

Sandy Ginder

Saw Esther. Gave me 20 picture to help sleep. x10
when I sleep, & pain

But side effect - dizzy

Wanted to put me on clonidine - but no. @ side effects
Just wants me off endone.

Can opt endone in liquid, so will look at sliding scale
(oxycodone liquid) 0.5mg to per day for a ^{reduction} fln.
I am to come to me to talk to Esther about it

Sunday - 45¢. as not sleeping.

Depressed. an. going to work.

Anxious about Jacinda

Lack of sleep.

Angry w/ Esther - for not reaching

Jacinda speaking to me rudely like a dog.

Staying at 200 - aggravation. took 30c & 4 egg.

Helped me anger / frustration to 6.

How dare you speak to me like this.

Fragile.

Very all the time.

Can't study or absorb anything.

Took an course as in a really good space

Now worried I won't finish it & lose \$ thousands.

Guelt always feel I'm wasting money.

No plan (SI) I just want to sleep.

Pain never ends

Emotionally, v. fragile.

F: done wrong; in trouble

Hear J. getting angry; think I'm not doing job.; fire me.

She's rude to me. Not good enough

Highly anxious re study. so backed off

Put off about J - no please or thank you.

Offended by it. Not respected.

Like I'm worth nothing

Always worth nothing in family.

Tried to protect sister from pedo. & belting
M's threatening to give me away; saying she didn't
want me; didn't want to take me home; D,
offered to take me. I wish they'd taken me.

I know I value me. If I didn't have him....

Dan looking out for me.

offered a job on Gold Coast.

I'm crying over w/e over his M's history & death of

D/C pattern

I start to feel bullied & disrespected & worthless.
all the stress spirals. I can't sleep, cry alot,
anxious; fear I'll lose my job.