

02. 8.24

Shoulder injury - GP got me seeing a lawyer.

Had to see another Dr. for an

Gets me upset talking about → recommended me to continue seeing NHS support.

always ask if I have support at home. I had to talk about separation. He asked if the injury may have affected my marriage. Maybe is not able to do 5yr ago (injury) everything - but maybe brought things to a head.

Don't like thinking about that time of my life.
2x g. parent passed.

Need to do something to get passed that.

Home is ok atm. but worry it will Δ.

On wait list for medication

Back at work & > - good routine.

Uni - on track; more in control of workload.

Work injury

I was really cut. Other staff said something upsetting
Cried for 2 hrs but had to keep serving customers
Felt like no one was on my side. Should have known
me enough to know I don't make things up.
Left me like that; upset.

Trans staff said we

So stressed out going to work

OK before injury as able to do my work + more.

Not fair.

So stressed + upset all the time

Had to see GP often for work certs.

Couldn't speak as so upset. So would write to GP

Didn't talk to Craig as he didn't listen.

Kept it to myself

Pushed me to keep going

ⓐ rest & do what I needed to do but never got that

Work rehab people - pushing + didn't listen.
area manager - same. Didn't listen to me as GP.

→ Conference calls in all of them.

Δd GPs as previous me not able to deal in the
pushy work cover.

→ Δd work cover agency + >

Felt like I was just nothing. treated so badly.
Person after person.

Current job is good + flexible.

Sick of crying + getting upset about it.

Want to move on. but so emotional.

Stressful time of life - Covid; 3 parents dying

? 1st step of that is life

My whole life is my family exp.

Never get to speak up; never heard.

Everyone louder.

My relat. w. Craig - louder over hearing; talk over me.

So I just don't bother speaking up.

↓

no one doesn't listen to me

↓

< speak up or get involved

→ keep ^{things} to myself

Always feel different

Friends at work - share alot + feel heard.

? stopping you from being heard

No body wants to listen to what I have to say
Never get a turn.

What I have to say is not as important.

I'm too quiet

I don't have the confidence to say what I have to say

I always stop myself from speaking any more

Worry about what others think of me.

Some people don't care enough to listen.

? most assume

myself

I have a barrier. Want to get it out but something
stopping me.

Quiet & shy as a child.

Worry what people think of me.

How I'm being treated makes it worse

Makes me miss out as won't say what I want.

→ gets worse.

Wish I wasn't like that

Nobody really sees who I am as I don't show that.

Image of barrier

Wall; something solid blocking me

I know what I want but won't come out

Doubt myself all the time

Can't see through

" get "

Don't know how to get through

I want to but I can't

Worry about future if it gets worse.

Bricks

Berlin wall. Thick & long & wish mine could fall.

Exp.

I feel by myself. Lonely. Why can everyone get to the other side & not me?

Different. Everyone else so confident.

R: trapped. Never ending

S: upset; stressed; alone; always fence.

I'm on one side & nothing; R & W

other side is colour

Miss out on everything.

R: given up; stand in one place & look at the wall.

Sinus - surgery 2023; recurrent infection
Been < just 2 weeks.
Left sinus congestion + blockages.

Headache - since young

< emotions -

excited; angry

always diff

Sinus - frontal

Migraine - brain squeeze; w/ nausea + photophobia.

neck ext to occiput

s: throbbing; squeeze

PCOS - heavy w/ clots + pain.

OCP for long time

Now Mirena since April.

Fear

heights

claustrophobia

v. spiders

Food

⊕ sweets; choc.

Generals

always cold

1 hate winter

< winter; Cold = gloomy

Face hot + red in emotions.

Sweaty

more when cold - under arms.

Got it under control

Using special deod. → now groin sweat.

Bernei

stops things; in the way; solid can't get through
stopping you

opp:

freedom + saying what you want

Trusting

happy

open

image - gate opening; lots of colours; peaceful.

HG arm opening out

letting go

not stuck

relaxed

can breathe

Dreams from childhood

Wolves

- at Nanney + Pas. House going down + hill + I had
to steer the house

F: Scared; had to get house safely down hill.

→ when young. Scared. Chasing me -

Good to get things out + not keeping it all inside