

12/9/25; SANDY

1 Swift of octopus (Friday night)

That night → bed

Writing in pain

on fire; all Rt side, neck, shoulder, leg, internal

Took 5mg endane

1 hr later still +

Took another dose - no Δ

Took " 20mg Oxycotin. Only took edge off.

Prior, had got to 5mg endane nocte

Sat - slept all day

That night, flare up but not as bad.

Sunday - rested; slept 5 hrs.

Monday - mood so good, but downhill since

Tuesday - frustrated in manager.

3-4 hr sleep since Rx

Pain this week - not as bad as it was on Friday

Today - 7.5mg endane

11/10 : 7.5mg

10/10 : 10mg

9/10 : 7.5

8/10 : 10

7/10 : 25 (Friday)

5/10 : (Friday) ²⁰35mg oxycotin; 15 Endane

4/10 : 5mg

3/10 : 5mg

154
15
179

Tearing + off this week.

Manager been micro managing + critical.

Work stress

Not sure if I'm a good fit for the Foundation.

Manager has v. impossible standards no one can fill.

Colleagues say how much I've grown + do but don't get feedback from manager is critical.

I like learning systems really well. Asked for learning but it is stressful.

NFP Org/Charity - another whole ball game.

Understaffed + not able to meet our core work.

Got behind in spreadsheet. Manager not happy; I just told her I needed to prioritise.

I felt terrible, but the client +
STOOD GROUND

Feel I have permission to STAND UP FOR SELF

Struggle in the travel

When work at home, get up hourly + move around + >
Not rushing anymore.

Take breaks - don't care how often.

I do quality work

Dreams - a couple of night moves but not remembered.

Significant but not as terrifying

pd of Tax.

He's so stubborn.

- started fasting → no energy.

Addicted to his phone - no communication.

? Methylation