

31.7.24

Cough triggering

Constant dry cough

No longer incontinent.

a bit of saliva can trigger the cough.

Not right

Not had asthma med: since unwell.

Started taking the preventer again, but no real Δ
Giving me the asthma feeling; breathless feeling.

Sperm - got to ride it out.

Want to cough something up but nothing.

Tickle

Sips of water can trigger

In the sperm I can't get breath.

Redness in face.

as if I can't get the breath in.

Problem in my hip → osteo Rx

Rt buttock muscle not working pr

Double joints

Left hip feels really unstable.

Can't sit cross-legged or do yoga poses. (v. unusual)

Too painful left hip

< 3 mos.

About to turn 50 - falling apart.

Mentally & physically spent 18 mos - Can't breathe (asotically)

Throat thing really unusual - really dry; Can't drink
enough water;

Feels like it's missing moisture.

Coughed violently for a long time. ? damaged throat.

Hip - sharp pain

Not in right place to feel stable

Moments - all over place. Have an I.U.D. so hard to tell

Hot flashes last 4 yrs.

Taking herbal multi v that's helped.

Mood swings - whole slowing down last 12-18 mos
has given me time to reflect; been tricky.

Supervision w/les been big. - journey work; a lot of
stuff shifting & moving

Body relaxing

Got covid, then flu, then RSV, then mycoplasma
past 7 mos.

always something going on - feel I'm whinging all the time
still really tired. Keep waiting for that to ease.

Been years of challenges

Damian & I sleeping separately etc & sleeping better
I'm a light sleeper 2° year of cortisol
Nights where I'm sleeping through.

Journeys

a lot of questioning
so much of my world tied up in my family's lack of
understanding of themselves

I've always reflected on my emotions a lot.

→ I went into

I assumed I could teach my kids that but realising it's
ingrained.

Fighting an uphill battle

Always had to be so careful in how I say things.

If perceived as an attack → they go into I've got to
defend myself & feel I'm no good (Damian)

Kids really anxious

Molly hated being in trouble & go into a hole & punish
herself.

Damian explode if he feels

Clancy

Viola

Molly

Noah

Damian - ADHD

I needed to approach my parenting differently to my nature
I'm frustrated that Damian didn't know himself better
When we met. I've been trying to work us both out.
→ angry;

If we'd known even 1/2, could have worked it out quicker (3)

Done a lot of work on exp. 1/2 Molly - anger that I have towards the world in some

Teach your kids to trust the world.

an anger there for me as Molly ran the worst. She was naive & managed to accumulate & be exposed to awful things.

↳ Damien's ADHD - he's losing his memory.
Molly spirals 1/2 he misses, but can speak about it now.
(W) hard for me

I felt so alone; holding everyone's balls.

Damien doesn't remember all the bad things that happen.

I feel v. alone because he doesn't remember.

It doesn't share that load & it never did.

I'll never really resolve it. The memories are all there; reminders are still there.

My f° always got me, but wasn't there.

M° - struggled 1/2. She goes through the responses, but no feelings.

Noah & I used to share - but he's off the planet.

I've had to distance myself. I have to let it be his journey.

All of them

Even tho I was intuitive enough to parent to their natures

I learnt & adapted.

Noah's name

I am frustrated. How did Molly get to 17 & need hospital.

Damien doesn't remember it.

" " realise how exhausting it was.

Clancy had to look after Violet when I was clingy for Molly.

Mo didn't step in to support.

Feel like I missed this 15-20 yrs of my life.

Keep trying to work out

Don't have the capacity in my head to go outside

so tired,

Feels like the Universe brings things to me, but looking to expand, I can't wrap head around it.

→ blank, exhausting
Lost my mojo.

Nothing.

Always had swarms ideas but never had the capacity or time

Now got the time, but no energy to put into it.
Just got to be kind to myself.

A big blank sheet of paper is nothing in it & no motivation to put something in it.

Learning to stop thinking & feel more.

I feel I tried so hard to get the answers & work on myself & understanding for the kids

I didn't get it right; I didn't do enough.

Network - gave me support - I was the lucky one in the group. Gave me hope that life can go on.

I was intuitive enough to really to intervene. She had planned an attempt.

Tiredness

- disoriented from a lot of things.

Separated myself from Noah & Damian - I'm so tired

I can't do that speed anymore.

I've always run at Damian's speed. Hard as not any speed.

25 when had Noah.

Used all my energy in this 15 yrs. Used it all up.

Dissociation

Blankness.

Struggling to engage in social + even be a friend.

I can sit in a chair & their level.

Disinterested

⊕ sleep.

Content in my own space.

Disappearing into that space - not guilty. For me + someone.

I go to bedroom & pull cover up. It's my space.

Retreat

Quiet; peace

opp. of blank.

Filled. stuff in it.

Dreams