

16.8.24

Will Graham

D/C Self from hospital

Told I have an aneurysm + old scar.

MRI - next Thursday Mt Dr Smith

N°

Φ Anxiety. Feel like a walking time bomb.

Brody booked a heli. to Thailand 4th Sept.
→ a lot to process it.

Long flight; leg aches

Tough year - kick in guts

In flat when in hospital, could ring N°.

Still feel wonky.

• ECG was OK

Φ B.P.

Back to normal.

Dreading my b.day a 1st one without N°

Feel I'm in a dream & will wake up.

At home. Keep busy but brain down + shut off.

Feel I've let her down & she died alone.
None of family thanked me for what I did for her
15 yrs of care while they had their freedom

Now I'm 50 + not 5x. Can't work

F: they're ungrateful + didn't care.

Brain doesn't stop.

Thinking why am I here? What's the point?

Living to survive. Everything is so hard.

Inheritance - goes to living expenses.

N° would want me to go on a cruise

Took 20yrs to get over Pop.

Used to play cards

She loved ~~just~~ shops & eating out.

This Xmas will be a hard - a few days after her death

Brodie is 25

His f° died when Brodie was 14. 2 days before his 40th.

Not together but made me feel like a widow. Had a soft spot for him.

Brodie really bad.

Worry if I go Brodie won't cope.

Build things up. Know I'm doing it but can't stop.

What's my purpose.

x Brodie

x Dog

Petrified of dying. No control; Unknown.

Stems from when Pop died.

I'll always protect Brodie.

At 18 - bullied at work. I stood up to the staff.

He's been through so much

- living in my f°, all the fights; then N°

- gay - no relat. yet.

? Future

F x d.; stuffed; in a nursing home.

Can't work

Medical issues

I feel old. 52.

Back issues

Arm issues.

Takes a long time to do domestic.

Hobbies

Arts & Crafts; diamond painting but neck <