

20.5.24

Bretina

GP today - bloods good.

Said to stop Br → stop supplements
& chex.

Numb; no excit emot.

No triggers to drink; still sober.

Stronger today. Getting a few things done.

No so bogged down & wanting to run away.

Been given a 2nd chance but what is that?

Something to fight for me. It will come to me when
it's ready;

? Using my situation to help others.

Good working less atm.

Enjoying T.V.

Relat. % Ruby improving

OK after last session. Needed to offload.

- recognised 'dissociated' for many years
the trauma, identity & purpose; trying to
rebuild that.

anti-depressants help so much.

Congratulated - recognised progress (acknowledged)
- sobriety; Δ; turning up to appts.

When I have my confidence' can do things
so differently.

Work - always on show; needed valued at work but
don't get it. Learning that resilience is I'm
doing well. Doubt can set in.

Cards

Balance

Victory

Deception

Images

Victory - positive

will take time; internal deception
there all the time

Child - scared of being adult → fear failure

(u) response like child - hide behind it.

(+) run away + retreat.

Price too high to pay.

? age

6yo - 7yo

R: not good enough

Frozen.

knowing you're different.