

03.05.24

Back to work 3hr/day.

Want to get back

I exclude myself a bit.

Don't know how to reconnect in myself.

I have others around me

Because I was away

Haven't seen them for so long, feels odd.

I want to get back to normal

I compose myself & try to do things

But

I feel I was here to heal people I want to make others happy.

I need to sleep more - waking every few hours.

Resetting as back at work.

Ready to go back to work - missing

But hard to cope & everything - the stress.

I need guidance to guide me on the right path.

trying to get brain to f^u like before.

Blocked the ex b/f. He tried to mess me through another channel

∴ → feel I've lost connections w/ other people

I was staying away from my phone & not answering calls.

Realise I need that in my life to cope.

G. to gone into hospital. Nervous for them I can help them do things

Try & look back at things. but flood back &

→ panic.

I've been told to move on; to do things that make me happy.

But I worry about others.

Started driving - made me feel free.

Had an episode before coming here

Thoughts - I should be at work. Who do I tell?
Felt awkward as didn't do a full day. felt wrong.

Want to go back, but can't mentally.

(Rtn to work yesterday)

always worried about others.

I feel strong - mindset; I can do this

(thinks long)

Haven't been talking to people as was so connected to him.

any friends connected to him

got to realize I can't worry about them.

Thoughts: do they think I'm crazy? that I don't like them?

Friends check in on me but I also have to initiate.

It's all about routines. Had a routine for last few weeks.

I feel stronger. Was in a bad place.

Med^l - will take weeks to see if works.

Anger
lost.

was
1
5-6
Now

10
Happy
Relief
Dream.

Think about future + what I would be.

what will I do?

Been told I wait too much for things to come to me.
(family)

When I put my mind to things I can do it.

Got to learn how to do things to push forward.

? not a 2 or 3

- I've gotten back into things
- socialise
- work.

learning you don't need someone to make you happy.

- get interested in simple things.
- get nervous

? get to 7 or 8.

if I just try & get the sleep I need
Control

I've been controlling panic attacks by talking.
Don't like walking away from things not done.
I want to continue when I like something.

I'm more shy around people I've known

Cognition:

Taking longer to