

31. 10.25

28

B/F looking at seeing escort
A shock

Broken relationship

Suffering in anxiety

Feel I can't go out

Don't eat when anxious

Had a lot of relat trauma in past → anxiety.
Onset 18

In a relat. + he cheated

I saw a video on his phone

My heart

I froze; when limbs started shaking

I couldn't talk. He took me to hospital
"panic attack"

That day he cheated on me then told me.

When I have anxiety, shake

Go into the shower

Wherever there's water I have to be.

> WATER

I'd had - go to beach

> to sound of waves

Started to get trust issues

together 1 year. He was 1st b/f.

Thought he was it.

I tried to work it out but I was never
at ease

Decided to call it off

He proposed I said yes then he called off
2nd relat proposed in 4 months. He was abusive
I was 21. He was into drugs. Would get violent
or get paranoid + put it into me.
Loved him

He was controlling; wouldn't let me see parents
He'd monitor my phone calls

He chased my parents i. a knife

or

He hit my M^o

His bro came ~~at~~ ^{to} me i. a gun; smashed my car
to my house

He tried to stab my bro

Because car was in M^o name & he wanted it in
my name.

Don't like drugs. but all partners into drugs.

Another relat. at 25 during Covid. A big gambler
Love at 1st sight; always together. Really loved
each other. He was doing dodgy shift; stealing

I had no idea.

How is there life in you if you're putting others at
risk. Gambled \$25K

- I broke up

→ wt loss; severe dep. & anorexia

I lost the love of my life & best friend.

Heart broken. Couldn't work.

Recent one made me feel good again.

At beginning of relat. he told me he was seeing
Together 3yrs. ^{call} girls.

He did drugs. Had his own business.

Said he was i. a client & couldn't see me.

Once turned up to him & he was off his face.

He was a good liar.

Abusive relat.

3

- I lost my self worth. Thought I deserved what he damaged me. Felt like a damaged girl I was naive. He was an abuser; a wanna be gangster.

I started to see things he did not want me to see. I was v. dumb & silly.

He kept me from my family & self. values self respect.

Thought I had to stay. Hard to leave - until he wanted to hurt my family

Gambler

- we were toxic tho. The way he talked to me like a trauma bond.

My parent + bro stopped talking to me v. disappointed in me

Parents noticed I had bruises.

Told me I need to leave

Parent put so much money into our wedding.

B/F got haemorrhoids + needed surgery

I went to the hospital. I had the ring on. In ED + he started screaming at me.

My m' told him she wasn't paying for anyone that she didn't want him to marry me.

He was abusing my family + threatening

I flipped + threatened his family.

I gave him the ring + said I was getting a truck to get my belongings. Both father + I talking civilly

Then he turned up in taxi (DIC reef)

He was choking me. My feet off the floor.

I looked in his eyes + said he's a piece of s**t

Parents saw him & pulled him off.

He's chasing my F^o in a knife
I wanted to protect my parents

I'm crying eyes out

He wanted to go away to make it up. His F^o
said ~~he wouldn't~~ he'd kill me.

Schiz & bipolar H^o med-

He'd hit his head on wall

His b^o attacked me

Physical, emot. abuse.

Saw a counsellor - Kelly in Wincor for 4 yrs.

Psycholo counsellor - not helpful
Kelly was helpful.

Can't deal w the anxiety now.

Can't even go out

I can't eat. Mouth goes dry; tongue drying up
Take Valium when severe

Muscles tense up - HG like claws.

Try & push through it when I can.

Want to have merit; on edge; couldn't
enjoy myself; (hypervigilant) of people

Hairstresser

Play scenarios in head. - of family getting hurt

I worry too much. I

Hairstresser - since 15 - left school YR 10.

Own Salon.

I'm v. loyal. Stay of my heart there.

Doubted self.

I'm not smart at reading & writing

Harder to learn colour science.

Least bit a business man. Encouraged me to buy own salon.

Worked in salon where owner gambling & didn't pay us.

Apprentices talking behind my back.

→ Verbal argument

→ I walked out.

Manager of accused me of sabotaging
threatening me

→ opened own salon from home, then mobile

1. like talking to people - making people happy.

Only job I can do is 'not smart'

Proud of myself

? not smart enough

- from cousins & uncles. Their kids super smart
always call me & bro dumb.

DYSLEXIA

I can read & write but still put self in that category.

Bro - 18 mos older. (bustled)

He inspired me -

Italian - Sicily, Calabria. 3rd generation

MGM - Ca - thyroid; v. close. like my M.
She's my heart.

M4F - died 10 yrs ago - kidney failure; dialysis.

Lived w/ them for 2 yrs when parents building.
Parents worked. Nona raised us.

Close to M.

P4F - heart attacks overweight

F° side larger

F° - M.I. at 31; & cholestrol; poor diet.
skin cancer

Bro - 25 - M.I. - scariest day of my life
- from a broken heart

He went v. red & veins bulging.

I called ambulance.

M° did CPR 11 mins. No pulse.

In shock I felt helpless. Couldn't do anything.

v. traumatic.

I can't cry anymore. I'm so dry.

Last week cried so much.

What's wrong w/ me.

When I'm down sad, can't get out of it.

Severe dep. when dating the gambler.

Sadness - triggered by the future.

Can't prove now

Thinking ahead or past not now.

Feb. broke up w. ex. - on & off for 3 yrs.

He'd say I'd not find anyone better than him & helps my family.

Can I push away his AOB

Anxiety What do I choose?

I'm 28, will date for a while before
having kids

Bicornic uterus (not round) (v. rare)

Fond out at 18.

Told to have kids young.

Don't want to be an old u.

But have to pick wisely

I've been through so much.

Broken in the gamble one.

Recent one - had walls up
Never going to let someone hurt me

Last Sat I had so much anger

Don't want to be here anymore
(would never) + very Catholic.

① run away.

Leve % parents

Lived in ex then he wanted more space
(so he could do drugs + see others)

He broke up 6 mos in. I was devastated

Didn't talk for 2 weeks then he came back +
said I was the love of his life.

Worked it out but trust issues.

Promises broken +

He hid it so well.

2024 - broke up for a long time but still in
contact

Dated a bro friend. Broke up in April +
ex. threatening him.
Love bombed each other. Doing so well until ex.
threatening him + not stopping

↓

anx + dep. + panic.

He was not up to that life.

Then ex wanted to get back.

Pray a lot more. I want a real man to love me.

Met a man 2 day ago.

Gov

I'm not worthy of someone like that.

asked me out.

What do I have to lose? but not worth a smart person.

This is a real man. So intelligent.

writes beautiful long messages

Takes care of me.

Wowed by it.

Headache - 3 weeks ago - when down; + not eating 2° ketosis.

weight loss if sad

Bad ^{reverse} acne at 27 - >

2° stress. No hx

Not a big eater.

⊕ Sweet (pant) cake; choc.

after Covid - lost taste buds
2020 - Covid.

Nature

Levig. Caring. affectionate

family oriented

abandonment wants since a child.

My f° always tell me he was sick or dying
+ tell us he had a couple of years to live

10 - M° had health scare (2 yrs to live) Ca.

But didn't

+ told her in front of me. that she'd have
leukemia (lymphoma or leukemia)

↓

wake in night crying +

One day I told her to get 2nd opinion + MTD

I always feel someone will leave

fear

- death. Not seeing them again

MG - fingers clenching + pulling back

ⓧ makes me read to not see them or love them.
My heart would ache.

Takes over my whole body.

VISIONS of accidents to family

No one there → panic → go check

From 20 - wake thinking something happened to
Nanna + have to check.

3 weeks ago - M° not answering her phone.

M° feeling faint (episodes after)

→ Call TT → panic; crying; (catastrophizing)
as soon as heard her voice - crying

told her she can't do that to me.
freaking out

I go completely numb. Shake. I can't move
from toes up
to diaphragm.

When and too much, ~~most~~ any itching (new)
Pins & needles; like like ants
Taken over my whole body
Tense

I don't have control of my body

I can't switch off the reaction or how it moves.

I lay down as body tenses.

Num

I can't lift my body

I can't move.

? exp.

I feel like there's weight on me; like a slop hat
on me. I can't get up. I can't move

R: my way out is the water (hot)

F: anxious; panic

Not thinking about how to get out.

STUCK

Image of glue holding

HA pulling in

Trying to get out & it's pulling me in

I feel hopeless; nothing can

try to stand up but glue pulling me back down.

I feel like I'm stuck & will always have this.

? app. Free.

Image: a bird flying away.

A white dove.

? exp bird
A bird's never stuck. Can go place to place; Free.
? very free.
- if not in a cage it's free
Needs to come & go
if scared it flies away
Goes to higher places where it feels safe.

Hobbies

Horse riding; live on land.

If upset - go for a ride. Loved it.

Amazing for me. Talked to my horse

She passed away

Got another one later

Sold - Oct 2024 (had her for 1 year)

Horse - 2yrs to 19. Struck by lightning - from ground up
as child, had no fear. but got new horse
fell off. Scared me & stopped riding.

How will I work if get injured.

Riding - me being FREE; every worry out the window
Mind is

Connecting to horse; you & them. Mind is free
everything goes quiet. Now feeling → excitement
happy love FREE.

Heart racing in good way.

? opp.

Panic fear scare & +1R.

STUCK In a cage; trapped; no getting out.

Like being in a coffin; trying to get out;

Claustrophobic

Can't breathe. as if choked.

Massive fear

Like drowning

Gasp for air + trying to breathe; trying to get out but can't.

Panic. I need out.

When I have panic attack, it's freeze

In danger i.e. - I need to be out

Sometimes in danger + need to flee but can't move as you go into panic.

Sleep

Everything happens since a child, from the fear I abandoned.

Scenarios of something happening to someone or I do something

Sleep

as kid - insomnia

Now - a bit better; broken. Light; wake often.

Wake 4-5

2° thoughts

Dreams

Retelling events eg. b/f i.e. events.

I called the secret on his phone. I knew something not right. She told me they did drugs together + this is what we did. Recorded it.

(He left after 1972)

I knew but spent day in him + pretended I didn't know. He denied

F: hurt

how does this keep happening

I want to be able to go out & feel answers

feel it is small

→ loose bowels + clumpy then into water
or just yellow.

No hx STDs.

Obese in own body + in control

A HR freaks me out.

Suspicious

Betrayal

Fear deaths of relatives

I don't deserve to be treated well.

Not worthy

Numb shock

biome uterus.

ocean,

FREE VS CAGED