

*12 wks

Jack Bolton

20/01/25

* Mental state more stable on
* homeo - continue.

palpates $\rightarrow$ every 1hr.
Nicotine ~~toxicity~~ $\leq$ internal
stress + addiction.

* [Addictive personality].

Psychological - 23 - not sure
what direction to go in -
hoping to get job at S/W co but
still in local job - warnings
to "speed up" + studying for exams

$\leq$ fear of receiving another warning
+ needing another job.

Intrusive thoughts $\geq$ on homeo
 $\leq$ on rubbish foods like highly
processed foods.

Studies - going decently [but 23%]
- [SUPPORT GROWING UP]
* - own path.

* Mindset - more positive.
(not trapped)

* N.S. - very sensitive
 $\hookrightarrow$ support.
 $\hookrightarrow$ $\leq$ 50.

* Continue all phys. supports R17.

~~7~~ Habbits ~~17~~ Barefoot.