

13.9.24. Noah.

Have nothing to do.

Nervous about not getting back to Melbourne.

Tic - started when broke up in 1st partner.

< < this week

starts in back + up to rt shoulder

< in thoughts overwhelm + distress.

Not sleeping

Waking 2

Med^l Δ - mirtazapine

Spoke to tele psych. ? Do Ketela

Sertraline last week.

SSRI + SSN? I? all at night
- at bedtime

Intrusive thoughts - ST.

Can't focus on things.

Talked out.

Time feels long.

Emotionally fatigued

Crying alot

Feel trapped in the house
→ stress

Thinking about everything.

My artist brain

Have to be + accept.

? when sp lit

Onset - heightened scene - a play.

Therapist $\rightarrow$ stimulating

Dancer - control over the body

Inst. movement scary.

Got normalised; then scary.

Triggers - DIV

Thoughts stop + physical reaction

< when not dance - emotionally regulate.

Learnt to emote in whole body.

Shake hands vigorously - trying to get the energy out

Hit head on forehead

Energy - 222

- whirl of sensations comes

S: pressure

stop breathing

chest - expand

- forehead - squish - star

collapsing - on myself; bad thoughts; neg. spa

$\rightarrow$ what expands $\rightarrow$ the tic; I need to get out of here; something's going to go wrong

Fear failure; Resigned from work.

Dance

Head empty; shape based balletic;

Control;

trauma response (

? Trauma from 13

- growing up - spoke to men online, sexual exp.
from 15 meeting up w. men. Threatened &
cheered by me. (18)

15-16 - older men. I actively drove that.
Use sex to shut off sexual shame. I could
have been preparing for life.
Saw a big part of our relat. Had to remember
it's ok. Doing that instead of
Can't make decisions; feel a bum.

High schools - no friendship group. Knew I was gay.
Learned to love my body through lens of a camera
then developed the body image

13 - going gay. Normalised. Didn't think I'd ever
have anyone.

Partner here - see him today. Excited but nervous for
conflict. He's a support worker
But I don't want to see anybody.

Dancing - on stage.

Similar - a glow - w
Expanding
Radiance
Light
euphoric
glitter
silver
Shine

Off.

Shame - around fact I couldn't do the job.
& can't commit

Black hole; pulling everything in; nothing

S: bubbling; goo; tar; falling - through a tunnel
like tar - black goo & ; gaseous bubble not
from heat like water. Molten lava but black

Everything comes together & it made sense & you
did it

(HG - the shine; dabble; shine; passion)

Trapped

Wandering; need to rest but can't settle.

Things we do to disconnect are triggering sth

Reading - Shame around that. - can't focus for
long enough. - since childhood. (eye probs).
Special glasses

Shame.

tool used to & human behaviour. Pulls the person to
to where they need to be & leaves a scar.

Do the thing because

put down to elicit a response
to feel shame - to internalise & put self down to
get a specific response.

1st time - stole friend's underwear - 13. & hid it

R: secret (HG - covering mouth)

S.F.