

8.5.24

Rebecca Valades.

Headaches on waking

? teeth grinding. Starts in jaw & in arc up to forehead. Tender like bruise

Struggling to sleep.

Kids been unwell.

appt. 1/2 I.M.E. 30.4.24 (insurance) re TMS Rx

All over the place.

Exhaustion; lethargy

Anger & temper & ; less patience

→ keep low profile in public.

Escape to home.

Go out to walk & shop.

Isolate; avoid people or participate in public places.

Walking up to 16K steps/day.

Try & keep active

Headaches daily on waking

Can lead to migraine & light sensitivity. Occ. N+V
avoid vomiting

Vertigo coming & going

2017 - Bx vertigo. - paralyzed me.

Dizziness on Rt side

WISE - Woman 1

Fear & protection

She's scared; confronted

Something's approached her. She's protecting herself.

There's triggering

Backed into a wall

Nothing behind her so she can continue to run

so has to confront what has frightened her & despair

v. frightened

Resonates "coming to that point of nowhere to go."

Hands up to protect herself

Hit her, stab her.

Meeting "something she knows she can't run from

Given up; this is it.

Someone being physically confronted.

Resonates "how I felt 'in pain' I feel in my chest."

Despair = pain & hurt inside

Heckles her like is over

v. petrified of what's coming next; what's inevitable.

Face of reckoning: the end of her life or fear of continuing abuse.

Nothing to do w. what she's wearing; but her body language.

Reflects a lot of today's life - what people going through.

women dying; D/V; War; Violence

R: hands up to protect herself.

helplessness. Hands the only thing she can guard herself.

She's trying, but not a way of fighting back.

(resonates "incident at school where I put my hands up to protect myself")

My anger repressed in her hands

What right do I have to use trauma as a reason?

Haven't been bullied or suffered the way others have.

My trigger is to react. & my way is to snap & be aggressive.

I've built up something. Push away everyone that can help me. I'm resisting help (PROTECTION)

(These sessions keep my head above water.)

? anger in hands

Quite physical. An end. Doesn't matter. Her hands are

delicate; not made of steel; flesh + bone.

Use to try + project oneself but no... a reflex to put up hands: the protection she feels is in the person attacking her unless she stops

Make her feel she's at her v. end.

Hands are delicate. Not like old days where could hold a Shield

? delicate

Part trauma over + over, become sensitive to a repeat of things. Not just holding an egg

It's deeper; something that needs more

How easy it is to affect that something

Warriors have strong hands. delicate nature is different;

These hands are very worn down in way that's more delicate; scratches + bruises; deformed scars; battle scars; screams delicate; a repeated

victim Someone that's repeatedly a victim

Hands are already delicate

more sensitive

Can tell the delicate of trauma a strong-willed hands.

Her hands have had enough.

She looks v. tired. Mouth says despair. She's been crying forever. Run down.

Can feel in her shoulder she's vulnerable in that moment.

Position of arms is low

Whoever's trying to harm her is trying to hit a blow to her abdomen.

Her fight is not strong as her arms are low

Looking down at something tortuous.

Despair that can't do anything for somebody else

Maybe she's pregnant + trying to protect herself there
→ selfless; wants to protect lower abdomen.

an instinct: a reaction
She's suffered & exhausted.