

26.4.24

Shuni Iaromi

2 weeks after Naja.

Better. Not as angry all the time

Doing uni assignments - focused on what needs to get done. Studying course I don't care about.

Separated almost 1 year.

Need to look at the lease

Rob expecting reconciliation in + doing a lot to get me back.

Told him I'd be renewing lease & rental in family.

He's upset about that. → anxiety. He can be difficult & I don't get his way.

Don't know what I'm doing

Feel I'd be stuck in my family forever.

⊕ move into my own place & my kids, but can't see how.

annoyed at myself for the path I've chosen.

Feel I'm lacking guts & tenacity & I'm not a self starter &

I feel I need to be in a job & a boss. That annoys me.

Vengeful thoughts gone. Not

Naja really worked.

DI parenting

Guide me move firmly in certain things
to be more responsible for myself & push through
the discomfort of things I don't like.
To realise I can do it.

If something's uncomfortable, I just cancel it.

M^o taught me loyalty & patience

Guidance

Sticking things out when reach a road block;
to push through that & not giving up.

Like I've got a personality that just wants to be
but that gets boring.

Don't handle stress well

Don't like competition

Happy to be able to do things

Don't put in the extra effort.

Participate so long as it's easy.

But I know I'm capable of more.

I'm here, it's ok but not ~~not~~ intention to go further.

I don't have a plan & never have.

I feel I need a plan.

Comfortable happy times in school - not a lot of pressure

Scared of being put under pressure.

Fear

- hating it

- being bored

- making mistakes

- having to perform emotionally &

- being responsible for other people's stuff.

A projector - someone who's value being not on
getting things done but working on their interest
& not pushing & accepting your skill is
Have to do what interested in or burn out
- never accurate

? stopping you having a plan

- not knowing

- "able to commit

- fear of having to financially fend for self

I made the plan to study to be independent

I don't think I have...

Dip. in Project management.

I must finish it; I will finish it.

Helping me prepare for what I want to do.

I enjoy prescribing homeopathy

Stressors - wall of why bother? too hard.

Get it from f

Had idea ago ago - SCRAM.

I know there's a little fire that wants to burn brightly but not the right oxygen for it. There but ... creating tension for it but not igniting

? missing

- courage
- tenacity
- grit

Dreams

(Last night)

In UK + staying a friend in his complex

Turned into a conference.

Pulled out.

Confusion about where meant to be

Couldn't figure out where I was meant to be

Psychic -

Older cousin there

distraction man came

weird tension that he was sent for me

→ I said no thanks

f: excitement but overwhelm + confusion.

— being in a new place

new opp. new people