

Couldn't go to shops on my own.

Anxiety -

My senses become so overwhelmed, become
determined

Senses heightened, I can't see people.

OK when out to work. Hide behind my work.
I'm the teacher

Bring things out in class

Alcohol - coping strategy to block it out.

Now - now + exposed.

Now + exposed → panic attack. Hunting in
class as I'm not in control.

Takes me back to school + not able to learn as
shut down.

Learned behaviour; no worth + rejection.

? exact opp.
in control

Dealing with it in childish way.

Exposed

A neg. word.

accountable to your actions

Vulnerable.

the truth

people seeing me
uncovering everything I don't
want people to see

OPP.

Shut down. - Image: escape; avoid; no feeling.

Sabotage

Numb.

The whole body is shutting down

Night terrors

Punch