

6.12.24 Laura Hermann

Incident w Paul.

Jeckle + hide '1c ETOH

Black out drunk

Anja wasn't show me raped

Paul said kids are are drunk.

I said I'd go to rehabs. He said no

Paul said I wasn't like this before kids

He said he gets home + has to be the grown up.

Going downhill for long time

Boo dying been hard.

Been making breakthroughs but

Saturday, tried to take life - just wanted to sleep - not wake up.

I over reacted + Marcus cried

Paul told me to go downstairs.

So tired + sad

Marcus obsessing over food + low confidence

Anja arguing back

No thoughts to hang self. But took handful of pills

Woke up + realised I'd taken pills. Regretted + felt bad. Told Paul on Monday. He was angry that I wouldn't be there for him + kids.

Have been melancholy, drunk to mood dysregulation

I'm not doing too well.

I want to cry + cry.

I love Paul + the kids

Told him I need some support right now.

2 days ago - argument. I went downstairs.

Woke next day + can't remember it.

I've got to do better + be better.

I can't keep living like this.

I want to disappear.

Told M + friends

M offered to take kids from 17th to 24th.

Everything seems hopeless + lost.

3 bottles per day fill pen out. Start at 9.30
Equate it to pleasure + reward.
Overspend when drinking + make bad decisions
Year of
Feel so overwhelmed.
Not responding to
Marcus' b.day party.
Friends' 50th
Anxiety + OCD OTT.
av. socialising
Need peace + calm + safe space.
Drink too much
Social anxiety
Don't want to see people.
Dread social occasions
Lost + tired
Wanted an accidental o/d then regretted
+ out of pain.

No drinking during day.
None till 5pm.
Limit to 1 bottle.
Only one in fridge at time
G.P. on Monday.