

13.5.24 Joseph Saffiti

G.D. Dr Bowke.
Richmond.

Not sleeping - S.I. increased.

My b-day coming up. 21.

Everyone achieved their goal - I've gotten nowhere.

My goal - to heal from my past.

From abuse of Dad.

? Healing look like

- not as angry.
- wouldn't zone out in public thinking about it.
- getting a job.; construction; labourer

No motivation

anxiety, - around people.

fear what others think of me - my size; how big I am; that I'm fat; overweight.

> playing footy. felt fit - 16-17. stopped 2° injuries - stopped loving the sport.

No medⁿ. Not ever taken it. Don't want to depend on it.

In bed all day. Up all night. Listen to music.

⊕ isolate myself.

Reverly eat - day.

Past week - reverse sleep cycle.

prior - bed 10 + up at 7.

S.I.

Ending it before 21.

Night time when everyone's asleep.

Cut wrists - glass

Closer I get to bday, <.

Protective: family.

Peppa (mo)

Quiet. Doesn't go out much.

Keeping to himself

Dr Vink aware of suicidal

home all the time

aware of ST & his thoughts around his body.

He's waiting for his Centvelink

I've asked him to go back to boot camp. He said he'll go to gym.

He's a v. quiet boy. Don't know what he's thinking.

Good he's got a therapist to open up to so =

They're worried about hurting me.

I've suggested to go to N.2. for a visit

He's unsure 2^o parole.

When they were young, his bio. F. violent.

They witnessed physical abuse to me.

Worried they'll end up like him.

Developmental hx

Pres. good. I was surrounded in family

In N2 - really smart kid

Primary school - happy;

Got at high school - bullied, more involvement
in mate. All of a sudden he changed.

Always been quiet.

Doesn't eat that much. Stress makes him gain weight

He's a bigger boy.

Not sure if he's too embarrassed to get out there

because of his size.

DIV - really scared of F. He went to smash
kids & I'd jump in to save kids & take the hit

When moved to AUS. - < as my family not around to

Keep him in check.

Stop F. - spoiled them.

Good footy player.

Frankie - VII. → back out of footy.

R: quiet & crys scream.