

26. 8.24.

Betina

Relapsed 2° getting back in ex.

Drinking for 3 days - last week; 7 days off.

⊕ escape the emotional, but can access emotions better when intoxicated. Can figure things out + ~~deal~~ process it.

? Real

- to a point

? Stop

- guilt; feel bad for Ruby;
I'm not enjoying the ETOH; drinking to pass out
Want to run from neg. things = life.

Unable to rest my mind.

It's premeditated

Makes me want to isolate more.

? go back on med^s - anti dep. + ~~Elavipix~~ Cymbalta + Maltaxone.

Need to stop that pattern.

Refuse get^s bad to drinking

Fragile. Need to strengthen myself before doing the deeper psychological work.

But do need to release that issues or keep sabotaging me.
Feel so stuck.

Low self-worth.

No friends + my fault. Lonely.

Roll-cycle. It's good, then abusive

He does good things, that draws me in, but he doesn't want that + says little things that upset me.

Makes me feel wanted; happy someone will go out of their way for me + take weight off me

Then I feel I owe him; an expectation

He does things to keep me close.

But he doesn't want commitment

Then pushes me away; denies me sex

But he doesn't want anyone else to have me.

Need to not have sexual relat. w him

R: really hurt + shut down (or) I'll push out.

W, there are + numb 2° rejection

I open myself up to my feelings, then he's critical of me
Not safe to express my inner self to him.

Have to be cautious as he's revengeful.

ANIMAL
THEMES

Conflicts in my words

Learning that others use my vulnerability against me.

Goes against who I am; being that person

⊕ share + help others.

→ image

Black + blue

- straight

Numbness is behind - flat

On surface - chaos; I'm spiralling

A shutting down; all the chaos + spirit

Causing me to shut down + numb as don't know how to
solve it or sit in feelings of hurt, anger, rejection.

Don't know how to feel it + go through it;

⊕ escape it; gives me a bit of peace. → alcohol.

Opp.

Present, happy, positive

Multiple stressors impact me.

Feels good to overcome stressors.

Everything starts to fall apart.

→ cranky.

Addressing things - so hard.

Didn't used to get so on

PLAN

Meditation

GP appt. ✓

To do list +

