

Sandy. 8.8.25

Tired

Had to go back to sleeping pills.

Only getting 2 hrs per night.

Sleep deprivation.

I am upset seeing me sedated after med=

Take at 7pm.

Arrive Adelaide for work, pain has 4.

Estron pressing me to

Felt as if a candle burning in vagina

Burning in face, down arm & leg.

Needed oxycontin

Desperate to get off and on.

Didn't want to go to Adelaide

When there, I over did it, sleeping

Pain came on then.

Just wanted to do what I wanted

Pain < that night

Next day - ~~for~~ hotel for work & tour

Walked for a long way

Then had to get up early to fly home.

2.5 hrs to drive home

A lot of stress in work.

Performance review - excellent.

Lovely to have the feedback.

Thank stress & colleagues.

Don't think that's it

A psychic friend turned in & sent me this:

All from childhood; a lot of stuff is a lock on & won't

let go

I couldn't be disbarment

Hempeched

Ismed

Mischewins

Refulsive

Seating

Always told I was fat & ugly & not wanted.

I want to unlock it without so much I can't f^u
Anniversary of Kerry's death - 24 yrs.

Taken Monday off to give myself space.

① Last 12 mos been a sore spot

F: emotional

She was such a

she did have MH issues

? emotional as back on sleep med =

Exacerbates her fragility

\$ Specialist deals in neuropathic pain.

Hard to get into.

? Kerry

that sensitivity to her being gone

When Ian's U° died - lost it.

Go to city twice per week (not last 2 weeks)

Pain < when working from home.

Office is social; have to walk around
I move more.

At home - move less.

Taking care of the Customer.

Stressors.

Ian - getting forgetful (68)

He's on his phone all the time 'make me crazy'

I can't call out to get his attⁿ & her headphones.

He drives like an old man.

We don't go out anywhere.

I need to get out of the home (as work from home)
Frustration. Things don't get done.

He gets an ADO.

I don't get time to do things

We need to find a block of land to invest our
money in. It all falls to me.

1 pay all the bills

I'm worn out

He's doing it all; the shopping

He's v. tight w. money.

Exhausted trying to keep all the balls in the air.

F: sedna

Not noticed not seen

I'm invisible

I'm of no value.

But when he saw me helpless, he was distressed.

I want the attⁿ his phone screen gets.

→ Pd off

Sometimes I think I could move into studio by myself.

? stops you

- finance.

→ Worthlessness. Am I not worth spending time on?

My colleagues love him.

S: Chat of unshed tears.

F: of worthlessness.

heavy heart.

? onset

Childhood

M^o telling the Dr she wasn't interested in me as she didn't want a girl. She said 'I don't want her'

Dr said he & his wife will take me.

She told everyone she didn't want me; she'd give me away.

My heart shaking

I was already being sexually assaulted by her father & beaten by our parents all the time.

I remember seeing ^{Diane} ~~Kerry~~ walking in injured on legs
from being beaten by electric cords.
anything they could lay their hands on.

I remember them beating Kerry at 7. She was screaming.

She had such fine skin on bottom.

I was thinking why can't I stop this?

When K died, M^o said she's not coming to the funeral.
I was so angry I ordered her to get in the car.
Our f^o had died the year before.

70 next year. This is still impacting me.

⊕ Care free.

Considering Vol. assisted dying.

My kids judge me but have no idea.

Concern I'll have to look after him, when I already look
after everyone else.

Don't have it in me.

F: Deep sadness

Longing for love.

Why everyone else & not me?

2nd eldest of 6.

Close together

Breast fed.

Vaginal delivery

The last 3, she had pre eclampsia.

Emotions come up easily.

⊕ butter & toast.

have & carbs.

⊕ Warm food.