

20.3.24

YR 10.

Eating habits

Anxiety at school

Sweet ched friend groups. - start of 2024.
I was drifting away.

They were saying things to me.

Boy friend - 8/12

If I hang 'u him, they'd be angry 'u me.
? jealous.

I'd make time but they'd be weird

Always thinking what others are thinking 'u
→ unable to concentrate on other things.

Primary school - I developed earlier than others.

Menstr - YR 5 - age 10. - 1st girl in my year.

Older for school year

M^o got her period early.

Weird as no one else had same thing.
regular

Bad cramps - occ. analgesia.

Folliculitis - legs, bum, behind ear - provision

Eating - eat a lot for a long period then don't eat
at all.

A few days then normal or don't eat.

A lot = don't eat in morning or at school. then
get home & eat

Don't eat until 11am.

Wake early to catch bus at 7am. No time to eat.

Sleep in at w/e then hang out w/ friends from 11

Recess = grapes, chips, hot & bun

Lunch = chicken sandwich - apple.

Snack : Sushi or sandwich

dinner: toasted sandwich & salad. I might take away

Dance 3 days/ week.

Get home & no time for dinner

Every night, eat together. M^o works till late.

Foods

Mom's - ⊕ carbs ⊕ choc. ⊕ ice cream
⊕ pasta

meat - if not on bone

picky to some things

Not eating

Am't eat at school

Get home & eat strawberries & corn chips & small meal.

No set times for meals.

Like cooking

Body image - think about it all the time → can't focus

What everyone else can see.

- how I look to everyone else.

- bigger than others in class.

Since high school.

Try & focus.

Cautious of what I'm doing

? worst judgment

- she's fat.

Binge on junk food

→ guilty; sick; I shouldn't do it again.

Boyfriend likes me the way I am.

Anxiety

Nervous talking to people

Putting myself in situations

Nervous to new friends

" to old friends - might say things behind back.

Social skills - feel nervous putting self out there
to talk to people.

Negative core belief (N.C.B.)

- started YR 8 (end)
- trigger - breakup of 1st relationship
- thought - he didn't like me so no one else could
 - ↳ I wouldn't have any friends
 - ↳ lonely + sad

N.C.B. = I'm not likeable ↳ lose all friends

Plan:

Notice patterns of thinking in social situations.

If the negative core belief pops up,

Just observe that the thought pattern is linked to an old situation + isn't a real reflection of the current situation.