

18.4.24

Not terrible

Felt good for a few days (but at partners)

Crashed when I had to go home.

Bad day yesterday

But aside from that, not as bad.

anger still there

Menstrues

Pain day before + Day 1 but lighter one I've had.

Usually have 3 days of constant pain

Much less pain killer ~~see~~ than usual.

OCP for 6 weeks. stopped at ovulation time (2wk ago).

No nausea or vomiting

13 March - last period. + started OCP.

12 April - stopped OCP

14 period

15 period

Will start OCP again after menses.

Gr wants OCP to stop pain + protracted menses.

Sex

- only had stabbing pain once (not in good mind set on that occasion)
- no has irritated uterus

Panic attacks

- a few.

one random one. felt funny at work, started to shake, went outside. Had been angry

OK. once got to mate's place. 2nd a job I couldn't figure out. It's my fault; I'm stupid; Why can't I do this?

? Not as intense. Only one major one. - fight in partner → had head of car yesterday.

- not shutting down completely; more aware of surroundings in panic.

Put on such a strong persona. Don't want people to see me differently.

Reaction

Drowsy for a few days

Sleep

Not too bad. A few good days
More better nights than usual

Nightmares - calmed down. None.

Last night - of ex partner. He was out to get me.
always have fear he could do something &
worked next door

Long hallway. He was chasing me

F: scared

Fear: (if I can't have you, no one can) his
intensity scares me; fear he'll take me as

Mood - up & down

Took Rx for 4 days o/p.

Has made a difference. Definitely felt more ok.
Less down

fight w/ partner. He goes to ~~partner~~ then & takes
substances. I don't want to know about it as
will upset me. His mates told me.

Never wanted to do drugs

He said OK don't pick me up

→ I started breaking out

→ melt down

I can't breathe; shaking

Yesterday in bad mood.

> cutting board - only thing I can attack.

I held emotions & shut down for 30 many years.

Now want to speak up.

Need to express now so

I felt ignored & disrespected.

Terrifies me - it's a big event & police & people die.
He's going to die; want to keep every me safe.

? ignored

Fact he would do it anyway