

Sylvana VIR21

+ (Tacy) 16.09.29

Really bad anxiety,
like I have no control over myself.

Anxiety as a child.

Last week - out of the ordinary

Worried about death.

ED - Hawkesbury → Fluoxetine - 5 days ago.

- triggering me

Had to stop work.

apprentice pastry chef - 2nd year.

School to Y&IO.

Trigger

Relationship breakup.

M^o - headstrong. Protecting me.

Worried about my family

I mess things up

What people will say.

⊕ making people in my foot

I feel it's selfish now.

Kellyville

I left school to do something I was passionate about
But didn't have what I had in family

He made me happy. Good looking; we had fun.

It got really weird. I hate talking about it.

Not sleeping

Obsessive thinking - "stop thinking; be happy;
be calm"

1st panic attack. I want to know more.

Floods happening. Water rising; feel like I have
this thing I need to be done but I'm young; but
mature

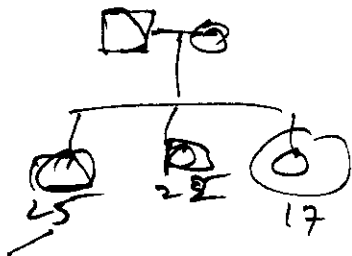
don't want people thinking I'm dumb.

At work, Easter; high pressure; fast moving

At start - exciting; new; had a bit of fun, but I
got over it through working.

I kept learning & building & getting good

+ confident in workplace.
When that ended,
they'd give their opinions
Stress - M° + F°



house
sitting

All get on; there for each other
I'm the youngest; feel I'm a worry (since unwell)
People talk; start noticing I'm not the same.
appetite - fine.

At work, rushing around helping them.

Burnt myself on neck - made me feel ugly.

Just trying to help get p.s out of oven.

Neck looks bad - don't want people thinking
it's something else. - like I cut myself.

No hx DSH.

DK clothing → 'I don't want to have to hide'

Don't want to be separated from M°

I look up to everyone.

M° goes on about ageing but I'm still young
I'm mature but I'm not.

Motive - leaving school; work; licence; boyfriends -
happy & extra bit of love.

But feel bad seeing what he didn't have. Want to
try new things

(family separated)

That can't happen to any family. I don't know
how I'd be, not seeing them together

Parents together - makes me strong; want to be
like them.

Like I need proof

1. Feel stuck. I've laid everything out to my family + just left it. - excessive worries + what other people think
Not as confident
? fears as child
 losing family
 ↳ no where to go
 ↳ stuck.

Dreams

- I'd always been in Nanna.

One day, it was 3. parents day at primary.
I wanted her to come. Ended up in my room hearing her + M. on phone. Nanna not answering.
The night before I didn't want to talk to her.
She died in her bed.
Would have been so tragic for him.
I remember going in to house + crying at Primary school.

Break up. 1st w/e in March.

Together 2/12.

Met him
He made me feel different. He liked me + wanted to see me more; new + exciting.
Previous b/f had had anxiety or needⁿ

but 1st kiss, I asked if he was a virgin he said no. (I said yes)

Parents were away. I met him at a party.

He met my parents

Xmas eve. Out in family. He wanted to see me.

He rang my M. +

→ asked me out; presents. all great

Came to Xmas + met family.

Kept seeing him; fun.

I was always working - 9am to 12am.

then he'd be working

1st sexual experience. wanted to try it out.

He asked if I wanted to

I shouldn't have; it's not right. It's not how

He lied to me.

I wanted to see him, but he had lots of things on.

Then start to sleep over - just sexual

Start of March - at party. He was acting differently.

'On something' He said he'd stopped it when young.

He got aggressive. It scared me.

Stayed at his house.

I couldn't sleep. Wanted to talk to him about it.

Next day I asked if he was ready for a relat

He said 'I can't give you what you want. You're
too good for me.'

I got strong, but I keep falling back.

Now I know he's not good for me.

Now I have obsessive thinking

• What if something happened

" " " " " goes wrong

" " " " " I started something

I need to accept that I need to do what's me, but I
can't find that again.

F: useless

R: bawling my eyes out. Curled up; zoned out
numb

But different to what I feel now

When I have a panic attack, have to go + tell someone

I tell too many people; I just want to feel something.

In that moment 'What do I do'

Relationship - happy at start

But I knew it wasn't working

No boy ever saw me naked