

03.5.24

Naomi.

Had a really good week last week. Worked all week.

Past few days - down.

Struggling in everything

Upset over every little thing

Boys not back to school for 2 days.

They're going to their Dad's tomorrow O/N

Weird knowing I won't have them.

Weird having the freedom knowing I've got the opportunity (to end life)

? trigger for set-back.

Things go blank

Tuesday pm - new client to do safety check.

V. worried as previous experience - elderly couple w/ dementia, paranoia; I was locked in house + had guns. All went well.

But I was really nervous & overthinking. Thinking about everything again.

Was there 3 hrs + work didn't check in. I talked my way out of it. It was swept under the rug.

But client didn't hear me at door, he yelled at me & was hostile. House was not great.

Not exp. this before. The house smelled same as my cluttered house. - Distinct

But I was OK next day, but Wed. woke up & feel like all my 'progressions' gone.

Pile of dishes; not cooking; ordering Uber Eats staying in bed.

Dreams - crazy. 3-4/night
wake + feel sad or angry.

today:

a guy I was seeing for 7 mos. 1st b/f since ex.
fell for him. He was the nicest guy I ever met but
he ghosted me

I was going on a blind date + he walked in. His
face dropped. I left.

F: upset as I never got closure w/ him. Not heard
from him

I was excited

F: excitement + nerves. then hurt + sadness.

I wanted to yell + scream: what did I do?
He's blocked me on everything. together 7 mos. No
contact for 1 year.

R: I got up + left.

in high school + turned into candy shop. I was
running it

Same nightmare for all my life
Army coming through + killing everybody.
Chaotic. I run out the back. Set in house of
childhood. Go to hide under house, a little girl
under there crying.

1. tell her it will be ok

2 men under their sleeping people

I took shovel + decapitated both.

F: chaos.

R: fight + protect others

Ⓢ I feel + dream more when I'm like this (low mood)

to work to 4 days/week. I feel guilty I'm having so
much time off. I drop a day, with can't be
letting people down.

I love my job, but struggling to cope w everything
Guilty as lying to all my clients
Had 2 mo fl to get help already

This is not me.

Until start of year, was great. Boys had perfect attendance.

Onset - not sure of beginning

But work incident made everything boil over.

Still dealing w R/V 2 kids -

Trying to do everything on your own - not easy.

Split up Jan. 2023. & he took 2 kids

Dealing w police since Nov. '23 as I went to them
as couldn't deal w his constant harassment &
phone calls. Police - found out about the physical
abuse & his breaking my toes.

He was charged in GBH, but no AVO in place.

Police officers new & didn't R/V me to the D/V team
→ still going through Court. Adj. 4 times.

I'm fed up & tired & don't know how to navigate
want to pick up & leave.

Supports - my sister. Glenmore Park. Chloe

Given up reaching out.

SI. back.

I'm fed up. Don't want to be here anymore.

If I do it, have to do it right so don't have to

deal w the consequences of still being here.

Pathfinder - not registered. Drive that to Weanup

Creek; mountain ledge is no barriers. Driving over.

?intent - not likely.

Protective - fear of it not working

I love the boys so much, but worry I'm messing
them up. Shutting myself off from world's them.

Scared I'll mess them up like My M^o messed me up.
& they'll hate me.
w. to be around people.

? good week.

got up; work; cooking dinner
I felt like I didn't have emotions; doing what I
needed to. Getting it done.

F: good. Not happy or sad; no guilt
Not letting anyone down.

? hospital

- I've lost faith in public system. Told me they can't
help me. No P.H.I.