

21.6.24

Sunday

↳ endone

Saw Esther, gave me referral

Decided not to see pain specialist

Decided I didn't need it anymore & taking rest off it.

Do have flare ups

↳ From 15mg/day to 7mg/day.

Rarely get pain in day. If do, take 1.5mg

Get strong pain at night

Adam & Holly - up to tricks again

→ nightmares

Need to renew passport.

→ I was v. wary of Adam. Not feeling safe

F: wary

R: Keeping my distance; brain on alert; safety alert.

→ pain woke me.

When I go to bed - msg 'I'm not safe; I'm not safe'
tell brain to stop the nonsense.

? connection

- always been hypervigilance.

Dreams as kid of paedophile breaking in & getting to
Kerry.

Home invasion in old when nursing. - Guy sitting on
my bed. It was I dreaming? He leaned down & tried to
kiss me. Pushed him away. 'Did I dream that?'

Parents used to fight at night. Scared of physical abuse.
sexually assaulted by 2 Drs at 20yrs. Student
nurse.

CSA - Freeze; too frightened to do anything

3yrs → 9 & 10.

Parents used to send me over to get veg.

'Come here little doll' take me in too! shed.

One day I said 'No. Never touch me again.'

In 30s - told me + she said was my fault.

Night means have elements of abuse

always scared of dark. to hear a noise - intruders.

I'm near front door. Hear noise; jump. STANLE

S: jump; freeze; SHR; listen for intruders.

still; don't move; hold breath; listen for every move.

? pain - trauma response

Can't sleep in light.

? try mind/body connection.

breathing exercises to release tension

Mood - feel a lot better.

staptyzagraia >>

↓ drugs >>

- more energy

- thinking more clearly. feel more me.

Deferred studies. → breathing space.

Long hypnotherapy - chronic pain P1 + P2.

More vigilant in diet

↓ fermented foods probiotic.

bone broth

DEA - supplement for pain.

↓ carbs

Conscious of pain - doing breathing exercises.

Not gotten into exercise yet!

Improvement in dementia. Doing more.

work - ok. Jacinda + Teja a bit withdrawn from me.

- $\frac{1}{2}$ expectations

→ worry. Am I doing enough.

→ guilty