

22. 2.25 Luka

Situation on w/e - newly moved out.

M^o said if I was going to live in her I wasn't allowed to be trans or transition

She said I wasn't myself; not her child anymore
→ re-set my progress

Staying home; not going to school.

F:

Dissociating the whole time

Prior to that - had been a few incidents

Sorted out for now. → move in to grandparents

Was looking for work to

Not medically transitioned. waiting till I am 18

G.P. talked to me once 3-4 yrs

Planning it for a while. Done a lot of research.

G.P. suggested getting dx for gender dysphoria

Knew I'm not a boy since YR 2

Didn't fit in to the boys or have similar interests

Found self wanting to be friends to girls

No + very conscious through childhood so can't explain much

Dreams

3yo - after a xmas party; monster trying to get me.

Nightmares

Out to friends: random guy stalking us.

Dream

at old house

Weird humanoid but face not right. I opened
the door to bathroom. Chased me

Everyone in house - gone.

F: Scared.

3-4

- went downstairs: M^o. She was cooking. Microwave
going off.

figure at front door

M^o told me not to go down there

F: fear of death; dread

R:

Fear.

Intruders.

Shaden people

Existential fear of death is a child.

Not able to ground myself

Ben in bed

Can't function properly

As a child, scared of not being accepted making

When M. gets angry

shut down

Mask a lot from myself

Can't access emotions or feelings

Can't think logically

When younger:

A lot of people - have had anger issues → fights.

Nothing physical

Time of M. or V. angry - broke things - scared me.

Every time I start to improve - able to think - f=

something happens → default react to reaction

· not able to think

· impulsive

· masking

· not in touch w emotions

· delusions - fake scenarios

· not thinking logically.

· depressive episode.

· think people hate me

· impostor syndrome

· dysphoria

· av. outside

⊕ Punk + J. punk fashion; goth.

⊕ pale

⊕ a vampire

Goth - allow people to be who they want + to express themselves.

⊕ wear goth or Lolita dresses; live near goth architecture.

⊕ Flower.

⊕ dancing - ballroom for school.

⊕ piano

If could does how you want.

Feel more alive + want to live more.

But still wouldn't feel right.

? transitioning solve

- that dread +

make me happier overall + have more motivation to do more things; would feel more myself.

Wouldn't have sense of dysphoria all the time.

Not being perceived as something I'm not.

Put off accepting myself as trans as lots of trans phobia.

M. said if I came out as trans she'd take me away to a farm w/ no contact. (13/14)

Last year, did a lot of work on myself.

As I became more openly trans.

M. shut me down into defensive mode.

HG - First Cloning

Trying to convince myself not to be who I am because I'm doing stuff that will upset others.

? HG

Close friends - trans.

2 yrs ago. v. close to someone trans. I hadn't come out.

Something happened - I ~~they~~ had issues w. M. + it drained them.

They didn't want to be friends

Hair falling out

Pins & needles in arms & hands - night
Indigestion

↳ bil; bloods

Fe deficiency

Bad migraines - go blind for a bit & get dizzy
& occ. vomit.

↳ bright

or if haven't eaten

Have to eat frequently through day.

Don't get urge to eat or drink unless really
thirsty or hungry.

Pronation of feet.

Stigmatisation - right.

Foods

↳ Sweets

Digestion - ↳ rich food before bed

Constipated

↳ when younger.

- once every 3 days.

Taking collagen = protein & Fe