

12.6.24

Dean.

Dream - as if was.

Don't want to go to school

Home - safe

Don't want to go when feel like this
Hard to breathe

Head spinning,

Went to bed, couldn't sleep (4 nights ago)

Hard to focus - blurry but takes a while

In room watching TV.

Red lips

Acne.

Dreams

going down a slide on a scooter.

Someone else on scooter

A blur - can't remember.

Both said different directions

→ wrong turn. Landed in open ocean of water

F: I didn't feel anything; no sensation

R: annoyed at him for going the wrong way.

3rd Jan 2020

Less fear

Don't care about being included.

Still have feeling of not being smart.

Mind goes blank when don't know the answer.

Trying to think of something but nothing in my head.

Blank

No thoughts. In head there's nothing. want to answer but have nothing.

app.
Full

image (blank)

white but real foggy ; a mist

image (full)

overwhelmed thinking of answer → blank

in room - mind off everything watching TV or something, it
all goes away; no breathing + spinning

? full

Talking about something I know a lot about.