

31.05.24

Logan

Things calmed down in partner

Spent time in Mum.

Was worried we were not going to make it.

> last 3 weeks.

Finishing uni for the semester.

Spending more time together

Up + down. Motivation problems.

Want to see U for ADHD dx. for inattentive

OK in uni

< in shopping, + everyday activity is + tax
(procrastinating)

⊕ Relationship counselling to learn how to discuss things
together without arguing

Child

Worried about things

List of worries

World events - tsunami,

12yo - church

- going to hell; doomed

Thought I was psychic + thought every thought
would happen. 2008.

I'd bottle it up till couldn't handle it.

Think about deep things

When older, understood better

Born in Newcastle

→ 18

Preg. - stressful. Issues to my F°

F° abusive. Split when I was 8 mos.

Stressful neonate

2nd w/e at F°. He was nasty about her. M° respectful

At 21 - stopped contact. He was verbally abusive to me + controlling

Both are musicians. We were in bands together

I ^{good time} started doing solo gigs + he'd help. but expect 1/3 of pay.

→ stopped being in band w him.

F° - undx but ? dep; ans; paranoid

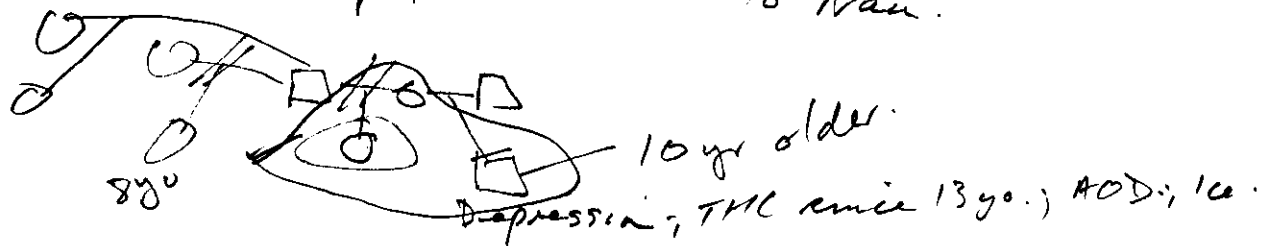
Getting ready to reconnect w him.

M° understood things.

Anxiety - OK performing. but worrying about everything else.

M° - no MH

P4F - dep; abusive to Nan.



P4F - died few yr ago. ? on ASD; antisocial; awkward; shy.

I have a lot of those traits

- Dep
- shy
- withdrawn.

10yo - new partner. Steage. Hunt M^o; cheated
I didn't like him. M^o sd 'c him.
(1 yr)

17 - M^o 'c new partner. Don't like him either

18 - M^o moved to Wollongong to be 'c him.

I moved to Newcastle - lived 'c F^o.

Lived 'c both on & off.

Last 2yr - Richmond uni

Grew up mostly only child 'c 1/2 bro 10yr older.

So angry, M^o got me counsellor.
upset she'd sd toward me.

Good childhood.

Same primary & high school. Hunter School of Performing Arts
(guitar)

Quiet at school; hardly spoke.

So quiet except 'c friends

Growing up too quickly to be at school.

More mature than peers, wanted to leave.

Big break

29yr now. Started age 26.

Wanted to do music. Giggled & odd jobs.

During Covid - interested in science → zoology →
biology major.

Blues/Rock.

Relationship issues

Met at uni.

Good relat. mostly

honest

Has got a big part, but didn't run.

1 other b/f

1st proper relat. ice

He has 4x M^o; 4x M^o; police.

Went to rehab to get off methadone.

Since out of rehab, things <

Struggling since out of rehab.

→ using heroin

(4)

Want to detox + get injections.

Still issue re heroin

→ Bupr.

Hard not to talk to M.

Court issues → good behav. bond.

Anxiety about what if he went to jail.

Started doing martial arts together + liked it.

A fights.

I was irritable

He Δs med = set time + mood lapse +

→ hypomania.

talking + about his stuff

→ I'd get irritable

then guilty

He Δd med = + Calmed down.

Thoughts I don't love him anymore - OCD.

→ so guilty.

~~What~~ Rumination + urge to confess.

Hard to know what to do re that.

Trapped being unsure how to deal re it.

Dec. went off anti psychotic

(D.I.P.). Has an ADHD med = (Dasc)

Noticed Δs in him - suspicious, paranoia

Hard to talk to him about that.

He + M. started having problems

He thought she was trying to split us up.

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He was so stuck in that + didn't think we'd

get through it.

He doesn't see I was going through stuff.

He was angry I didn't see his side re M.

He wants M. to not come to our house.

I said I can't do that

I went to my room when he was coming off methadone.
He said I left him in his time of need.
Said he'll never forgive me.
I'm always worried about him.
Had to take him to hospital when he's been unwell.
He's been back on drugs.