

Marina 5.10.25.

Took Selpia mid April

1st & 2nd May - Carcin T

14th April - took Carcin 58 by accident

→ Really sick. URTI; sore throat; nasal congestion.

At Rx reaction as no one else got sick.

Sore at ear

Sore lymph node

Cough

Mucousy wet cough

→ took Kali bic as green / yellow snot - as if in brain like when a child (bright yellow) 10-15)

Still coughing up phlegm

Rattly chest

No reaction to re-dose of Carcin.

Last week - Day 16 of cycle. (mid ovulation)

Cramping again; Sore; shooting pain - as if sitting on needle

(Bloating)

→ shoots into anus

as if pregnant

→ took Colocyathin as couldn't tolerate it.

so tender

Whole body felt filled in fluid

Libido coming back - in ovulation, but couldn't as so sore & av. touch

Usually lasts 5 days through ovulation, but only came on at end of ov.

Mood:

Carcin - I feel so fatigued; can't f^u after 6p -
off to normal

I feel tired; can't keep eyes open.

Slower speech.

Every dose - fatigue like when had EBV

Sepia on 14th - On 16

itchy eruption left hip - ☹️

(18) ~~What~~ - I had itchy spots on legs like scabies
ext to back; it's backing

2nd yr in Aus - in all stresses it's Luke + MIL
- eruption on left leg.

Last year - 1st dose of Carcin, that eruption re. appeared
& went.

Sleep.

waking a lot 2: catherine grinding teeth.

Weird dreams

Infidelity: I'm cheating on Luke - he walks in
I'm trying to cover it up

Cheating - dishonest; he doesn't understand who
I am. Continue line in him but covering up

F: disgust; dirty

I'm trying to falsify my identity

in woman supposed friends

Q. Self why is there; not aware
we go out & get drunk

I've got children; that's not me
like split

My personality - that's who you are
who meet real friends in dream

faking who I am

Trying to hide something that never existed.

³
F: trying to hide the horrible things I'm doing

as if I'd done wrong by him.

R: absolute disgust in myself.

F: I had a thrill but I hear the footsteps & know it's Luke & my whole life is over;

I'm just trash

A thrill I'm doing it

When caught - complete disgust

R: I wanted to stay hidden

Didn't want anyone to know

I'd be exposed; marriage would break
betrayed the person I loved most.

I wanted to try what it would be like.
thrill but disgust I'm doing it.

(judging myself)

2nd dream

Thrill we're going to go somewhere, but it's not me.
(Now a home body)

early 20s - lots of outings; but have my lifestyle.
Too focused on studies

Big house is 4 girls in 20s.

Nursing one of the kids & need to put her to sleep.

Open apartment. Girls all making self up.

One girl starts smoking - 'you can't; I've got a baby'

They're saying relax; hurry up, we want to go out.

All walking the streets (hurry) it's warm & spring;
laughing.

A person walking towards us; looking at us disapproving

F: I'm trash; disgusting

I need to go bath & change; it's not me; not in my
skin. But only when had the disapproving look.
as if embarrassed to be seen that way

Judged.
(I was being judged - an a perception that wasn't myself.)

Feeling dirty; hiding something I want + don't want to be
something wanting to be like that but revolting
Don't want to be in that position but drawn to it.
I tried to walk back to apartment.

Woke in full disgust

? in life

When I got really drunk

I got top marks in all exams. Friend group
got bottle of vodka - had 1 glass + knocked out.
M. it. winter

Walked 15 min in cold.

Two kang mi + f° to get me. f° dragged me up the
stairs. In big fur hat + coat. Could't walk
in + out of it.

'f° - she's drunk like a pig but he sleep like a pig'
I was so embarrassed - never forgotten.

I'd been the perfect girl. 1st time

f° I disappointed her

Prior - we were so excited; had worked so hard; it was
a release; I'd been deprived

f° was disgusted + I felt I should have been disappointed
M° wanted to help me

I never wanted to disappoint f°. So young + fit + positive.

TRASH; DIRTY; REVOLTING

Overall; feel calmer

Feel I relapse to Sepia