

30. 10.29

Matilda - admission

Went to Melbourne. Nice w/e.

& working well; much more present.

Back on needing to do something.

Performing is not a lack of ability. Feel I'm at the level but don't want to; feel it is a duty.

④ escape by a show.

Tomorrow opening night for BM theatre.

Dwayne doing well at work. Hard to hear when not noisy
I do want to support people more than just bringing
joy - in life

⑤ a strength to keep others going & understanding how to
do that whilst looking after myself.

Doing cyber sec. as smart; not

⑥ journalism & law but a lot of reading

Thinking about ageing.

Was good in Melbourne but missing a lot - making an effort
to get up & do things for partner.

Notebook from 4 yr ago 'you're going to be ok'
17

Deep sadness from cyber abuse/grooming

→ split in me - online persona

& in me to see that as abuse.

Sorted contact link out today.

Not enjoying being at home. Nothing to do. But no place
I want to go.

Performance a big part of my

lots of thoughts

?-? shame addiction.

Online stuff from 13

Singing & dancing & shows - high dopamine than
art school & drugs.

⊕ get a job + accom. near home.

⊕ cook

⊕ get back to activism.

Disobedience - a world transference.

⊕ move away from Xtrict rebellion.

⊕ move into safety by design - cyber safety.

Then move into counselling.

Don't like audit ins + performing somatics
Uni didn't set me up to do anything else.