

15.1.25. Dave

Horrible Xmas; deep dark place. ? 2° looking at crime scene photos.

Didn't eat 4 days

Contacted GP for strong anti-Ds → floored me.

Went to tannoy. Ate a bit there but v. sedated

Went home + saw Dr. Dash → paracetamol 1/2 dose.

See Dr. Singh Wednesd

Within 1 day, started to settle down; more energy; started doing things again.

Yesterday - cortisone in horse + drained 10ml fluid

Picked up Craig's car. Still smells like Craig

Land Cruiser playing up.

Went north.

Chloe came to cemetery but left to go to lunch

Spending money - compulsive buying

Comfort seeking; lonely + had nothing
Was being reckless driving

Eating again. Want to get back to healthier eating

Went off rails. Not suicidal.

Craig's death protective - don't want anyone to be
affected by me. That way.

Up + down mood.

Siesta in day.

Wake at 5:

* coffee (decaf) regular.

Got to find new routine

Got to find temp. accom. in Sydney before end June.

Amelia - no contact.

Not overly focused on her; nothing I can do about it right now.