

28.8.24

note.

Artist trying to Δ the world.

Now in U

Anarchist to reform

Q my existence + everything I've done

+ my Queerness + humans + vegans.

Feel I've wasted my time

Can't do this job

ADHD.

Feel worthless all the time

Feel I have something to offer but not allowed to talk about it

Feel self flicking b/w right to left

SHAME

Scared of queerness, so don't want to talk to partner

No skills to integrate into workforce as a performer.

Don't love myself.

Exhausting

Nothing to give to world.

D x ADHD $\rightarrow$ medⁿ; had accident at a party before

Scattered.

THC - paranoia; what are people trying to get from me

- that world is a better place.

Don't believe it any more

White guilt -

World is f^u. Trying to fix it.

Internet ans.

Hybrid world - half online; 1/2 real

Dystopia/utopia

New job = reasonable investment

Realising we can't just fix it.

Climate activists

Research - might be able to save ourselves

Can't sleep

Worrying about saying something to partner & disturb their

bubble

want to go back into my bubble.

Trying to disconnect.

So much to do to save the world. Can't stop.

oscillation in relat

Don't believe in love atm. but need love

1st relat. - I cheated (poly)

Jealousy is really hard. → poor mental health.

He addressed it all online

Sped me up.

Next relat - slowed me down

" one - v. political & driven & they thought I
wasn't driven

This relat. slowed me down.

Work sped me up.

Want to quit - work partner.

Re shame

Made all wrong decisions. No continuity to go back to

Lack of identity grounded in arts.

I'm paralyzed atm.

Not secure enough in my identity

Paralysis - if do wrong thing, you'll make it worse.

Trying to search for right future.

Had apnoea - 13th June

Came off all substances. - June.

THC dependence since before Covid.

Anx + paranoia bad

13.6.24 - after work - one; paranoid; who's out to get me; followed;

Sounds - city << ; police

Had police grab me in protests

Brain super religious - some divine plan; God says I have to fix world to make up for past

Desc amphetamine - 3 weeks prior episode -
took it sporadically for 3 weeks
4th prescribed Q1D.

Can't control your internal monologue.

1st episode of psychosis - D-I-P.

Shakes my world; trying to put it back.

World view

Oscillating b/w 2 people - apartment + WORLD.

Shame - I have respons. to advocate for queer com.

But don't feel ~~part~~ disconnected.

Responsibility is killing me.

Feel I'm doing it all on my own.

Sleep - time to work out how to solve the problems.

Job - in hustle culture.

Need to do more!!

Mood - erratic; crying every day. It feels biblical;

Like I've sinned + need to repent + don't know how.

I was event manager - rather a performer.

Missed my 3. f°.

My identity is fractured.

Autog- self

who I should be.

Family just want me to sing & dance.

Power of performance scared me away.

Walking alot $\rightarrow$ sore legs.

2-3 hrs / day.

Moving out of old house

A lot of guilt - 2 houses: wanted money + accom.

Fast

Panic searching - I can do something that everyone can't &
Largely in every struggle.

HG - tsc

I want numbers.

I'm absorbing it all - the tsc tsc

Dreams - lucid dreaming

handles body nothing

F: fear - feel I'm going crazy

loss of identity

R:

Identity

Created by you; created in response to people around you.

Everyone shapes it

To control it, need to follow congruent lie
- for people to love you.

Trooped in my head.

Ans about future.

$\rightarrow$ biblical.

I think I'm being prepared to be a public figure
- in gov.

Voices - internal monologue, but

T/F - doomday

tangential; logical but running quickly

Speech - rapid.

Logically, something up here (have heard)

Disconnected. Can't ground myself

But - shared reality.

Medⁿ - aripiprazole.

me & partner - exploded to global level.