

25.11.24

No 8

stay at home

Need help

Noi

Think he's not himself

Does things wrong

I explode at him

Feels he does everything wrong

I want him back to himself & working

Kevin yells at him

M^r frustrated he does things slowly.

3/12 7. Dr Tabeen. Stopped Olanzapine at night

2° wt gain & uncontrolled eating.

1.5 mos off olanzapine.

Manually depot - no Δ.

Sleep

Hard to wake up.

WT

Lost 3kg since I medⁿ

- going to start stimulant

Have to ask for instructions to make sure I do it right
Unsure of myself since psychosis

Court - ? conviction re travel to Thailand.

Feel sad as M^r + Kevin yell at me.

Blame me.

- Why I'm not helping M^r.

Know I should help but don't know what to do.

My brain is empty; my thought is empty.

BLANK; don't know what to do.

I feel lonely at home.
when sad → lay down

would be better if had instructions

washing dishes

After eating
when they pile up

1. Rinse plate
2. Put plug in sink
3. Run hot water
4. Detergent in
5. Wash each item
6. Rinse each item
7. Put in the rack
8. Drip dry
9. Put away.
10. Wipe down bench.
11. ask Mom if good.

DSP.

NDIS - ~~not~~ no.