

14/2/24 Noa

D/L today.

STOG good; calm; safe; nice break

Learnt tools.

- Box breathing
- struggle w. values & goals.

↳ meds

↳ cripiprazole - 20 some paranoia.

- sertraline more instead of P-
- clonidine - anxiety & ADHD
(not helpful for focus)

D/L lots of walking & listening + art & swimming
Will look at outpt. clinic in Melbourne.

- want a

Learnt about EPTSD on foundations on self.

Rtn to Melbourne on Tues.

Connecting w. Fo well. - going camping.

Dwayne & I

- he has show in March

Will push for us to spend time in Wagga in his family.
We're doing OK.

Cruising - something I've done from a young age.

Been cruising over past few months.

Told Dwayne → caused conflict

↳ Exploring

anxious to rtn to Melbourne; don't know what
routine & structure will be like.

Craving diversity of relationships. Like polyamory &
revisiting philosophy.

Reached out to 2 close friends

Still looking for a job.

↳ enrolled in uni.

Grad cert environ + social governance
- 34 from MBA

Want to strive to do well.

Excited to move towards grad cert & academia.

able to distract self from paranoid thoughts.

Values.

Justice
Honesty
Responsibility
Love
Authenticity

A lot of insecurity in the relat. I don't want that but don't know how to fix it.

Struggling w. self

Last rel - anx. attached

Now anx. avoidant.

Love something I don't feel in abundance

I don't feel love for anything.

one feels like hard work & maintenance & less fun.

Hypo. arousal - low mood; numbness; lack of motivation

Dwayne thing I can snap out of it.

Dwayne in TLC all the time; has low mood.

Doesn't know who he is without that.

⊕ talk to Dwayne about this in Wagon to transition

Shame - how D. reacts to coming in open relat.

Values living

- Justice - was living it
Love - not as satisfied
auth. not "

Responsibility

I think coming in is irrevocable, but part of my relat. & 1st sexual experience.

- the rush. Thrill seeking behavior; staying in main. theatre kept me there & depressed after.

Charing remain. They were my highs (theatre).
3 hours will give me a community.
audition in time.

Goal: I want to do a walk in the morning
along Yarra.

Alarm at 6, get up at 8.

⊕ be up as sunrise

7 - walk - 1hr

8 - breakfast

9 - uni - at library.

12 - break

1 - VETS for compassion

3-4 - swim - outside if possible

6 - make dinner. Find my joy for cooking

- shower.

Weekends - quality time for self.