

23.8.24

Melissa

settled.

Craig - 3 moods; so up & down.

x silent

x chatty

x awkward.

Talked about Lacey's acting

asked to sit & talk together as family.

Tyler on his 16s & learning to cut lawn.

Have to learn to cope in & in my life

Rx Nat carb.

A few days of catharsis after Rx. Told friend. Felt
listened to

• how family treat me

settled few weeks.

calmer.

I hate chaos & uncertainty.

still worried about & but feel good.

Sleep: good.

Blocked left ear - wax wash out.

I just feel OK.

Time off kids - don't know what to do.

1st time in life without kids

This w/e - no kids or M.

⊕ stay home.

Hate cold.

Going out in g/lfs. saying yes. (before Rx)

Everything so structured in my life.

Now want to do things.

Change

Need to learn to cope w/ Δ .

Takes a long time to process.

Unexpected

⊕ to know what's happening

⊕ doing same thing

Fear - unknown; not being in control
upset & scared.

⊕ things to stay same.

always worried about things

? OK Δ

- jobs to current me

- separating from Craig.

Takes time to settle

I argue to myself over it.

Worry what will happen.

R: stress; tense; think of all possib. chgs

? Coping look like

- not worry so much

- move over to accepting Δ .

- not be so upset w/ Δ .

Others deal w/ things

? assume st. applying you

* Worrying & thinking too much

* Wanting things how I want them

* Calm when know how they are.

* not wanting things to Δ

* I like my life just how it is

* not knowing how to cope without worrying

as kid - headache from worrying.

Headaches all time since stress.

Sinus infection - green discharge after Rx
runs again. Improving

Last few weeks, eruptions on chin.

? must assume stopping you

I know it's just me overthinking & not wanting to accept it.

? now do

- try not to do that.
- think of what it is
- avoid it.

Plan: what do I want my life to look like?

- doing uni - I did it ; thinking of my future
move stability

I know my mind is strong.

I know I can get through things.