

17. 7.24

Samelia.

Better.

Up 5.30 - meditation, light exercise

Saying no to Shuni

She got scared when I was so unwell

Boys helped in chores

I felt v. loved.

When sick - take a break + detox

Best friend - left me 2° covid

Epiphany - lamenting I wasn't going to work
What am I doing? not contributing

I have to surrender + look after my family.

More content in that.

Using castor oil packs on neck.

Bowels - motions more regular since sick.

Prior sick, were 6 + darker

Nausea, no appetite.

Eye sight 6.

Eye lid glued to eyeball (as if) since sick.

Can allow myself to be more assertive

Can't get Shuni out of my bed.

My kids slept in me till 7yo.

Shuni v. unwell - at 64yo. Can't take honey.

Breathless;

Burdened; ^{fully} any responsibility

I want to go out for walkless shopping but can't
leave him. He's so afraid he can't manage.

If I'm driving, he's anxious - full on stress.

F/T carer; I've surrendered. Was fighting it for a while

He's always stressed; negative

Gad I don't have a life, but that's what I signed up to.

Anxious about him.

He's going for MSP & me for cover pension.

He was code blue - E.D.

Not being able to look after Shambe, when in hospital as
tearing me up inside.

As young person - courage; never scared; lived a great life.
Dangerous place but always felt looked after.

Fear of him dying alone → would have forgone
myself. Once his ejection rate 4, 114 feel ok
to go out.

Sleep - broken - Shambe makes prison noises
or Stevie disturbs me.

Dreams.

I: home wanted to go out but snake all round
front door - lig around.

- not going out → stay home.

F: had to accept I can't go anywhere & home
bound : SURRENDER

R: Shock. Where did they come from.
Can't fight it; got to surrender.

I get so bored.

If I have resistance, I'll get unwell.

Before sickness - I have to get out.

When I went into shock - shaking so much - freezing.
That triggered the sickness.