

18.12.2025 Tanya

for me to know what I want

to be able to move on if that's what I'm meant to do.

Robbie ringing me + when I'm in Luke.

Trying to take each day as it comes.

To be more confident

More achievable in what I want to do

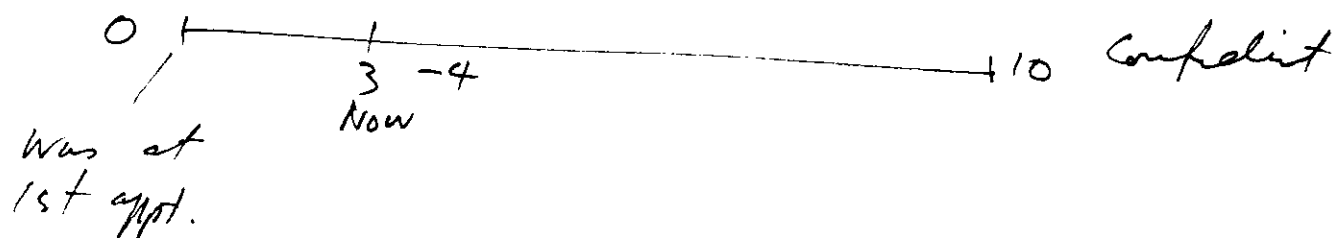
Be more successful in any way

Be happy in where I am.

Find comfort

To be content in my choices

Be more sure in myself.



% myself, body's image - I like it more.

When feel more confident about yourself, people see you differently.

I'm wiser; more knowledgeable about things to express myself better

Held back out of fear of doing or saying things

? 3 not 0

- how I see myself.
- seeing myself as attractive.
- Feel better in myself.

Still get self-conscious of things.

→ less worried about that

still paranoid people are staring at me at stops.

? to 5 or 6.

- Be more sure in myself
- have more confidence in that
- no 2nd guessing self.
- more stability
- successful in something work-related
to give me purpose; social work related
↳ confidence - stability + comfortability in my life.

Some kind of job or career - give me routine, occupation. - something is food; creative

? Tape course.

Robbie - posting about his new g/f.
What's wrong is me?
Why weren't I good enough.

Success looks like

- x fulfilled in any way in things that make me happy in my life
- x career
- x family of my own.

Was an OCP but stopped as I was; bloating