

12-6-22

Eric

21 in July.

Low mood past few days.

Anxiety in past

In happy relat. atm.

Brian was 4 switches off

Want 1

Traumatic Childhood

Stressing about what to do in life

Not much work atm

3 jobs for 9 mos. No

Bali in April

Feel overwhelmed. Not able to eat or sleep. Sweaty
can't settle.

Stuck in head.

Life in 11° + 50° (17)

F^o split age 13-14. He was ice addict for 8 yrs.

Lives in Richmond. Clean for 3 yrs. but affected. Works.

Sleeps. In excavation. M^o + F^o had own business.

Partner in concreting.

F^o - Bipolar. < after A.D.

P4F - " + gambling

ITP - no platelets.

Heavy menses.

Med - sertraline for 1 yr anxiety. Stopped (2 yrs).

- OCP - stopped as getting 2nd-weekly menses
- now regular menses (off OCP 2 yrs)

Anxiety

had social anx; separation anx.

Scared something would happen to her.

Didn't go to school

YR 7 + YR 8 - didn't go

YR 9 - started living life; making friends.
going out.

YR 12

Admin 1.5 yrs.

Colo - 4 mos

Spices Retreat Centre - hospo.; customer service.

Love it but isolating. Was flt at 19 - so no social life. Now casual.

Past 2 days - not able to do anything.

⊕ be alone but scared to be alone.

Pressure of new relat.

1st proper relat. 4 mos.

Fear he will lose feelings; that I'll be him when I've gotten attached.

Travelled;

Can't enjoy it as fear of it going wrong.

Relied on THC in past to calm myself down.

17 yrs - THC. Can get dependent - all day till night.

Now - occ. at atm -

Stress about things out of my control.

Acne - face 6/12

? onset - I was working; didn't feel stressed.

Was doing 3 jobs; not eating.

↳ since to work.

Bali - good but not the happiest. 1. old friend
Got home sick.

Diet

Can't stomach anything.

Nausea;

always been picky eater.

⊕ plain food. toasties; noodle; chicken

In past - trying not to put on weight.

THC - didn't eat much.

Now - trying to eat 3 meals/day

weet. bix or yoghurt - berries

toasties or bacon + eggs

Noodles or fried rice for dinner.

sleep - struggle to sleep.

take eyes for brain to turn off.

used to rage but stopped.

Everything I've pushed down just says, all come back at

once
Trigger - falling in love; made me scared

I trust him - terrifying

fear - getting hurt

→ love everything

F. sick: as if broken my own heart + nothing happened.

(I feel so broken)

everything that happened I had to grow up so quickly -

I felt nothing

Easier to "kill him" - my mind + give up. altered
everything in my life

Create things in head - hurt myself before I get hurt.

↓
depressed. Didn't see a reason to live. Didn't care
about life ⇒ partying; AOD; didn't care about self.

Now I know I'm going to live a life, scary.

Before suicide at back of mind. Not caring about what
happened. eg. no seatbelt + to drive like maniac.
I thought I'd just not protect myself.

Now - I do want to live life but fall into wrong thought
patterns.

THC - calms me

Brain my worst enemy.

Imag - struggle

F* - Ice use from when I was 7 or 8. He was coming
off it + we thought he was dying.

always in my own imagination

+ : not part of the family, + strong.
helped me. She when

we had property - house, pool

He lost everything. I still hate him.

PQM - treated badly by her partner.

F^o blew our inheritance + I never got to say goodbye.

2017 PQM died

R: escape.

I don't know how to confront things
Need to live in own head + be happy.

fears: Losing M^o

stuck + trapped alone

animals - cats, dogs, birds

Dreams.

Chased by someone I don't know who. No matter
how fast I run, always behind me. Chased

F: terror; heart beating

fear: so scared; overwhelming terror

R: trying to escape but can't

Running through doors + side walls. No matter how
fast, always behind me. so scared

Grind teeth in sleep.

Put others in front of myself. Turn of my emotions

→ don't feel anything; numb.

Occ. wars in childhood

Living in a hell for so long. Terrified to go home;

M^o v. depressed. I was scared shield hurt herself.

F^o send abusing texts.

F^o + S^o close. But he'd say I was his favourite.

We clashed. He didn't know how to be an adult.

Tattoo - symbol - to breathe

Exp broken

Someone in chest; crushed; ? in chest.

Feel sick; can't concentrate

Sweating ++

hot (even tho cold) - normally chilly.

Sweat is anxiety.

Scared to go out w friends
Can't put make up on or can't cool down.

Broken

- broken into so many pieces & don't know how to
fix myself.

Easy to travel; gym; live

But then can't feel anything except lust - but haven't

? off

fixed.

image: to unknown.