

6.9.24

Noah

Up + down.

< Wed. - home alone

Today bad

- Frustration; anger.

Tried to reconnect by playing music but didn't work.
Woke Sam.

Pos. -

Meeting w. cousin

~~Enna~~

still a lot of negativity.

Hard on himself; on decisions - too overwhelming

A big part of being

- had to thought of knock-on effect of my behaviour

ADHD + weed comes in

A lot of shame around that.

Frustration - from skill aggression since stopped
Everything's got to have a result.

Every dec. has to be right.

Compounding

Medⁿ has brought him down

A lot of realisations have needed to happen for a long time
Running at 100mph for ever.

Still at that speed in head; body has slowed.

Sore legs from walking for months

In his mind it's not ok to slow down.

Sleep - not much better
waking

Drops - as needed.

Initially

- brought me back into perspective but don't
like the reality

Moved away from grand design plan

Feel di

Drowsy

1. think it's long-term withdrawal
- daily use for 2 yrs.
Big shift energetically
- always been in tune
Substances were dulling that

New job - moving & fast & intense interacting
in persona → overwhelming
Impulsivity - fight or flight response

Can see reality more now
My world view includes things others don't
Social justice.

Sertraline - lost insight
Ability

Forgotten what brings me joy, emptiness
Moments of deactivation

I'm really bored.
I'd like to find things to bring me joy
S.I.

Can't be bothered.
We are so fragile.
Thoughts feel intrusive; pop in
- different ways.
Scary; never been in this state before.

For - said we'd miss you.
I'm not a part of the family;
Protective - have responsibilities; higher purpose;
things to do.
- partner.

Disconnected from family & world for ^{my} this relat.
1.8 yr. Dwayne.

He looks after me to look after himself.

Don't know how to help him - not my job

Don't believe in love story. I know he loves me,
but cynical of that.

In previous relats, when got hard, just left.

Don't have the capacity to love myself let alone another
& he's throwing his heart at me.

Work is hard.

Fairy tale world I was living in is not real.

Realizing you have to stick at it to get good
at it; also you need to earn money.

Mine was that the world could be better.
As an artist, my job is to bring joy to others.
- That's what makes the world a better place.

Love holds us together. We do need someone to keep
an eye on us.

2 people come together to create a reality.
We need community.

If you knew that

Nervous to go back to rat race.

Fear - they have to hold me through this & they don't
have the tools.

Need the lack of stimuli to heal.

Paranoia - what do people want to know about me;
Rtn flights after 11 p.m. stay.

Work - not good at it; not trained in.