

12.6.24

Plasma

Had kids for long w/e

Lost job - not willing to give me more time

GP R/T to Hills Clinic for 21 day admission
4th of July.

→ determined I'm unwell → unpaid sick leave.

I resigned termination of employment.

went to work last Monday

1st client abused me for not being there → set me off
f: I'm failing everything

D/C holding off on resignation till after inpt. admission.

GP - vit B12 injections and daily.

T thyroid levels > (but stopped medⁿ)

When in hospital - < hypo thyroidism. But stopped medⁿ.

Boys back home w me now. since Friday

Took them to school today

Yesterday - hadn't slept & we all slept in.

Today - they woke me up

Picked up Abigail & Theodore - horrendous traffic.

Hard when they went home. Theo crying as wanted to stay.

Party for Abigail's 6th b-day. That was good

A bit better

Convinced self it's easier to not care.

P.d off the work situation. I loved my job.

But don't blame them.

This w/e to myself. → chill in my bed.

Think about routine but not able to implement it.

Spoke to f° about hospital.

② Don't have a clue who I am anymore in any aspect.
So sick of the emotions; crying.

Frustrated. Feet feel heavy; frustrated.
Fidgety; want to scrunch toes up.

Feel I have no control over any of it.
Wave of sadness - crying; alt is ringing.
Major disconnect in all things

Did feel weighed down + worn out
Now, don't feel like that. Think everyone will be
better without me.
- No Δ in S.F.
- Denies plans.
- protective factors - not succeeding.

Whole life been sxx

Had moments of happiness

- when I met Mr. husband; pregnant in Lucca.

Brought

preg. in Note - turned to sxx - he had affair
w/ woman who opened our bank account
3/52 after we married

Happy after each birth.

Idea of what kind of Mr. I'd be

- he everything my Mr. wasn't
- he there for everything
- love them; make them feel safe.

Before:

AD

Mr. kicked me out - age 17

Sleeping rough

Didn't give a sxx

Met him + sd; wanted to be a good person;

Saw there's move to

Running away since age 4

Had my kids in D/V house as I wanted to fix
someone