

20.9.24

Shruti.

taken Sepia 200+ >>
Angry + burdened + resentful to family life.
Sichuan every 2 weeks.
Felt really good after Sepia
Argument a bro + <<

stool - little balls > Sepia
+ passing small amounts at ~~one~~ night when peeing
burping alot - around Rob + intense people

Zuri saying I look angry.

Tense

Judgmental.

Sensitive

Isiah - reading dental work + asthma

work - need to balance the books. (pressures)

Parents - want them to take Isiah at times

Upset but can't say anything,

not considered

Guilt

Tears + upset +

HG tense arms.

Holding onto a lot of shit then guilt.

HG

Resentful.

B! need to get out of that house.
B! He thinks his life is ruined because of us.

So angry I said he's dead to me.

Only way out is Rob. Has been getting better.

I've set boundaries around financial management.

I've messed our relationship + will be more supported.

Shame + apprehension around it.

Guilt about what happened to his life from our
breakup.

I could move to a 2-bed apartment, but doesn't make
financial sense.

Bored

wanted to finish project management course but it's so
boring → guilt.

Constant spiral CHG

Feelings → guilt

Zuri needs help → I'm studying → guilt.

⊕ start homeopathy course.

Feel it will light a fire in me.

~~Interested~~

Jan - constant clenching.

F: sense of impending doom;
Things could fall apart

Left knee pain

- walk up stairs & knee gives way

Tight in chest often.

Anxiety

Not present; thinking of other things.

Obsessed w/ looks; always look in mirror

" " appearance.

Shy away of feel crap.

But some time - can't be bothered.

Hopeless. - from sense of doom.

Males in my life - how do I nourish the pos. traits.

Guilt.

Sleep

- not good.

⊕ coffee to push past the boredom & monotony.

Cut the cord w/ Rob's work → resent having to do it

→ coffee in evenings to study → insomnia.

Sleep disturbed. > coffee.

Dreams.

-

R: tense all the time;
attracting negative.

Tanaka

HG

Head foggy

Look down

④