

8.5.24

Cagan Wolfgram

Studying Ba Sc Biology P/T Finish 2024
live on campus, Richmond.
France - 16mos.

OCD, dep. anxiety (not dx by W)

Partner has a lot going on. I'm a carer for him
MH issues.

< last few months trying to look after him + me.

He's at uni. on + off

Took a semester off

I like studying.

⊕ research, genetics; conservation; vet sc;

Had it all my life

8yo - worried alot

F: Dep. Anxiety PGF: dep. ETOH
Addiction - ETOH

< 17yo + HSC - wanted an identity + didn't feel
I had one.

Musician. Play guitar

→ bad

23 - moved out of home

Ruminations over what could happen even if
hypothetical

Med: Sertraline 5yr ago. Just ad to Pristiq
I think that helped.

O.C.D. - ruminating

- inside my head compulsions

a random disgusting thought + go over +
over; worry it's still there.

obsessive thoughts; why do I have it there?

Compulsion to look things up; to check thought

F: shame + embarrassment

Guilt about the thought.

If have thought I don't love b/f, then obsess
on the thought.

Causes my anxiety

Depression stems from that + life

< living alone.

Like time alone, but need contact w others.

A.O.D.

- not an
OCC. ~~ETOH~~

? affect you

- to motivation
- sleep in slot / oversleeping
don't want to face the day
easily, sleep 12 hrs. - 14 hrs
when dep. - 16 - 24 hrs.

No problems sleeping.

like to stay up at night + sleep in day, but
try to keep better routine.

Never had f/t job.

on Centrelink. Job Seeker.

- > studying
- > documentaries
- > science movies
- > family
- > guitar; music
- > reading
- ⊕ nature; time; anime.

Cat died in Dec. She made me feel better

Seen psychologist 2-3 times + had a few appts
but didn't get

One gave me mindfulness practice

Talking does help.

Seen uni counsellor - helped work things out.

? goals

- to vent / talk about things