

14.6.24.

Marina

Still getting sore throats

GFN worked - done - 4 weeks ago.

3 days - rec. sore throat

V. sore knee - ROOS

Rash - ROOS

Last Friday - sore throat & lymph node &
S. of splinter; red/purple throat.

Now - new rash - tiny dot in line out. & v. itchy

← scratching

→ another wave of R

Today - sore throat again. Not tonsils, but soft palate

& wave of fatigue

Emotionally feel good.

Not viral.

It comes & goes.

Rt tonsil enlarged.

Ext to ear.

Irritated by any coldness; cold air
or. fridge air

(+) wrapped & warm; shower; hot tea & honey;

Slept covering ear to keep it warm. (+) heat pack on face.

Within a week, knee pain (ROOS) got less & less.

2. kids sickness
obsessive
home sickness.

1. Feel good. back to gym.

Lung capacity almost back to normal

Ran 6km last week

1. feel good. Coming back physically.

all predictions from GP - not correct.

1. feel strong

1. great mood.

Menstrues - Painless; no ovulation pain. > after mycoplasma.

1. self, feel good. Less snappy.

Luhe said - during that sickness, full evaluation of
everything in my life as so unwell. Awakening moment -
every day you're well, I'm happy to be. I can
sleep & move.

Sore throat comes back, but not as bad.

Appreciate my wellness now.

Sleep is good. No dreams.

① sugar; choc. baking ++ (unusual for me)

av. spicy (used to eat chutney ++)

av. coffee (used to crave it)

Good to husband - "amazing actually"
Luke's business in better place. He's happier
I had been trying to balance emotions out

"light catches"

He's playing more attⁿ to girls; i.e. me.

Sexually been great.

Grateful - being able to move, sleep.

Breathing out now

? kids sickness

- such a relief they've been well.

I'm not scared of the viruses; but at back of mind
of them getting sick.

Family outings - lots of walking & lovely time
v. nice time together. I recharged. Outside; active;
crafty; time to myself to read → filled my cup.

Kids so quiet & I got to read; no arguments.
idyllic w/e.

Everyone had chance to be themselves

all did things we wanted to do.

No one had to be forced to do anything they didn't
No rush; no time; flexibility; as one wants to.
no one forcing me

SUFFOCATION

* Constricted. Someone holding me & pulled back;
wooden crowd week. As if I don't have a choice

I'm always like a judge on football field in their
arguments.

My own freedom a lot more important for me.

Kids not separate.

Get up at 5 to have free time.

Like doing thing for Luke if kids still asleep. 3
Stressed - if kids up early.

If I have my time, I'm better

No one is asking me to do anything. If kids wake early,
Robbed of something that belongs home.

Art - I'm forcing myself to do it.

It's the freedom & ability to be myself.

Wonder if feeling in throat is connected to S of nose
around throat.

? sup nose

When I feel I have to do it,
Have to do everything I have to do to have time for
myself. If I have time out, I have to do everything
to organize everyone.

I don't have a day off. I'm still

I have to perform to my best to have my time.

Tick all boxes that can be released.

My M^o said why? You're a free person. You can
do what you want. Kids are capable; Luke is capable.
My parents lived independently 2^o extended family.

She says I put this noose on myself 2^o high
expectations - great M^o, wife.

I feel this through everything

My parents - high achievers. Luke not like this but he
expects it now.

nose

tight; pressure; hoarse voice, need to swallow
mucus running down back of throat. Slimy;

(+) clear throat. Can't push it down.

Sweating; as if suffocated; someone trying to restrict
me.

Wanted to do something & stopped.

My FREEDOM. Missing out on things

Make me feel like a shut M^o. It's all about me.

Taken my free time.

after that - sore throat. Always Rt → left
→ palate get pumpy as if sore.

S: cold air

annoyed boat noise; music; whinging
anger

⊕ quiet + warm.

? Restriction

held back; inability to move; confined; in 4 walls
locked up; tied up; inflexible.

opp.

Free; spacious; fast; harmony; ocean.

open space. open beach; open road;

long yellow road; meadows

Deserted beach. Waves crashing. Gloomy or sunny.

⊕ beach. seagulls.

Mantoux test - showed pos. - big response - 3cm.

9-12 - clinic for tests + medications.