

Marina

10.1.25

Parents here.

I'm handling things better

M^o tending to be controlling

Used to hold in, get angry + explode

Now set boundaries better + more relaxed

Feel I'm on track.

Luke says parents been better fitting in
Parents see improvement in kids health.

More accep

→ Atmosphere so as I'm more relaxed with them.

If I set boundaries + say how I feel; able to speak my truth.

In past - hold in + and up to throat infection. - this summer
NONE.

My body is calm. I feel it in me.

Going just how I wanted it to be, even tho house is full. + no personal space.

Parents been warmer + more affectionate

Luke says 100% the 1st thing that's odd is me.

One of the biggest wins for me.

Not tense; don't feel I have to break free.

Took a break from study to connect to each other.

They also understand + appreciate ^{the} demands of 3 kids

They've expressed appreciation for the kids' nature.

Finally see me as M^o of 3 + not a child.

I'm calmer, so atmosphere better, so I don't need to escape.

Menses - horrendous after Rx

Next menses - bad back pain; bloody - normal.

Ovulating now - no bloating or pain (1st in 4 cycles).

Dreams

1 Really weird dream

Girl in Russia I worked in

Came to her place. She was at work

As if in 20; sitting on balcony; lot of potted plants + I'm looking for smokes.

Finally find pot light up + taste so strong I put it out.
She walked in + said 'What are you doing?'

Sitting in glass room

Smoke trapped; so strong disgusting + sick + disgusted
by cig. + why I wanted it.

We walked to kitchen to make tea. Cluttered + not
clean; trashed; grey; gloomy apart from plants that didn't fit;
^{foreign}

Fix I'm sneaking out; doing wrong; I did it + didn't like fact
I did that.

x foreign to the whole place

x I don't belong.

R: I felt ashamed; Sneaky even tho she gave me
the key so I could smoke
naughty kid!

Crouching on floor wanting cig., but then thought it
was disgusting.

⊕ to be mischievous; ^{felt really good exciting} I'm not a proper girl; I'm not
perfect; a darkness in me; that no one knows about.
Looks at me like she didn't expect that of me.
As if in reality

From girl who was expected to do everything right, perfect.

w/le away in Luke. So great. In city; walked alot.
spontaneous.

Been so sleepy since Rx; (+) sleep + can sleep anywhere.
Exhausted by end of day.

But at night, wake often.
(took Rx 2nd Nov)

From 7am - 10am - really sweaty - dripping torso + arms.
But since Rx - none. To me it stinks like cat wet fur
cat pee.

1st month without profuse sweat.

Sleep - fell easily - wake many times
? 20 Luke being back in bed: ^{Anna} / + Catherine
I get Conscious of Catherine being ⁱⁿ us.
Luke snore like trumpet. Needs to get healthier.

Constipation - resolved; regular. Occ. mushy stool
but connected to coffee

Throat - no throat pain

Eyes - completely cleared

2/52 - church → eye became watery but no skin flaring.

Mood (PMT): Good. Really good mood.

Memes - some back pain prior memes. 'pinched'

No new sx

I feel different in self

Freer

My own person - even tho look after everyone

Smoking was breaking the rules

Dean corresponded