

3.5.24

Dean Luscombe

2/5 2 - fight in chair; struggled to breathe → E-D
→ anxiety. (ECG + CKR)

G.P. → another ECG.

Episodes of shaking - crying.

Cause - M^o moved to QLD

2 S^o - 1 to M^o; 1 in Canada.

Mate Angus - suicide 7mo ago (from early childhood).

Another mate died in MVA.

Descent //

2020 - gpa MGF

2021 - ~~gpa~~ MGM

2022 - M^o to Gold Coast

2023 - Angus

2024 - mate - M.V.A.

Colo High. Going move now

Parents separated 2022; Shock

Just a f^o now.

Visit M^o

? panic attack. Come + go

Home all day alone

Stress - not having any Ls. Can't sit + practice test

Months behind (Oct.)

Other things move entertainment

- Mum. Her not being around. Someone I've always wanted in my life.

Annoyed at her at 1st.

Home felt empty.

R: sad + cried

Went up + didn't want to come back.

f^o - close now.

M^o easier to talk to.

But when I'm upset, don't call her.

Don't like talking about feelings. Uncomfortable.

Grandparents were close.

? anxiety attack

Gaming

2 days before, occ. chest tightness

Angus

got text from a mate

Didn't feel anything at 1st.

F^o came in + I started crying → hit me

Want to walk, called M^o

I know I should be sad + crying but

Not believing it. Thought was a prank

Saw mate, nearly cried. Didn't feel real.

→ F: sadness.

→ 2 days off school.

Then in school holidays

Still feel shut

Zone out a lot + class; anywhere

School

- don't do any work.

thought about trade but wanted to stay at school.

← since Angus died

(Blankness; poverty of thought)

Zone out

Focus on something + mind goes blank.

- class

Feel good

- training - ju jitsu.
- mates
- going to Mums

QLD - good

Home - restarts all over again.
empty; down getting used to it again.

after Angus - Went to gym.
Zoned out in gym.

Zoning out before Angus - always
- boredom, a lot on mind

Dreams

Moi Tai fight - I won.

Something I really want to do

F: good.

R: excited & happy
- jumped around.

Feel good 'n mates -

I want to be a mixed martial artist
- an MMA fighter

started end of 2023.

The technique; fun hitting them.

Angus

- blackmailed him. Posed as girl - got photo
he didn't cope → suicide

F: angry. > now they're caught.

Didn't express it.

tight chest

Can't get a full breath.

Been happening all day.

