

3.1.1.25 Ruth 53

Phari Cardone.

Hot flushes

← right

Lap band surgery ²⁰ years ago

? SX related to

anxiety; feels like heart attack

Radiated up right chest + out to neck.

Mid sternum builds up + out top

Radiating pain

Pasta giving me some issue

Avoid foods.

1.5 yr ago break up - event through similar.

Work in disability - NDIS planner + A&A needs & see

Generals.

Food.

⊕ Sugar - can tolerate

↑ wt

? too much sugar

⊕ cooking - distresses me.

⊕ different

< capsaicin → pain → bring it back up.

lap band restricts it.

Weakened oesophagus now

→ aspirate

Band - a limiter

Sometimes can tolerate foods

If upright, food can go down

Prior surgery

- overeating; food to feel good

worry the regurgitation is a way of controlling

s° had anorexia

Prawns - peeling them causes reaction
but can eat them.

Hot

Low BP after wt loss.

Obesity; ↓ & BP

Now 70kg; Was 120kg.

Hot at night; wake often.

Clammy.

⊕ dancing
- got hot + sweaty but cool to touch.
Engulfed heat; like in a sauna.
" hot

80s/90s / latin

⊕ Bunsen

Dancing

strict Italian family

Joined church + in minority. Strict re dancing.

Sep. from husband, + started dancing. Became social
church was social life 22 yrs.

Left during covid; sep. from husband.

Ventured out; made friends

(Louis - ex)

Before engaged, he had anxiety + panic. I didn't
understand it

In church I was up on stage.

CONSTRICTION pain on chest; realized it was panic

f. died 2 yrs before of MI

Understood emotions could cause physical sx.

When Louis + I broke up, a few panic attacks at
work.

Low B.P.; faint.

> rest.

Prior to Alex, broke up w/ partner of 2 yrs. Frequent
anxiety + panic

Couldn't read reports

M. died in April; last 2 yrs in + out of hospital.
Wake unwell; nausea.

Spent psychologist before Covid. But

Ex husband - had issues but no D/V. he had ETOH.

But his next relat. → D/V + he was incarcerated.
Had psychol. then a bit.

Great family; Alise v. supportive

S: tightness starts

⊖ leaving self open + vulnerable.

Stems from abandonment issues
A. Nurturer: ⊕ help broken people.

No kids - regret that
Fair to v. important to me.

but if not careful, expectation they love you back
they're so self focused on their needs

always the giver, as focused on others' needs but not
looking at why I'm compelled to do that.

Feel I have to please people.

Don't want to burden others w. my issues
annoyed when others use VMA as an excuse.

Learned to accept compliments - as a child.

Child - M. loved us (6 of us)

4 kids to ^{bio.} 1 f. but he was abusive
she

→ met step f. → moved to Perth → 2 bros.

M. not v. loving Expected a lot from us; made us
strings independent.

I was provider + paid for shelter

Stubborn + don't give up easily

Lived next door to M. Cared for her

Bid duties to her, but thought she used her illness

to ~~be~~ excuse her behavior.

A shock when she died

Grieving now.

there for her but heart not in it

Relief when she died

if she dies I won't feel quit to anyone.

she expected more.

Had to live up to her expectations

Do what I need to do

pull away from hugs.

① being open.

Alex teaching me to be loving + be loved.

Dreams

Back in shop. in M^o is better times. She's in F^o
(stop F^o). Pleared because she's not alone.

F:

Loved the shop; being part of someone's routine; central to family; organised life around shop

worked in M^o but relat. w
tension of being around M^o

F^o died;

F^o driving; apocalyptic.

When M^o died struggling to breathe. I gave her permission to go.

Fall out in M^o + B^o branch of church.

Felt guilty for the hurried service.

(swelling under eyes.)

* (Dream).

Shop: hard times +
time when we're all around.

⊕ being in business, so ingrained in us.

to get

Left school at 13. Business gave us a bit of a talk,
business savvy. Made us stronger & wiser.

Family unity.

Will we get back to that.

Dream - go back to same old s

Going somewhere but not packed; don't have passport
travelling

F: am trying to be prepared; worry I wasn't prepared.
+ no money to buy more clothes.

Fear: lack of prepared; not planned it well;

thrown on me; need to get somewhere +

↳ freeze to death

↳ stuck & not able to get anywhere

↳ not knowing anybody

↳ no finances to get self out

R: wake up.

Farther

~~Chances~~

Right & wrong.

Used to be in church 3 days / week

Not giving god the best part of me; he brought
me so much peace

(guilt)

I need that structure again.

Structure

⊕ routine; pattern to live by; know where you're going.

No + a lot of structure in life right now.

work gives me purpose + structure.

w/ structure - relax + outings

No structure.

- waste days + feel bad
not been productive.

image:

When M^o was alive, work; visit M^o; prepare food;
worry my B^o routine not ok.

~~Chaos~~
had to detach myself from M^o to go to work.
M^o - never good enough.

Anxiety pattern.

Lack of family structure.

Younger - didn't want to leave the house, but had to go to work.

Committed in 45.

15 - at Col. Set alarm for gov. services

- had to travel to city

ans. to answer phones.

Child - never talked

+ (f to M^o + B^o with

offered 3 jobs in office

→ Syd. Hospital, then ward clerk. - mobile

→ then in ED.

Exposed to a lot (from protected childhood)

then worked for parent & am. at night.

There for 20yrs.

⊕ help everyone

Drives my M^o; strong & resilient; contribute

Family chaos; support family

Move to Perth → broke all relat. from Syd.

M^o - victim of BIV & would leave

JWs - kept taking her back.

Travelling to Perth. M^o unwell. Step F^o raising us
(parents only 27)

M^o always had us to her; a lot of strength.

Drummed in importance of family

Parents sl. communicated

Ministry - travelled world

Covid - felt isolated from church. I felt forgotten
Replaceable despite all work & sacrifices I made.

Church - uninvolved

Feel like letting go & myself down.

Growth

Relationships
abandonment

Fear as child

- something would happen to parents + I have
to support self.

Why I go back to the shop.

Worry for siblings left behind.

Mum's house - the central point for all of us, but
now belongs to Anthony.

Not the central point

Disjointed

Centre of family not there.

pulling together to support each other.

Freer.

Family unit. That's where strength is

Nerves in neck

Bone on bone Rt hip

Bone loss in jaw

Cyst under tooth.

Chronic gum disease = infections

Sleep apnoea.

Worry of aspiration in sleep

< 1% anxiety

Too much energy. → have to get it out.

Super tired but overwhelmed

E ngulfed

S: stuck in a hole + not able to move + not able to breathe

Fear - narrow place; getting stuck + smothered.
Can't move in a dark place.

Alex - I'm not alone. a relief.
+ not alone is somebody.