

Garvin 1.9

More emotional

Triggered by people upstairs

Rattled in adrenal

Taking it less personally

Opening up more to people

⊕ stay closed - not let emotion out.

Doing lots of Reiki + energy work.

Not overly comfortable in body

Tension going to gym.

Sleeping on bed not soft enough

Sleep builds tension

Live on own.

Then go out socialise

Feeling exposed in dating

Uncure if someone is interested - do, leave it
or stay in it.

Guilt setting boundaries.

Rx

took a whiff + cried

Double dilute

Straight down BD

I feel more apt to cry

I'm sharing more layers to people.

EXPOSED + DEFENCELESS

Not sure who can share it

Poems - all unrequited love poems.

Dreams.

- x Scared when home life doesn't feel safe
 - or too noisy
- x more sensitive like a large R/O
- x more emotions
- x anger coming up more
- x not enjoying emot. reactions where I feel unsafe
- x Exposed - guilty around others
 - Guilt done wrong - if give 1 person more stuff than others.
- x Move wall, if I want to connect w/ someone.
 - More hesitation
- x a large against going for what I want
- x fear - get in trouble
 - person won't want me
 - they might be toxic or unsafe
 - getting hurt
 - j
- x jealous
- x let down
- x angry.

(post to R)

Dreams

Violent video games
L

went into a space to break music

Woman telling me I can't use the space as
hooked

Uncle & Curious

At school + being judged for being older.

Don't want to share in age in mountains

Hard for me to be OPEN

Easier in city to be OPEN; people lighter
& can interact & not remember you next day

In mountains - small & people remember you

Events - public image - seen as

- good boy & don't do wrong things

Message from people online → meet up
They smoke & do things I judge.

Deeply care for others

Scared for people who don't feel safe →

RETRACT.

Brain is critical part.

Criticism

> vit D but brain which

Someone has hid in LS & drive badly &
want to help but RESTRICTIONS

Av. Systems; bureaucracy

⊙ simple processes

Tare & Centralink

Feet 114 get in trouble.
was called goodbye slot by M.

At Smeaton's house

woman there

Active dogs

Too many people

Shed opened - guy in rifle

I panic + want to call police then woke up.

Met friend I was an alps ic.

Found out he hadn't been in anyone, even the
had

Gave him banana bread to create atmosphere to
impress someone he liked

→ his discomfort grew

F: taking care of someone else
him not taking notice I'd tried to help.
esp as not on clear terms.

⊙ simple

> grounded earthy people

< aloof people.



PTO

f: I've done wrong

5

I didn't do that right

Let them down

↳ They don't hate me.

Fear: judgment

talk about me

Disconnection →

Connection feels SAFER; not being abusive

1st

Bro got angry if didn't go his way

Yelled at

put down.

Criticized

SAFETY

Red signs: stop sign without the words

Leash for a dog.

People - being around feels safer unsafe

no people → " "

Glasses bring things closer

Dreams - everyone's bigger

Perception like glasses; brings things into focus.

Family

H.G. hands compressing -

Didn't take me out - H.G. opening up

→ EXP

Mo worried - nervous; critical

Close

- Easier to be

Bro dominated space

Everyone too close

↳ worried about himself - about.

Closed off in chest
a lot of pressure from outside
potential conflict.

Trapped
Overwhelmed

Need own space → room

No one wanted me to say anything
Treated like I was wrong
→ WOUNDS.

Hard to breathe
Hot

Inflamed
w. full breaths -
w. carpet & air con.
allergies

after last consult -
w. giving advice

NOT SAFE is a PROJECTION.

Compelling nature to say I'm not perfect
to put self down; like get out of jail free

card fits in trying to get too to stop unhelpful
to get the harrier off me.

Mo loved to give advice
had to keep sig self to please to have less
things to criticize

Hobbies — so many places to explore
LHG - hands moving (about)
if pressure → give up
Gym — progress; getting stronger
— try new things out
Dancing — (T) the att-
Comfortable in skills in sport & dance
No talking, show who / am without
Teaching — (E) exploring new ways in my body talk.
— love language; a connection

Biomechanics of body — transition; free flow

Spiritual world — healing
BLOCKED — the practical world
⊕ being in world removed from reality; deeper reality
Computer games can be explored + interesting
Permission to let guidebook
so than stuck — for life
Stagnant systems creating that
conscious awareness ^{shaping life} guide book
Conscious awareness
Concise culture; many state
What can I get in trouble for?
Wanting to see perfection; done something right; acceptance; appreciation
Not fully in my body
Putting 2 puzzle pieces together.
Outside the body; YES
Focus moving in & out of body part
LIGHT; ENJOYABLE
FREE
Head not a bar

Openness of things

Where had thing CLOSE OFF, rather than
trying to stop opening a door that was
open, go somewhere else.
Pedat. — get stressed out
Same in jobs
Not supported or encouraged to be sensitive

Best at comedic timing

problem solver of abstract

martial arts

Find a way to (win)

Stay from competition → agitation

19 - started kick box + break dance
↳ found confidence

Make myself small so I don't get
affected by other.