

9. 8.24

SANDY

stopped sleeping again; panic again

2° unknown work situation

Stressful not knowing

Jaundice can be so critical → taken aback.

→ ⊕ go home + sleep; but brushed it off

Looking for work + opportunities for myself.

Can't settle to study.

No spinal flow for 6 weeks - need another session.

Took 15mg endane in last 24 hrs. Has been 5mg / day.

HL fist punching hand.

Labia in fire. Had gotten to point in none of that.

→ unexpected

↳ big thump of heart

stomach dropped

stopped breathing

oh shit

I was supposed to have another 18 mos.

Nightmares.

27.7. Viscary; dark night; men going to break in + assault me. Afraid to go back to bedroom in case men hiding in wardrobe

⊕ 1m to sleep in me

Woke in pain

3.8. public toilet - man tried to come in; big overpowering + a) sure of himself. Tried to grab me + said he'd shower in me f: terrified

R: Ran out + hid. He was angry.

Saw him hitting his wife but I didn't go out

b) in Preeti - at night sitting on ground outside Hugh's business (1st 5/f).

f: oh there's Hugh.

(together 12 mos. He went to Tas. to work. Blind sided + I assumed it was over. I met 1am. He proposed then Hugh proposed. he had integrity

Not in love in 1am when we married. But knew I was meant to be in him.

c) Then back inside anted run down club like I'm in
son American or Phil & he was young male & am
I was trying to find my 2 younger siblings who were
hiding from sex traffickers. Men everywhere & bouncers
checking down front of their pants
F: disgust; creep & fear of discovery & siblings being
trapped or taken
I searched & searched; hiding so don't get captured.
Found them but they kept moving around
Heard someone coming;
We found a way out but pouring but decided wet
better than capture.

3.

Feel it's tied up in work situation. How will we cope?
Financially

It's my pride asking for help. I help others.