

10. 5. 24

Michelle White.

Hayden woke today & said he'd done a lot of horrible things to me.
Been better

I started work. 3 weeks of shifts.

Social support in community - experience & disability

1st 2 weeks held on to notion of feathers; lightness & being quiet & calming myself down

still react strongly in the moment. Can it be quiet

R: want to explain my actions.

Hayden sees it as an excuse.

How do I be different?

How to not react; how to suck it in; to be democratic

I can't be the puppet he wants

Couldn't break out of glass shell.

Break it off & express it.

A clown in every person; ways to release it.

I want to break all the shells off & let it out.

As child, quiet

Have set up house to be off grid for disaster.

? Glass shell

an egg. When I think of me inside
on floor. Black circle around me
on child. v. small.

Alice in Wonderland. In play area.

Around is like an egg. I'm in a egg. There's room
as I'm small.

I + is had. I'm stuck in it by choice.

I'm stuck in there. v. dark. But in a spotlight
Can see yourself but not the shadows.

Exp.: quiet; I can sing to myself.

No distractions; just me & my blocks & no one
going to knock them down.

Exp.:

Playful

Lonely

If I'm sad, v. lonely

Tearful; distraught

No one there to comfort you.

I'm safe. No one can throw blocks at me.

Not seeing out might be scary.

What can see you

Why am I by myself.

I'm hiding in there from the scary things out there;

the shouting & being hurt. Sharp words.

Hide; (curled up - a huddle) of singing & playing
wait till they go away & then come out.

I'm stuck there; can I get out.

Maybe I was put there. Maybe I put myself there

Not be in trouble if I leave

Can you leave your own body?

If you leave, you'd be empty.

That's what I reside; it's me.

My outside body is growing. My inside little
self is still small.

Don't know what's out there

If I open the door, not safe. Don't know what's
out there.

Child dream recurring 5yo

Sleeping in bed. A door in handle & windows at
top of wall. At far end of room a skeleton.

I was fully awake. terrified. Needed to go to
toilet. Just had to go through the door.

Stuck; petrified

Locked in this room & could never get out of this
room.

F. v. afraid; terrified; shaking

R: Lying in bed w/ blankets up to chin.
Looking up at windows & see the outline of person.
Fear: Skeleton would impede me from going out the door. I never called out for help.
Just trying to convince myself to move; but couldn't move.

That's the feeling when I see myself in that little ball. I see myself as that fearful child that couldn't get out. Protecting the soft bits.
Once the threat is gone, go back to being happy & playful & untouchable.

Captured.

Constricted air.

? breaking out of the shell

Explosive shattering

Butterfly coming out of cocoon
free & open; released; colourful

EXP

~~ADD~~

soaring; air / wind rushing past you.

Channel / passage through grass

Like parachute. Rush of air; floating;

The shedding of the bad stuff

Time capsule that's sealed; let it out.

Worried if I do that, I'll still have bag of
stuff I can't deal w. that makes me want to
hide

Expose things stuff you have to face.

(ignore it; stuff I can't retract)

? gives you feeling of soaring?

* art. collage + activities in kits; free form
letting them get into it.

Used to colouring when stressed.

Can't bring myself to do it as distracted by
others. + then have to do it.

* being outside

= cutting grass w. sickle