

28.8.24 Rebecca Valades.

2 weeks ago - cortisone to neck. (occipital nerve injection - peripheral nerve trigger pt. injection (botox) 16.8.)
- not helped & worse

Feels like heavy wt hanging off shoulder.

Sharp shooting pain in Rt front of shoulder.

Starts Rt chest ext to back & down Rt arm.

I didn't seek it, but recommended by pain specialist
Workover v. stressful. Want to quit but won't leave work.
Love support & wouldn't be able to get health support.

Trav. - ended Nov. 2023. Requested move. Approved but ? too late
after 1st round of revision.

Need new mattress.

Seeking financial assistance through church to help w
daughters school fees.

A lot of stressors.

EX is struggling - from Oct 23 Jan - Sep '24 - child support \$134
per month.

Youngest starts high school 2025.

Daughter - up & down. Feels bullied by teacher. Much better

Since St Lukes. Doing well.

Lids worried I'll lose control again & go to jail.

WISE PROCESS - metal sculpture of 2 people.

Balancing

A struggle of being able to balance. If you let go,
Bottom one - not a full person so balance guided / supported
by the top.

All responsibility of 'lifes' lies in top; the head
of the house; the one to balance all of that
like tower of cards, if wind, will all blow over & be
nothing

Some things trying to hold on to stability & responsibility
one foot facing out - that leg having to make move...

Like crane arm powered by lower mechanics

Rt leg - big responsibility carrying more responsib. of past 40.
Lt leg not forced out to hold more footing.

Rt side -

Whole Rt side - struggle to keep

feel a sense of falling

Collapse

Unable to move forward

Tried to hold on & branch out for support

Time has stopped

Darkness - lower parts - too difficult for.

A lot of emptiness - core; feeling void

No support; gaps; core in centre

Time where was v. broken.

Outreach trying to grab the support; as falling
open gaps void.

Darkness up top - posture shows strength; power to support but
burnt out.

After all the battles & scars & wt.

Resonates in me.

- struggle

- the force & arms out

Lower - the legs are kids

- had to hold on & struggle

legs up top - Combined what I have in the

Centre bit - a little gap - that - how I've felt.

Gap - that I can't close; things ripped out; my ability
to participate & learn.

11 - burnt out. Head full; blocked but always there to
support & be there but I'm burnt out.

- not grasping things