

25.10.24

Lida

Challenge is colleagues at work - the ones that don't know what they're doing

Drained by end of day. Always have to have my mind on. Then when get home, same thing is grounded.

Struggling is older men; slow & stuck in their ways.

Racist comments. Makes me cringe
The good surveyors who know what they're doing
& let me do some of the work.

Need to speak to someone about it but feel bad

Every time step out in street get stamped on & have to push it back in

Tu Jit su

2 guys cocky & laughing at me a bit. Made me angry
Complete opp. of me. Boggling people can be so confident
- that they'll win

Big guys; forcing the point in; power over me
Pushed into position he could do whatever he wanted
Not sportsmanly.

F: I'm below everyone all the time.

Meant to be learning & try to accept it, but annoyed when not learning.

I'm always answering to men. Power dynamic

I've always been more dominant.

But not sure of myself, so put up a facade, but am sure of what I want.

I know what I should & want to be like; so I
to be strong

Friends say I'm intimidated; annoy me. (w)
Confident in myself re morals.

Don't want to step on the smaller person.

Always revert to 'I don't know'

Seen as an anxious person, but more dominant

If I say what I want - more dominant
always check myself
aware to not trample someone.

able to do public speaking + interviews.
Some people at work noticing my anxiety.
Always check myself

Monitor everyone to see how they feel.
Cautious w. new people; do they like me.
Try to figure out what people like
Fear - don't like me.

Monitor parents' moods to see if it will be a good or bad
day. Dad gets stressed + wants to clean even if clean.
→ Angry if things not done but only takes it out on me +
s°; feel the sad cloak on family.