

28.8.29

28

lukin

Ongoing flu

Blowing nose

No taste or smell

Unwell all winter

Oral thrush - > after Casimycin

Sinus irritating - doing irrigations

Tired; emotional; overwhelmed

Last constitutional - Baryta carb

Bad sleep - woke at 4am -

stopped THC +

> coffee at night.

Overwhelm - so much to do.

How will I get through it

Study. don't enjoy studying.

Outcome is good - to teach make up.

Work 5 days/week

No time to relax. - @ weed.

Finish course in Dec.

Home - stressful

Can't stand the men in house

They burn me; so judgemental

Worry about M°

Bro - youngest - pregnant. will full on M°. (26)

He screams at her in street. He needs help:
Smokes THC.

Bro - into Muslim

Criticised Terry. Older bro attacked me.

I'm OK w/ myself.

Worry if I met someone wouldn't introduce to family

Make my own decisions. Still want to ask for opinions
but am being told what to do.

stronger in self.

1hr sick of being a push over.

Broke up 1 yr ago. no new b/f.

fear I'll be toxic

Insecurities in past relat. - trusting people

→ are they lying to me? are they truthful?

Once trust is gone, I disconnect.

Oct. '23 - broke off relat. He took it badly.

Calling me names

I don't deserve this - don't call me.

3 weeks later - had sex - I cried + - knew I was over him.

- NVMB; wanted him to be the one.

? next relat.

Resent him; think f* you for not keeping your promises.

⊕ having a b/f

Focus on yourself & getting healthy.

Trying to enjoy single.

a (max. 1 friend. talk daily

⊕ left alone; not responsive

⊕ knowing someone there; is the feeling of someone there

w. company; fear being alone.

⊕ alone but loved

Dermatitis +.

Scratch neck - 3pm.

allergic to something.

< stress.

itching

- skin - abdomen; upper arms; neck.

ants biting; burning; irritating.

Food

④ healthy food

fruits; smoothies
fish; salad.

Fear -

Not finding someone

Not having kids before 35

Not being able to save money for future travel

F^o health of M^o + F^o

④ detach - live my own life

- when I meet next person.

can get depressed; or. live in g/f as she's depressive

Don't think I could live on my own.

Love knowing people around.

Scared being in house by myself.

Have to help my family.

1. I love my M^o - stay in her as long as I can.

M^o - my comfort; feel calmer; helps me:

Someone to rely on.

I like to rely on people & they rely on me.

Burns are irritate me.