

Rt temple - strong pulsating pain
Sleep - difficulty falling + staying
COST PLACEMENT

As if on a ferry - MOTION SICKNESS; dizzy vertigo
NEED GUIDANCE

As if in glass cylinder floating in nothing
TRYING TO KEEP BALANCE

NO OXYGEN

RESTRICTION in a COMPACT SPACE

TRAPPED

NO CONTROL

Water a powerful element + feel vv controlled

OPP: No restriction; no container; no need for protection
or barrier.

L: Just is.

EXP: falling into nothing

DISAPPEARS; NOTHING there.

WISE - fig tree.

Constriction; unable to move; IMMOBILISES

Strong vs weak

Can't breathe

the mechanism keeps me firm.

Not able to have a choice to move

Constriction from so much pressure

Immobilised without shock's poison into blood stream

LIMITED.

Fish out of water; SUFFOCATION

OPP: free; expands; open ocean; powerful

emotions felt in chest - like rock dropped in pond $\rightarrow$ ripples out

F: Broken
Not belonging
wonder

4 HR - 153 bpm.; increased speed.

Fabric -

~~Full~~ over place; get lost; chaos; no direction

No path; no direction or finish

Start chaotic & find rhythm

Converged

ent. flutters; waves; ripples; calm but drowning

Can't get rhythm

Distortion; interruption

opp - straight direction; calm; on back is no chaos.

Calm in the STORM

Need balance & be steady rhythm

PROTECTIVE MOTHER.

Isolates self; Anxiety, Health; Anxiety, safety of kids.

Tree in my room

light
flourish new begin
/ out of bed time

acorn represents portal into something new

lost - troubles; things that can pull you down.

Not perfect but radiating light out from within

Keeping everything safe

PROTECTION from neg. influences

STAGNANT RESTRICTION LIMITATION.

Sees her kids as victims; her role to PROTECT them.

Migraine - as if brain pumped in air

intense pressure of brain & around edges

< noise, light, any vibration

& nausea & vomiting

Don't belong
MISPLACEMENT

WISE

FLOATING; air fling

Spring out of control; nothing to hold onto

NO CONTROL

Explode into thousand pieces

Q: create own orbit in own body - don't feel anything
→ quiet + no noise; alone + NOTHING

Solitude

Shoveled up into nothing - won't be found

Lost

NUMB; No feeling; empty.

NO REACTION; NON RESPONSIVE

Grey; see through

NO OXYGEN

DETACHMENT

No sound

Closing in; shrinking around you

IMPLODING to a tiny spec - NOTHING; DISAPPEAR

OPD Fear being squashed to nothing

OXYGEN

I can BREATHE

UNRESTRICTED

EXPANDING OUT

Imag: light; O₂; sprouting; renewing; radiance.

SMALL + INCOMPETENT

Not in CONTROL

My ABILITY

FELT INCOMPETENT

Scolded

I meant nothing to her

Failed by people I rely on.

REBECCA'S tree drawing

Roots - flowing; no disturbance; oxygen; I can breathe.

RESTRICTION; CONSTRICTION

Limbs filled in for

Strangulation

PORTAL - deep never ending spiral; like tornado;

Chaos; spinning at yes; can't control it

CHAOS vs CONTROL

S: tight pressure in head; can't breathe
suffocating

METAL SCULPTURES

BALANCE
struggle

Responsibility
stability

Emptiness
Void

No support