

James Megally. (5)

Grizzle = throat. Constantly clearing

skin cond = - tried everything over 15 yrs
No one can tell me

Blutches

appear randomly; move around.

Job is full on

I don't have a contract

Flies around

Not v. structured

High stress

20 yrs.

Enjoy it; love what I do but enjoyment to

2nd bureaucracy.

Cost of business.

Rewards not there

What you're striving for

Profits & putting in more effort to get less.

⊕ trade

⊕ carpenter the plumber.

↳ refrigeration

I'm a problem solver → goal

find solutions

3 strength

But = management, technique, don't see strength.

⊕ to train, coach & guide others; or help
customer services ⊕ help others solve problems.

Skin condⁿ

age 35

Discol. of skin - darker

onset - on torso

- no sensation; no itching

once scratch, gets itchy.

feels good

itch on legs only.

spots move around.

Last a month.

Been there since

>> U/V treatment

> Sun

> sea water

No other modalities.

Had business (1998) at 25

A lot of stress.

Reine didn't get along to my parents

a lot of walking on eggshells.

Stress from day 1

I loved Reine + I loved my family

Trying to find that balance + juggle - wife

Constant tug of war

Me not making her feel emotionally safe.

Sun psychol. for 2yrs.

No matter what I said + did, didn't make a diff
→ apathy.

Constant tug of I didn't see

as if opposing her.

could escalate - I don't allow it to anymore.

1 feel unheard
trying to fix things
she just wants to vent. I just listen now & don't
respond unless asked.
or we'd break

High energy.

I'm on a mission

Everything mission based
as if going to war.

Start to lose motivation → apathetic.

? Driver

- perfectionism; got to get everything right
otherwise feel I've lost control.

? ADHD at high level

Brain ticking fast.

→ I care or give up.

→ I like now when I have control
when used to get angry → drive or monitor
things I can control.

I've had to learn to say things better

- how I made the feel

If doesn't ~~release~~ ^{release} out me, drop it.

Anger - learnt to control it.

used to raise voice & scream.

now I learn to let it go

used to hold onto it

Don't allow it to control situation.

Anger

(4)

Kids - Kids showing something in my face can't

say no

Let me work it out myself. Don't want you to do it for me

Visual learner

V. hard on myself

Set standard high for me & everyone.

Upset if people don't reach potential.

(+) to find best way.

Learn to give credit.

F^o V. tough. Traits from him in blue print

F^c + M^c always fought. F^c always angry.

V. conscious in how I am fed in me.

(+) audio books.

Self. improvement; business; growth; sales; p. development.

'7 habits'

- understanding things from other perspectives.

Small changes; interactions & gestures that make a difference

Being aware & trying to identify & implement

Just want to be as healthy & happy as I can

Help others under my stewardship

↳ help me get what I want

↳ find joy in all I do.

helping others reach their goal.

Andrew 14
Daniel 12
Lauren 10

Driven by success; achieve that goal

Satisfy customer's success expectation

Have a customer for a long time; serve you after
the profit.

Not the goal; who you've got to become to get there.
Without the dream to get there.

→ If I want to get a cheat, what do I
have to do to get good enough for them
- resources

- reach a standard

Reaching that goal

What do I need to do to improve relat to wife?
Can I fix a problem at same level as started.

Did Tony Robbins.

Always open to see a different view point
Where do I want to go?

Draw the data to use to improve

Give people recognition or see where falling down.

25 yrs married

Nature as a child

Compliant - oldest child.

When worked in V

Rejected by F^o when I started to grow

" - I didn't care

at start - seeking his approval
Bro craved his approval.

F^o hard on him. → going to prove to everyone
I was seen as the favourite one.

We stretched really big + it paid off.
I was able to pull that off.

John - 1yr younger

S^o - 8 yr after John.

F^o - beat crap out of us

→ wanted to improve S^o potential.

If asked to do something, I'd do it.

Didn't want to upset him.

Rationalise to self.

Fear - child

None.

Grew up in Mt Drvitt

Walked through storm drains - 4m long.

If i a sea of people, a lot of noise & i feel like i'm trapped → get me out of here.

→ high level anxiety

2-3 people talking to me at same time → agitation
(not in small places)

that high level noise & don't know where walking
F'd get ++

Hobbies

No

⊕ carpentry; making things

Mow lawn for hours listening to podcast book

→ out of routine

→ another planet.

Constant activities in kids + work + domestic.

No time for self.

Hard to get alone time

w/e together

Use time in most effective way; efficiency -
everything; to get most out of day.

Relax - 2 weeks off work where i don't
have the phone.

20yr since time off without phone

Evening - at work

jacked up rabbit on cocaine. 2 weeks to calm
down & another week to fully relax.

24hr business.

On call ++

Constant alert to on call

Constant background

Once realise don't have phone, let go.

Safe work incident - legal - going for company.

M.H to late 2026

Last 3 yrs.

accident at work - 7 people fell through roof
of cool room.

In firing line

I'm ultimately responsible.

I was one of the 7.

Oct 2025

Enforceable undertaking - to improve safety awareness.
A lot of stress involved.

I'm aware & understand culpability of my actions & /
care

Not number story

I feel helpless; can't go back

Have to accept what it is.

Can't do anything about it.

Other responsible. Can't fall into a heap.

Eats at me slowly. H.G. - finger twist can
think of.

It's not I carry I can't put down; I made the
decision & result was terrible.

Don't like the feeling of helplessness & I don't have
a solution.

I'll have a conviction at end.

How to survive this first

Look after my family; my customers.

Fight that battle then.

Constantly drumming it over; the outcome; feelings of me that made that decision.

F: GUILT ; had I not made that decision,

people's lives would be different.

Constant reminder of pending case.

Not me to play victim.

It's my fault; decisions on me

I made a choice to get up on that roof.

Lives + businesses affected.

First response

→ Holy crap : helping everyone; calling for help.

When I saw the mess,

Broken bones

Still got injuries -

Lost shoulder + back →

laceration on head

Had buritis before.

Safe

Back at work next day 'holding' the ship'

Sinus -

Hay fever - 30 yrs
Flares up

Constantly feel congested
← morning

yellow/green phlegm

clear in day.

Hay fever med = none occ.

Sneezing - fits for 5 mins; sore chest muscles

itchy eyes

itchy palate

← spring

? pollen

allergy test -

→ milk

Stopped milk + phlegm >

But now back again

Constant need to clear throat

Need to clear throat

30 yrs ago.

S: as if something there
not clear
got to move it

Cough - 5 weeks

← aircon at night. ← chill

wheezy.

A slight grizzle.

Sleep.

Try to sleep on back but turn onto side
→ wake & sore shoulder.

- good

Dreams.

Generals.

hands always hot

Can be out in 8° + wear t-shirt.
- mind control.

Middle Eastern.

M° - Lebanese

F° - Egyptian

1st gen. Arabs.

Don't get sick often, but doesn't take me out
to war to be fought
Got to get up & go to war.

< Rise in temp then a drop → acute

Missions

M° - Type 2 diabetes, HCL.

MGM - brain & breast Ca.

F° - Schol

Food.

① Sweet.

one meal. - dinner

I've killed sugar. Avoid in diet.
use salt sachet

Avoid Syd tap water

Drink filtered water
1 meal a day.

I don't get the time to stop & make food.
Knock the thought out of head.

Bloods - last time 2yr ago.
Sugar 51 increasing

Gym - military commands

Push you hard a cardio

Constant

Pushing self physically
Feel better

carpal tunnel surgery bilat. 6yr ago

Had for 10-15 yr. tingling at night
ext up arm. → wake up.

saliva gland R/O - stone in the duct & blocked
→

Twisted fertile - 17 - untwisted

Tendonitis - elbows - 20 work on tools.

- push self to limits then pay the price.
what you sow you reap.

work life not structured

reactive

know Triage jobs from calls + have to re-prioritise. Constant shuffle.
Plans blown out.

Need to get up + move after a long office day - 8-9K steps.