

10.2.25

Rhonda

Bean on
Cervin

Avg. iid
GFN

Last week, needed a break as could feel egg.

Friday - gingivitis.

Sat. - " nose → Marc sol.

Ext reaction of pain in Rt eye.

2022 - Rt eye inner post. op. (conjunctivitis)

Still have gritty S. + watery

→ immune reaction to facial surgery (own conc.)

Pain reaction

Nervous system too over stimulation from Rx's.

Rt eye - v. hot; gritty - woke me

2am - stabbing out of pain; profuse watering

> cold compress

Sunday - swollen; inflamed; photo sensitive

R/O sensory nerve from under eye.

Annoy about overstimulation from Rx's.

Heightened over stimulated system

Massively aggressive reaction

Gingivitis

Hot & un

(PHX of necrotising gingivitis)

Inflamed

sl. swollen gums s. tightly;

uncomfortable

metallic taste

→ F&D Sat.

Dry mouth. poor homeostasis

Small patch of dark red on top & lower gum.

→ Mex.

Next day, no worse.

Neutrophils good; low lymphocytes 0.6

Run down; exhausted

Gave myself injection - but low neutrophils

Pallor.

Low platelets

RbCs OK.

Digestion = ok.

G/col cells - fine of nervous system

PH of seizure; ICU + renal ward
I know after that I was better. felt happy, balanced,
stable. Real self there for 3-4 weeks.

all anxiety gone (2° haloperidol = confused +
pulling lines out)
Now think it was the seizure that was healing.
M^o had many seizures.

I react to everything

Anxious about more lymphoma K + 4 med =

My natural state - I don't worry. My nervous sx -

Something wrong; anxious about everything.
Specialist recommended Amitriptyline

→ Calmed nervous system

Day 5 → Seizure.

But also had renal scan = had 3l of water

→ Na v. low

I can't regulate. All nervous systems related

Impossible barrier

Brain re. training about social connection + importance
of.

Something's missing in me. Everyone else has resonance
or relatability to others; connecting for safety to build
Vagal nerve

I can't do that

Can't feel safe around people; feel safer when I isolate

Life will be empty + pointless

? avoidant P-D.

? Real self - periods in adult life once I get into safe
zone = David. prior to EBV

Not brought into contact w people until David.

Wasn't aware I wasn't uncomfortable

Boundary ~~extreme~~ disintegration makes me feel
invaded

strong boundaries / wall up as compensation for not being
able to skillfully maintain boundaries

Have to hide so much

Relat. are dangerous accord. to upbringing

" not a comfort; a threat. → feel safe in
isolation

Can't survive without David