

31. 1.25 Luka

She/her; they/them
Tried to follow the schedule

Dissociating + making elat
School next week. stressed a final year

Not doing HSC → stress.

Don't

Japan in April.

Dissociation.

Don't feel like myself; nothing feels real; autopilot.
Not grounded in my body usually. When come out of it,
forget everything that happened.
Anxious + overwhelmed.

2 panic attacks.

2° identity crisis

Forget how to be myself; lose sense of self elat → stress
→ panic.

? identity

start to feel like numb; forget who I am or how I'd react or
feel about certain things.

5yr ago - 12 or 13

Trouble in sense of self + identity

→ YR 7-8.

Starting to separate from friends move.

Puberty - friends started acting differently. I didn't
fit in that. Felt lonely during that time.

Moving into high school.

Friend left the year prior

Corvid lockdowns →

Felt lonely.

→ started making more sexual jokes; I'm asexual. Not
comfortable around that.

Always felt uncomfortable around that area.

That area a trigger

- Anatomy + the topic of it.

Sat out of science classes + reproductive classes

→ stopped doing work.

Really stressed + anxious + overwhelmed.

Fear. Feels gross + disgusting in my body. I don't want to be in my body.

Before puberty - oblivious

Not really protective + not exposed to much before puberty. Always uncomfortable in that but < in puberty.

→ it feels really... & not to feel sick;

S: feels gross; want to escape from physical realm; escape my body.

When I want to escape from body - gender dysphoria

? Comfortable

- When I'm in water; feel more calm + comfort me allows me to think more clearly; clear mind
Connection in water - not ocean; fresh water

Fear

heights:

Dark - head would bring up creatures in the dark that went on till 11 + 12.

Smokey shadowy figures; felt real.

Felt they were trying to talk to me.

→ essentially.
(clairvoyant)

Hurting/harming others.

in YR 7 - YR 8 student had traumatic past

I ~~was~~ said something that triggered them + they broke down + left school (friend goaded me to do it)

R: I really started hating myself + I got really depressed; self esteem dropped. Started masking a lot more.

Also made me think more about my actions

Still feel bad about that.

Wish I wasn't so dumb + watched myself + could be myself so I could realise what was going on + talk to them. Hate that I did that.

Identity issues < after that

Even as young person masked feelings about things
Fear - people wouldn't accept me for feeling a certain way.
Stopped masking 1.5 yrs ago. & work on being myself &
talk about my feelings.

Used to lie about how I felt; to escape from
having to tell people how I felt.

? Biggest lie

I ~~was~~ was ok, being myself.

? ~~fresh~~ thinking

Dread / panic I'm not myself & that I'm reported
from myself.

View myself & my body separately & the feeling of ⊕
escape is me wanting to escape my body.

When I want to escape body I feel trapped.

Mostly grounded in my body.

When dissociated, feel disconnected from my body; 6.
Still in body but disconnected.

Disconn. from consciousness; not able to think

Close friend - 4R10 - one of the biggest events in
my life. Helped me develop my sense of self.
& be able to interact in consciousness & be able to
think logically & be more grounded in self; & learnt
to stop masking