

(23, 18)

20

Lydia Fakele.

(16)

Anti malaria - 'Malerone' ???

Anxiety OCD behaviours

* brings up past events
thoughts attack what you hold most dear
over and over again.

* Self blame.

Intrusive thoughts.

Sexual based

(6) Rubbed up against
cousin accidentally.
cousin said something
and this is what triggered
it

1
2 Nightmare - Sexually abused
by her brother

* feels she might have liked
I don't think I'll be able to
trust my self around children.

Sexuality.

(mums
remedie)

Perfectionist. Arsenium

{ Self loathing
Guilt

feels safe with mum.

Stable childhood, never moved

Great family support

Born - 4th child - home birth

Grade 8 - hated high school.

Likes routine + structure.

School was a struggle because
she struggles with injustice

→ Anxiety
started

SELF LOVE

Self loathing

Period (12)

Food-
Controlling -
Self Sabotage?

period pain - slight

acupuncture

- hormones

Period pain in Malaysia

31 day cycle

- Regular

Bad dreams - not as bad
as they used to be.

Traumatic dreams
- Lydia is the
Savior.

Fear of going to

sleep.

procrastinates at bed
time.

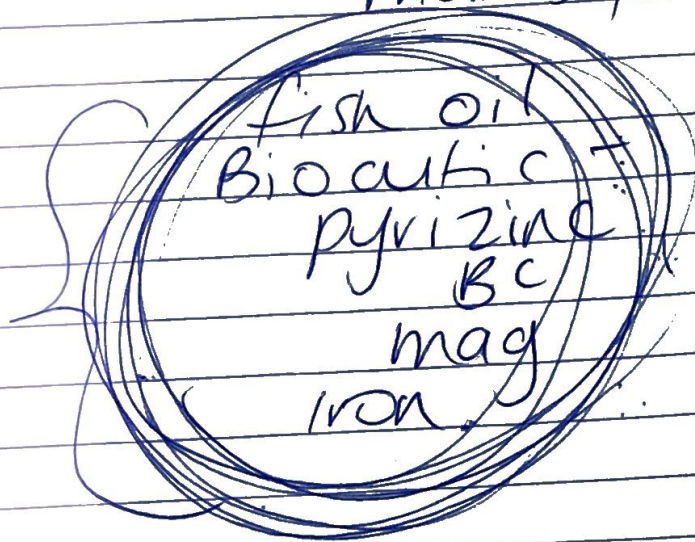
no sleep - till 2

Good diet -

History of Cuten intolerance
causes many mental health
issues.

* Gut enzymes.

Pyroluria
- mums family



* ~~future~~

anti-biotics

Completely unvaried.

(12) UTI - distressed.
obsessive hand washer
'body'

'NO implants'