

33
Here

Maya M - rana

9/12/24

Depression, ADHD, anxiety

In/out hospitals since NBS
breakdown @ work
during menopause.
(2nd puberty)

Bulimia 14yo - 20yo; in/out
hospitals - purging w. laxatives
after binge (carb)
(100% - now 10).

All or nothing w. everything

Up/down ^{Anxiety/ADHD} "Zombie"
 Suicidal (pills). [Hypert]

Wants to save everyone [Carc]

Overwhelmed. [Charming]

[Chach]
↳ Inquisitive

Not much memory
of childhood - doing
some inner child work
- normal migrant ethnic family
uplore - 1yo to Aus - ADHD, bad
talkative, like a young child, CTR
↳ always told to take it down
a bit + be more like older
brother.

Self-hatred of physical look but
"really ugly"
had personality popular w. kids
but not w. teachers/parents.

Legal up to breakdown - 2yr period - worked in smr role in large company - manager role - (M) was expected to do her boss's role - overwhelmed when no top cover + when though made mistakes with business

→ felt like had been caught out @ being a fraud
- I told you I can't do this
- failed but "I commit crime?"

→ "in poster say alone" → caught out

* SELF-DERRICATING

Self-sabotage

Self-belief / self-loathing
Fraud - caught out.

"I can't do it" → shut down.