

8. 5.25

17. YR 11 Distance education

Was having a hard time.

Friends through religion - J. W.

Family str to it 5 yrs ago.

I like the structure of it; the culture

Gives me peace of mind + hope for future.

Go out every wke in friends at night - chilling in friends; for dinner

Bad break up. Didn't tell M^o about it.

It was v. sudden. Short - 2 mos.

Complicated. He had a lot going on. Fell out in a friend 2nd relationship.

1st relat. ended 2021 → 1st consult. (6 mos)

That relat was a female.

Religion

v. Secret; a lot of stress.

M^o took me out of school when she found out 2021

I loved him so much. Not after I like someone.

v. devastating. All I've thought about for 2 mos.

Everytime I'm almost over him, he calls.

I have

8x ADHD as a child. I think I'm ASD

I can't get anything done; can't work or clean.

Every few months I have a good few weeks

Extreme ups + downs.

Relat. breakup made it last a lot longer sleep - not a good sleeper. Take a long time to fall asleep.

- v. active at night - thought

Appetite - not good in food - from not eating to a lot.

up + down no matter what

Don't lose or gain weight.

I don't feel like myself. I don't have the same
thought process. Can't form the same thoughts

Can't think

Never feel that present

Not as quick as I used to be

Usually v. interested; read a lot + study but now
doing nothing.

Going through motions but not achieving

Can't work/study. When I do, not good

I don't care anymore.

? present

- when out; talking to someone

Hard time remembering

things get lost

Live in own head

wrote stories

Fantasy book

Main character

Feel really bad.

Unexpected; not gradual. Sudden

I lost a lot of myself

I don't do anything I like

Not as lively; don't make jokes.

I'm watered down

I saw him as part of myself, so feel lost a part of

SHOCKING

I'm attracted to a specific kind of relat./person.

Relate so/connect so deeply

I put so much into the relat

Having it disappear

I was so emotionally invested. Intense.

F: suffered a really great loss

S: in chest - S: nervousness

So impulsive things when upset - cut hair

No outward response

Push through. act same as outside

Emotions - family run high → I stay calm.

○ centre of attn

→ I don't address it.

↓

I feel v. weird; I could have outburst at any moment.

4 mths or so

Crying more - I never cry

Everything is amplified

I can't control myself as well as I used to

I miss him. I'm so shocked

I was so obsessed

I don't get over things quickly

Last break up - took 3 years.

Heaven told me about the relat. She knows we were friends - no more.

Dreams

Don't make sense

Random people + places

Sleep paralysis where I can't move

Could hear voices

Wake up - can't move (not often)

at 1st, really scary.

Freaked me out.

What if I'm just stuck like this.

Exp.

I don't feel anything when it happens.

I wasn't shocked by it.

S: I can't feel anything. I can see but can't feel or move

Goes quickly

Feel stuck recently

Took a long time to get license

I feel held back in life

I can't get a job

Mental block - I can't do things

I'm not capable.

I can't do things

Things are mentally draining

- going out

-

Can only do one thing per day

I can't get things done; Can't be productive

I don't have the will power

I try my best

? never capable

...

Doing more when in relat.

I love art.

JW - structures principles of how to act.

When younger - unsure if I believed in it.

? structure

I don't have a lot of structure. Have selected
Makes life more clear; relationships.

Structure

- more of a foundation for life
- Less open space of unknown.
- Not too much mess + emptiness
- Clear pathway

- JW

OPP-

Chaos

I thrive in it. My life more organised chaos.

Part

Landscape painting

Physical

Lump on neck - blood test

Melms - bad pain - so intense - I can't move
in blurry vision; vomit in it

28 day cycle; regular.

I can will it away.

- Front + back
bleed - 6 days.

S:

block it out

not heavy
No clots.

Warts on fingers - 2 yrs ago

Left hand - middle, ring, pinky fingers

Food

① Toasties

Not bothered.

Have become more adaptable. Used to be sensitive
to texture + smells. I get through.

I BLOCK SO MUCH OUT.

Don't like feeling too real; it's too overwhelming

If too present

So don't take anything; dissociate

Outside is too overwhelming

Have to block it out to keep it together or dissociate

If too overwhelmed I can't f=

If couldn't - I'd not be able to regulate;

~~the~~ breakdown

Canadians - v. relaxed; light; not burdened by own emotions.