

19.3.

Sarah.

Money running out

anxiety about rent.

M^o unwell & lost f^o.

Had to take her to ED → triggered my anxiety & flashbacks.
like a panic attack. Calmed down after a while.
Might have to move back in w. M^o.

Got teeth -

Optus not paid & timeline cut.

Energy - have a payment plan.

M^o - 2 dementia; brings up the past - my f^o; my ex.
M^o being a wild child.

→ argument → migraine

Yesterday - all on top of me. Crying & +

Home inspection tomorrow.

Bwork but not fit to work.

Doing paperwork for Centrelink

Kids need to sign on.

Trouble w. Arden over the years after his bullying.

Hard to make decisions. Hard to get out of past & to
focus on future.

Doing the best I can & still standing

M^e + M^o don't get on.

She was stricter in me than bro.

→ jealous of him. Never gotten on.

I resent M^o.

Made me think I'm not normal; all life; blamed

Everyone I got attached to I'm

told I just want it my way.
M^o sleep - I'm low & can't get out of bed; or so high

M^o says I don't care about other

Do one goal a day (since F^o died)

M^o & I clashed - me dad

Going through boxes → all old memories coming up.
wedding photos.

Gone from wanting to do child care to

Need to work

Catholic

Fear of unknown or get anxiety

Overthink → barriers.

Low mood affected me like I've never been before.

Labile mood.

Good days & bad days.

25 - moved out of home. / married

26 - had Paris

27 - Aiden

25 - MVA - preg.

Always strong & get out of things

Bottle up & build up

Brought kids up from Day 1.

Ex didn't want Aiden

After split - went to court, I got full custody.

50yr exp. in Childcare. Have Dip.

Fear of qs asked in interviews.

(+) help the old ladies - hospital.

? a new direction