

03.5.24

5 Open Oban St
Schofield's.

B'rohem.

Contact - bro. Tony Callow: 0418260400

Been in detox - found out I had heart failure
24% F²

I need a car to go back to work on Tues. -

Ruby's 6. days today.

I jeopardised a job → 2 days instead of 4.

Need more of a challenge.

Girls have a disorder that will trigger me if they die
(1.5yr) Rapid deterioration

Need to get better to help Ruby - THCO

New house; nice & clean. I've maintained it

I had 2 dream jobs but sabotaged.

Not taking anti D₅₀ and ADHD med -

4 ETOH - last few years

1 bottle 750ml vodka & 1 bottle wine / day.

Face swollen; distended gut.

Drink to sleep

Made family put me into rehab.

Taking Campril & Maltrexone.

Still have urge

Hard to deal w/ what's going on.

Can't process anything

If I drink, I won't be here. So can't drink.

4 anxiety. ③ Leave home.

During detox, learned ADHD a factor in ETOH -
chasing the dopamine.

I was drunk

Moved - 1.5yr ago. Alcohol more accessible to

Dr Amin v. concerned.

Detox - never want to go again.

Need to go to AA.

Not been able to go to groups as no car.

Got to get life back on track.

Detox - 10.4.24 -
20.4.24 -
3 weeks sober.

Cautious in new friendships. - can be like a addiction
Love to help others } + get fed by that new person.
Have to take care

Need help to get to place where I f^u normally + be
kinder to myself when get to the

Tough, as not felt emotion for a long time.

It's overwhelming

Still have feelings of not wanting to be here.

Not feeling good in myself.

Cardiac

ECG → U/S

~~Stress test~~

Medⁿ

Campiral 333mg x2 TDS

Mg aspartate 500mg OD

Mitazapine 30mg OD

Bisoprolol - 2.5mg - 1/2 tablet OD

Waltresone 50mg OD

Sacubitril - valsartan - 24/26 BD

Thiamine 100mg TDS

Left ventricle + strain 'severely dilated)

No peripheral oedema.

Face looked swollen

Enlarged liver.

Prognosis - won't go back to full capacity

Dr Amin said if I drink again, I'll die.

I needed that

Been thinking about why.

Before - 2° social ans. & not able to interact w
anybody & chasing that feeling of normal
But that wasn't working either.

I'd become isolated
But got to work.

I want to do different things. Take clients to place
Learned to separate personal & work.
Was working 7 days & 2 double shifts
- burnout. Thornleigh - driving TT. & no down time.

Got rid of most of belongings. Got removalists.
New white goods.

light. Modern appliances

Got rental through client contact.

Ruby - not contributing to rent.

- at KFC - manager
lovely boyfriend
new friends.

Relationships

Getting in touch w. g. friends

Trying to get better at answering phone.

Bro had baby

Rod - just friends. Was toxic relat.

Need to start plan of how to get better.

ETOH.

Been ok around others drinking

ETOH made it easier to fit in

(^{trigger} when I overthink, I want to numb that.)

→ upset someone else & don't know how to deal w it

→ Dumb that.

I requested med -

↳ smoking

Initially on valium. Now off.

The trauma in the unit brought up my own trauma.
Nicole - in Haveresbury. & 2 x mates - we
will continue to support each other.
Still feel really fragile in myself; not good enough.
Scared of the unknown.

S.F. - I could do something to myself to not be here.
I'm stuck in no transport.
Wrote off car. - bro took me to E.D.
MESSAGE
I've got a chance to recover
I need to take little steps.
Can't set goals that will fail.

Part of another person
Part by - raped by previous S/F.

DIV - emotional abuse.

I'd had a T.O.P.

Parents begged me to move home.

~~Best friend~~

We were at pub. I went home in girl friend

He raped someone.

next day police called to home + I was in bed
in him → jail for 8 yr.

After I had Ruby,

conditioned/manipulated me to feeling wanted + that

Trauma since then was normal.

May 2023 -
Blackstar Hospital
O/D
O/N admission