

12. 7.29

Logan

finished uni.

Moving into granny flat in Kurrajong.

was feeling good about it but then anxious about being on their property. Want to say yes for Bobby but that might not be what I want.

Problem is sleeping in.

talking to M^o about stress.

B/F overheard us talking + caused conflict.

He thinks M^o trying to interfere

last session - felt a lot better + trying to put better communication

Trust is one of the main issues. Have been telling him what I discuss w/ M^o.

Feel I do have to talk w/ M^o about things.

Have inherited a ferret - not allowed so have to hide him.

Scris he may be asked to leave uni.

Both on Centrelink.

Trying to get pl^t job back

Trying to plan to go to Mums.

④ get back into horse riding + do more for myself.
+ exercise.

④ nature

Sleep

always gone to bed late + sleep in.

up at midday. Bed at 12/1am.

Been getting up at 10.

Partner - morning person. He's gotten into my pattern + he blames me.

I want to get up earlier + spend more time together.

Ferret - he wanted him + I think I said yes for him.

Then regretted it. Don't want him but do love him.

He's doing more chores while I'm sleeping in.

OCD - OK if I keep on top of it.

Sleep - aim to get up at 8 or 9.

* prefer him to be more encouraging when I get up at a reasonable hour.

Seeing a 4 for ADHD Dx. Maybe stimulants will help him.

Prigatig - decreasing doses
- low energy (usually 4)

ADHD - Bobby says I meet the criteria

- lack of motivation - initiative

- procrastinating on things I don't like; forms; tax

hyperfocus on study

Want valid at

D/C Dokotela.

No hx of trauma.

No contact w/ F^m - post 7yo.

MH problems since a child.

Worries about partner's suicidality

worried when I'm out w/ him he'll accidentally o/D.
on pills - esp. if we've had a fight.

Something I can't control. Something I have to let go.