

01.07.24.

Joseph Smit

Got through b. day.

Mood: tired
Bed at 4am - on phone to friend.

Unmotivated

Didn't get to the course 2^o anxiety attack → home.

Too many people - 10-11.

Jobs agency - look for courses online.

In part, didn't have wine

< since stopped going out.

- an. being around people
care about what they think about me.

* would help to get back out there
start by going for walks

Go to the mall; see how I feel.

Watch mate play footy

Been going for drives - by self or in little b.v.

S-T. - on & off. Still thought to end it all, but wasn't
day ok. Last time - on Sat. At home; no plan or
intent. In bed doing nothing.

Fri. & Sun - good days - out w friends

Plan - call mate

need to get out more.

Thoughts - how it will be in the future.

→ can't see a future, so might as well not be here

As a kid - thoughts about future - in wife + kids

- in Samoa or N.Z.; working - online/trading stocks.

(money) help out the family.

OR footy player.

K10 & O
(12.04)

1 feel ok atm.

Been helpful coming here - talking about past (F°)
- made me realise what happened is in past; need to
move on. Processed a bit.
- toned down S.I. a bit realising that.