

15.05.24

(1)

S. in windpipe is if itchy; feathery then can't breathe

Lymph nodes up on left
shoulder blades hurt

→ Spongia when SOB - as if mouth covered by wet sponge.
Took Tub again as cough back.

Sudden sore throat, Lungs behind throat

Roof of mouth bumps

Uvula has pimple

Comes back & forth.

Voice > morning < end of day after talking

< night.

When fully breathe in, hurts chest in.

Lungs feel clear.

Back to gym - light & gentle

& housework; more time in park

egg white mucus in nose.

post nasal drip.

Intense feeling of anxiety.

I'm so taken away from my life because I'm constantly engrossed in looking after sick kids Obsessed, like it's my life's mission Constantly focused on it

- meticulous diet
 - active; outside
- as if I forget to live

They get a supple - as if doom coming towards me. Is it

It's so heavy, so I forget to enjoy a nice movie Constant anxiety about what they're taking Instead of just su

My love expressed in medical care Constantly obsessed in it. Anxiety is huge. Obsessed in someone else's health - not

Because it will be a burden for me.

Hamster in the wheel.

Get them well so I can do what I want to do.

My things get piled up then anxious about that.

as soon as focus on any thing, they're sick

I'm worried & I can't switch it off.

Try to relax, but keep going back to the kids health.

Have I missed something

I was so depleted when they were all sick

I'm shutting my life down to not enjoy life.

Why do they get sick AT T when I do everything right

Worried they will rob me of my time.

Can't concentrate on myself.

obsessed - want everything to be perfect

Felt like I failed

Trying to catch my own tail

Get my own time

I'm not a good enough mother who doesn't do it right

Can I + relax

Can I give them enough love

Guilt I'm not good enough or doing something wrong
My emotional state might affect their health.
→ I failed.

Dreams

Guests I'm trying to get the dinner ready,
not doing it right; not good enough

F: I failed

anxiety

constant pursuit of health & creating environment
for family to be well.

Try to put on image I'm normal & good
but inside, not feeling calm & content

S: fluttering inside; heart fluttering
butterflies

Sudden feeling something going to happen & I didn't
give kids enough love

(MIAHAI: cancer)

feels I'm sacrificing myself

Focus on health.

Luke says I'm amazing etc.

Worried I'm not a good wife.

Have perception I failed.

Feeling of doubt.

as talking - 5 in throat - feel like something tickling

Voice hoarse; irritating; tonsils hurting & above uvula
dry; need to swallow; like a bubble. Have to swallow to
push it down.

alt side of throat.

after talk to Luke, throat sx come on.

Strong certainty I will recover.

Had a list of chores + studies + couldn't do any. ④
This perfectionism = me. Has to be perfect; spotless.
Want them to feel like they belong to the family.

Strict rules; order of day - kids have chores.

Strict routine
In head I have the perfect plan. Things go wrong if
plan doesn't happen

↓
frustrated; rushing; anxiety

Running around while everyone else sitting
→ frustrated

I have an exact time; like to be on time.

Feel like a yapping dog → annoyed.

I'm racing + Luke super chill + gets there on time.
I'm racing; adrenaline.

chilled at ovulation - super chilled. perspective

More mad before menarche.

anxiety - I'll be late; things won't get done.

Cupboards have to be in order

Merry - felt ashamed

→ don't invite people over; feel judged.

Friends place

cut off visitors.

Not good enough; not clean enough.

? Shutt. down

- on standstill; Can't stand; Can't enjoy life.

Keep thinking what treatment kids need.

Concentrate solely on kids

I start writing a plan again to help them.

Inside, I don't feel anxious. Stressed at onset.

Weight on shoulders. I have to do it + I don't
want to be doing it.

Dreams.

and other.

fantasies

F: not good enough
not doing something right.

? stopping you

- if the cat on top of it, they'll miss out a school
will be stuck at home
- not experience things

? exp.

don't get to go places.

⊕ be home where things are under control.

Mechanism; a machine/device that attracts the
lighting. the pre device

entertain, calm

~~Need~~ always someone to look after

Robbed

Heavy

Like rope around neck

tied up; noose [LG strangling throat]

I have a radius - my home, & I can't do much as
have to go

Suffocating - that's why I couldn't breathe.

Not enough O₂ always want something from her.

My responsibilities

Everything is black.

Nothing will be good enough again.