

23.10.24

Melbourne was ok. One tiff w/ Dwayne.

Going to Wagga - Dwayne being Moke screening.

Catching train to Melbourne. o/N

Digital grooming - new concept.

Doing well w/ cyber security course.

Musical in BM. - going to audit in, which would mean me staying in Syd. for longer.

UWS - Ba cyber security & behaviour.

My paranoia - I'm being watched - behaviour being watched; anyone can access your life.

v. tired. sleeping in.

~~This is bad~~, just Shakes are bad.

Might ask to take Sect. in morning. so not so sluggish.

Good by night time -

Mopey in morning; wanders aimlessly

No psychotic s/x

Some hopelessness

Life seems so long.

Nothing I want to do.

Cyber security - enjoy enough.

Nervous to return to theatre.

2. fav. musicals

- Come from away

Miss idea of Darren etc; their political views.

I was blindly following them & led me to bad place.

Thoughts a lot slower in med.

Want him. to help in drive.

I was groomed; online connecting w/ strangers.

Hx of sex in public places. Realising how much that's shaped my dev. psychology.

→ v. sexually driven

Normalise the behaviour & culture

worried it will come back

Being inappropriate w/ people.

Shame

the lack of control;
intrusive thought; confrontation.

Shame bubble or memories / etc to.

Exp

A squeeze in; blinder on; hiding
Makes me really sad; hiding & trying to ignore it
S: curling up & around like around something

Exp

cold; dense; like silver; metal; stuck; like a
(HG - clasped fingers)
gear shift that can't happen.

Silver - not a pretty silver; dirty.

Opp: open; sitting up; moving forward; a line, gold;
Sun; warm.

Artwork 2. The shadow of an angel in dust res
hand - holding the emotion; cry; feminine;
transition from B+W to color
me stepping back to B+W
Trying to work out poly amory.
a flower in middle
Similar to the curling over, folding in on itself &
shame but only in it.
(Art 1 - exp. out but in ugly way)

Exp.

empty; calm; focused.

Consciously dissociated it from Warren. This is 9

Pulled to centre of work.

Plucking of a string; a harp.

Melodic; apeggios

Empty & neutral

OK. is it as it looks beautiful.

It has structure; ~~that~~ it pulls it self together.

Structure

- scaffolding;

No scaffolding. structure falls apart; instability
chaos. no guide to follow

I'm in limbo atm.

A lot of Δ.

Talking about hospital; I'd like to go in & have med = Δ.

Performance

I don't want to perform for people anymore.

☹ be a character

The out; loss

anxiety before performance.

I care about being good.

Closed off room share in Melbourne.

Moved out of Dwayne's.