

Rebecca Valades.

- sleep₄ all day; awake all night

Kids helping move as I'm lacking.

< low move

Struggling : sit + stare at wall.

Coming in waves

DKC feel as if going to Egypt.

D/K core + permission given to have a break or spread appts out if needed.

spoke in their F⁰ about taking time for ~~advice~~

may have joint holidays

as if any other puzzle box

Belong somewhere else

Kids really appreciated me for it

Realizing my adversity has helped me build strength.

My anxiety stops the kids having experiences.

? cortisol - onset

1 insomnia - on - off since 2022 - work cover

< 2021 - my daughter's incident - 1st time - beating.

1 didn't sleep. Running scenario over & over.

2020 - struggling in sleep - relat. issues = sleepless nights

2018 - let go of a lot of things I was holding onto.

Good 2018 - 2019

2020 - no kick of declining. Lost faith in any relat.

2021 - whole new anxiety. My child; protection mode.
— couldn't let go of. Got personal. Detonated
felt I'd failed as a M^o; as a protector.

2002 - met husband

2003 - married

Instead of becoming a defender of rights for myself
I became defender of my kids. & became over
protective.

2022 Said yes to a job I didn't think I could do,
but threatened I'd lose my job if didn't.

I wasn't vaccinated, had limited options.

Working bigger jobs in shorter times.

→ 1st panic attack over someone talking to me.

2^o passive aggressive male

I stayed longer than paid; he was just intimidating
himself.

I felt like tiny little thing & stood over.

I was soft & kind.

Got in car; shaking

27.01.22 - another job → injury to neck - 'like
electric shock neck down arm' → work cover

then light duties - not qualified for. Out of depth.

Intimidated - had to schedule clients

- had to phone clients & cancel → abusive clients

Got a task wrong. Afraid to ask for help.

20.07.22 - nerve conduction test in Randwick.

Blocked work, but they insisted I attend.

I put foot down. She challenged me.

In head, I wanted to scream. Mixed msg.

Shocked me; in fear. Devastated the way she spoke to

2023 (Oct) Bullying incident at school → charged.
Paranoid; anxious about kids & over protective
Prior to anxiety

Not like that. Normal.

Internal measure being gets a kick out of adverse events,
as proves not just me ~~being~~ over reacting.

Childhood - so happy.

Don't feel I've given kids the exp. I had.