

28. 6.24 Melissa

R16 mols today.

Back to uni
School hols. in June

Death of PA° 95yr

MGM has Covid

Relat. Avs. individual appt.

Things are settled.

Kid's going to his family event tomorrow.
- time to myself.

Lacey went to camp. Not been away.

I didn't like it. She's been sleeping w. me.

Worrying as she's going through things. 10y.o.

Tried not to worry. - if she gets hurt or upset.

(Lacey been talking about suicide + got period at 10yrs)

My school trips - so much fun.

I've always been a worrier

1st upset / happy / excited → headache.

< smile kids

try to keep it under control

Tyler still v. needy but more independent

Lacey - in YR5. worry for her in high school.

She's been a wild child. Stands up for herself.

⊕ outside - active. arty.

Next hx

Kurrajong

Quēt

Outside

2 sis + bro

M° - home; F° worked alot.

Land; animals; park; creek.

Worried about everything.

Things coming up

Something happening

Put everyone else's feelings before me

Worry about hurting feelings or what others think.

Shey

all family loud; F° - quiet.

Siblings - selfish.

all come to me for help.

② noise

Fears

- everything - anticipation.

Dreams. rec.

N° + P°'s, house going downhill + I couldn't steer it.

F: Scared, how well I

R: fix it + steer it

Tyler being injured - as if real.

Dark; alone; - Night time

Fear dark. TV on to stop thoughts.

Anxious - to go a bit. as no TV on

③ Home: safe place.

< moving house

④ Routine

I'd be happy to stay home all time.

Most relaxed

Control over things

Happy + calm + safe

Home = calm.

OPP

Out of control.

OCD - like everything clean + tidy
(not good enough).

Onset of onset of OCD.

F° same - count in 4s.

Count things

Wish I could turn it off

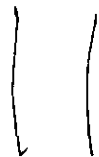
son - ASD, ADHD + anxiety

as noise

⊕ routine; organised

at. unsuspected

I feel like I'm like this



— routine
organised
calm

how I like the

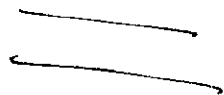
of rest of world



chaos; crazy;
unorganised

M^o - so unorganised - messy.

Neat cooking



neat; organised; contained

Seeing childhood friend tomorrow - male.
Been supportive