

Leila 11.10.24

Struggling staying in g.p. 1/2 time -
difficulty adjusting to home
Don't want to spend time in home → stay in room & scroll.
He's into politics + complaining about it.
I don't like politics.
He shouts at TV
Hate arguing in debates → isolating more
He tells my parents
Struggle to speak my truth to them.
Always surrounded by men.
Work been ok - but quiet.
Feel not wanted as not always given allocation of
shift.
Decided on UNE next year. → Move mid-Jan.
Need to look into Centrelinks.
Everything up in air.

Mum

Concerned about diet - screen time + & wt.
Diet not good as I'm not happy.
Fast food.

Don't feel happy to my body. -

Do jujitsu - but doesn't & wt.

Always had a good figure; but now a bit
fatter around tummy, clothes don't fit; what will
friends say?

⊕ fit but no motivation as not happy.
fear judgement of others. ⊕ Keep up the image.

? not happy. - adjusting to this living every week.

pick up an tension from T.V. - triggers something in brain last ending to all conflict.

⊕ Go home & turn off brain.

No hobbies to distract self

Have to sacrifice the device

I don't belong anywhere.

If I leave home on bad note, won't be good going to UNE

M^o trying to be civil but is annoyed.

Home is unpredictable → anxiety → don't want to go.

always been anxious about what others think of me.

+ trying to guess what they're thinking + feeling.

Feel better when help others

Always looking around

Overthink

Fear they won't like me anymore.

And guess everything I do.



Mum & Dad not happy re me.

? inner child thing - it's not a choice

Don't want to say trauma.

If M^o upset re you → ignores you.

In high school - needed her support.

My s^o needed so much attⁿ; always in trouble.

→ every aspect I could control I'd do it to make M^o happy. But mentally tired; burnt out.

School - burnt out, as had initiative

M^o notices all minor bad things instead of all the good

Said I've been re-assessing jobs - but

Angel / devil in my head

Try to explain but she doesn't see my point of view.

Get trampled every time I try to speak about
how I feel.

When come home, feel replaced so fast.
Jasmine does things but I get the blame.
Treated like crap.

Take it & not complain.

Want to speak up but

Don't want to hear my side of story.

Jasmine gets her way.

Boys treated differently & less responsibilities
5" more vocal & gets heard