

25.3.24

Severe hormone imbalance
Been to specialists + Drs

? Endometriosis → OCP - 2 weeks.

Severe mood troubles

Imbalanced

Given a lot of med = for M.H. but can't take.

Tricid Anti Ds - Lorazepam; Effexor - physically ill.

" Anti psychotics - seroquel → zombie; not part of world; tired

Prescribed vitamin - didn't take

Rather be sad than not feel.

Endo

- Irregular menses

Severe pre - vomit; fainting

Prolonged nausea - up to 30 days → fainting

Miscarriage 2 days ago

u/s for PCOS - NAD.

Painful sex.

GP - surgery to explore - but only if have I.U.D. inserted
+ don't want.

Onset - 13.

- always been exacerbated if

- accidental O.D. or pain killers

as it stabbed + knife dragged across.

Rt to left

Starts Rt side but worse - left.

Occ. feel pain in epigastrium

> cramping up in ball

> heat

nausea + vomiting in pain.

1/2 either constipation or diarrhoea.

painful sex

(2)

occ. unbearable pain
as if stabbed upward from vagina
Can't after menses for a few days.

< after menses.
other time is fine
Libido ~~↓~~ since OCP.

Last 6/12 - a lot happened + ↓ libido.

Miscarriage - Aug. 2022. Unplanned. 8 weeks. Not
aware. At work. Bleeding clot. Pain different
Unwell a few days → L-D. → V/S + bloods. age 19.

Miscarriages run in family.

Took time to process

I was a big drinker.

Is this my fault?

Universe not ready for me to be a mum yet.
M^o helped alot.

1 week after - PHARM checked.

cycle

- 1 - 1.5 mos.

Was every 3-6 mos.

Last year - monthly cycles.

Bleed 3 days - 4 at most

Last one - 30 days + no pain - on different OCP
before 30 day bleed, but stopped 3/12 prior.

Pest 6/12

(3)

had close best friend. She ~~tot~~ dropped out of contact

Don't cope well w/ losing people

Left partner of 2yrs. as not coping well.

Her nuts, so hard break up.

Moved out of home

P.T.S.D.

attacks < as all the other stressors
abuse relat. at 14 - sexual + physical + emotional
(schizophrenic 17) DX at 15

6 sexual assaults b/n 14 + 20.

Sens

if get shock to physical touch - triggers panic attack.

Stare - dissociation

Had lots of psychoactive + therapy.

Fall into my little hole.

4 unit - told 4 of assault $\rightarrow$ police + statement
but 1 withdrawn charge.

hid the abuse until 2yr ago

14yo - 1st assault

1 don't remember

Shoved it all away - far down.

Took a week to realize I was assaulted.

1 said no + he manipulated situation to
make it seem consensual.

Hurt

Had nightmares of the pain.

that sharp pain
Never had seen before

④

Shut down

Close eyes + wait for it to be over. (other assaults)

FREEZE

Over last year - more fight
esp. to protect my sister.
instinct.

I have v. bad but v. good instincts
v. protective of others
I know how to get out of situations.

? Shut down.

staring at wall + crying
Not there
Soul leaves body for a while
Shuts down

I don't exist
odd

I hardly leave the house
zone out more.

→ physically there; mentally turned off.
body there; soul not

Everything detaches itself - anasthesis; turned off
When I came out of it, I feel horrible.

→ no feeling at all

Big events - close eyes; shut off until ready
to deal w it.

I notice my heart beating + can hear it.

Eyes glazed over. Dry + irritated

Nightmares.

Vivid - things that have happened
Everyone I loved dying
Since young.

Music on when go to sleep.

Child

Falling - from nothing into nothing; never ending.
everything black

[attached by a dog]

→ Exp.

F: & HR

R: I don't react.
I've been feeling for a long time.

I blocked out a lot of my childhood. (from assaults at 14)

Early years - good. Loving parents
Rocky in MGM. M's working alot.
PGPs & loving
always felt loved

Oldest child.

M's told she couldn't have kids → shocked to be pregnant



We're a good family; good people; care about each other.

MGM - traumatic childhood. Her M's dying from young age
she had to look after her → became a perfectionist
or 'M's will die'

M's side - ETOH & died from alcohol.

M's - trauma but she doesn't talk about.

Fears

Losing my parents. After seeing news where
or they decide they don't love me anywhere.
↳ fear never been able to see

F's - my emotional trigger. Helps me & emotions
release. Has my safety.

For protective
his emotions are hidden. But he has fear of
safety + ok.

I'd hide in dad's jacket as a kid if scared.
Not overly close but he's the safety

→ feel ok; it will be ok.

Now:

1 attach v. easily to someone + they're my everything

D x BPD age 15 + ADHD.

Struggle to be away from him

Not good at focusing

eg. reading

→ get sad + emotional
new relat.

He has kids + hasn't told his ex.

I try + sleep the day / can't see him.

Part of me is missing

I'm not affectionate

1. haven't felt safe for 9 yrs.

Since met Mitch - I'm affectionate + let him
touch me

he's my home

When not together

part of me missing; empty.

(together 1/2 known each other 2)

Character

v. shy

closed off

outgoing + bubbly to people I know

av. public place

v. caring + go to ends to make sure people are safe

protective of others. - spiders to abuse.

Fears as child

spiders

the dog we had

Being alone

not having friends

→ no one to run to + tell me
it's ok.

Character as a child

Cranky

good w/ kids

protect little kids

Mechanic

told my whole life I can't do it.

take something that's broken & make it run.

Can help the world continue to move.

paramedics,

wanted to raise a kid

(+) car

F into car. In common w/ F.

(+) helping people keep safe on road; won't fail.

Moody

sad or cranky. (+) tear someone's head off
short fused - past 6/12
(used to be pt.)

Scot - no trigger

8yo - Dx anxiety & depression

anxiety < over years.

Fluctuate from really happy to in tears.

Stay w/ me for long time

Partner in city. Couldn't see him. I offered to pick him up. He kept asking me q's

AOD

No drugs. ~

ETOH - < in lockdown

Doesn't agree w/ me.

1-2 / day. now.

Used to drink to not deal w/ it.

Hobbies

① Driving - I love it
- exploring; new places;

① guitar. music an

→ music - centres me

Country roads; green trees.

Most content

- happy; calm; ok.

my brain like toddlers drawing.

Music stops it being chaotic & calms it down

Concentrate better as something to focus on.

Shut my mind off.

? shut

Close the door

OPP.

open - door of closing

Thing is doors being opened. Has to be closed.

as kid - wanted door closed

open - frustrated -

Kindly - School lockdown as guy & knife

→ ① doors closed

① hiding under table

① lie on ground - feel grounded

① hide in things

① hidden compartments

No one can get to me

- safety; self protection

① stay for a while

① come out once bored.

Panic attacks

hyperventilate

can hear but can't register

> Someone squeezes my hand - S/distractin -
" to look after me + make sure I'm OK.

Think everything will explode

whole body + red flashing light; will blow up

can't control breathing

cold but sweaty

would get nausea.

chest tightening

HA - arms crumpling chest

⊕ hide into little ball

like dead leg; part of body dies

numb but not as it hurts; tingles; pins +

needles through whole body but cold at same time

S: withdrawing where it's safe

opp: opening doors.

Food.

McCa's cheese burgers.

fresh juice fruit

Skin

- dermatographia since birth

→ homeopathy as child

red flushing

if scratch myself → weals.

Sensitivities

Eating disorder - 17yr - stopped eating

lost 20kg in 1.5 yrs.

on + off since

cautious of eating

1. got really sick - blood infection → lost wt.

→ felt good → obsession in losing wt.

D.S.H. - cutting arms - 12-17 - stopped the day I
got license. < past year.

tattoos tell my story.

family based

Roses - daisies - + bees - M^u
Sunflower

Suicide awareness
8^o 5 day.

Medusa - sexual assault

Melificent - pure + kind until
+ became mean (like me? ^{screwed me} best friend)