

10.3.25

Rebecca

Exhausted

Wake unrefreshed. Vague of sleep.

My paces so quickly

No sleep medⁿ - tried - put but too redated.

No change in stressors.

Flare up of eruption on face.

Sense of I don't belong.

Thoughts of wanting life to be over - but not suicidal.

I'm tired.

I'm here because of my kids - put them 1st.

Something wrong is the way I think + my misplacement

Trauma when my aunt, did what she did. (2010) (suicide) O/D.
(bipolar + schiz)

Hate feeling this way; never used to.

Effect of what happened is my daughter, my son, my workplace injury.

No value in society; not contributing to the Or

MISPLACEMENT

I feel alone.

I'm the one that reversed friendships.

Don't want to get close to people

Content in own space

av. people; company; relationships

so good in kids

Anxiety makes you think about future - what if.

I know I'll be alone.

⊕ be alone

(used to be a social butterfly.

Maybe it's a SHOCK - from company to finding comfort in own company.

Sense of floating in space + don't land anywhere.

Comes + goes

Floating as if in pool of water; drifting

Some turbulence + spinning out of control + nothing to hold on to as spinning so fast.

spiralling out of control - head over feet; or horizontally
in circle
opp: slow moving

Sense of

or be able to control mind or body so not spiralling

Scary as can't control situation

When v. still & drifting - floaty - quiet & peaceful.

Option to be there & relax. world quiet & still.

If you go fast enough spinning, as if not moving at all

Hope for best won't explode into 1000 pieces

Creating your own orbit to own body & don't feel anything.

It's v. quiet; no noise - deepening quiet

v. alone.

Nothing around; no other planets. NOTHING.

100 million

Fear - nothing; the unknown; will I land?; will sun
solitude

Relaxing

Too quiet

Do I shroud up into nothing?

Will I be found?

Unsure how I'm not exploding

I'm just there but v. lost.

No sense of direction.

No heat; not cold.

Numbing

v. solitary

v. numb.

? NUMB.

- feeling of not feeling
- exhausted of feeling
- a empty tank
- Felt so much for so long.
- sad
- defeat

off to fighting/battling/conquest.

not reactions for happiness or sadness.

Not responsive; not reactive

Grey

See through

Can adapt to colour

Cold

When something's numb, feels cooler

No O_2

No circulation

Detachment

No sound

No speaking

No thoughts

Numb

imag: a grey block; a cube; 3D.

Can't see anything inside it

Nothing there; all grey.

Hollow

Nothing inside empty

Moves slowly.

No noise, quiet

v. smooth texture

A cloud but not - can see it's there but when go to touch it, go through it; not solid; MIRACLE

Exists but it's invisible to everybody else.

Large but closer you get, gets smaller; as get v. close it's so large, as if swallowing you up.

HG-

You're getting smaller; it's getting bigger

Room of mirrors

warps your way of thinking about what seeing + thinking

going off of what perceive it to be

Getting bigger after you

swallowing you

? bigger are the inside of

- what I think numbers is; nothing makes sense;
a mystery

Closer you get the more it swallows you whole

F: helpless; no answers

haven't grasped the answer

You enter or leave unanswered

A dimension

A grey, shadowy, black kaleidoscope of self
Numbers - can't grasp anything

The little world space you're in

Mix of...

The walls of the cube; dark grey; shadowed;

When you look in don't see colours

? seeing inside out or outside in

Begin in a cube; 4 sides, top & bottom. But getting
closer, it got smaller &

Try to grasp the box; being inside the box

Everything coming closer; drawing me in; coming close

HG body folding in

Shrink around you

Exp: fear; quiet; no light; no colour

unaware if floating or on solid thing; floating is
feet straight

No one wants to be in place like that

R: close my eyes; get down in hunched position.

if shrouded so much around me, wanted joyriding,
impulses.

Do I go into a tiny space; nothing, disappear

like winter, cold; lost;

? opposite - Or; I can breathe; unrestricted;

light but grounded; everything expanded out

fear of being swallowed & squashed to nothing is
not there.

? eg.

- yellow; an orange tinge - more lit up; no grey or dark.
F:

HG: spontis renewing

Fingers interlocked in palms open up.

Radiant around me.

Radiating warmth around me.