

20.5.29

G.P. Bloods - NAD.

Exhausted

I've 'left' the friendship, but he's pulling me back.
He's an a. hole I don't like him.

Was he using me for his own gain?

Suspicion set along: Don't trust him.

I'm hurt. I miss him.

Let's happening in HCC

Why conflicting

I can love him but not like him.

Accept both sides → to angst.

v. dark moments.

I dodged a bullet there.

I won't go back there.

I feel I've betrayed Gail.

We're all seeking happiness.

Trying to think about what I want is a relief.

but drift onto other problems.

Missing him - like a big hole.

Had a SI last week. Thoughts to jump in
front of truck; scratched wrists.

Was v. down; then

> after meeting a new candidate; back in the game

⊕ be in Melbourne - feel at home.

Saw my ex - wants me back - No.

Worry about bro - working f/t + so unwell.

→ → fun in politics.

Want to be in Dennis but want to be here.

Can't keep talking about Palestine → feel
on the outer. + lonely. → stayed at home.

Looking for apartments in Melbourne.

av. activism today.

Stay in Munich I can do something about.

S-I.

Feel closed in in Hawkesbury. Can't see the horizon; feel closed in.

But if I go to Vic. + he dies,

But have good company.

? D/C recovery - how did you bounce back?

- wet Hix

- survival stories

Day 1 found out about him - crawled into a bed

+ watched TV. + ate choc. mint slice.

Next day - sick; migraine

But too k mind off the mental trauma.

Was there gnawing at me [HG stomach]

tried to do one thing at a time

D/C resilience + different reaction to past

Thoughts - I'm not pretty; I'm ugly; men don't want me.

Maybe I go for wrong men. I'm not like what they want.

But my ex wants me.

Home in P.J.'s is so nice.

Thought about

Larrikin part

Creative; political;

In part relat. I've been the M'. ⊕ Someone to look after me.

Women rally around + care.

I am doing better.

I will go down & have times of self-doubt
The point of therapy is to be able to come out

Bro married to Jew & on Zionist side
Can't cope w genocide; that world won't
stopping them.

Like Jews turned into Hitler.

No regret; kept in a prison for years.

If suppress for long time will explode.

Watched war film about Iraq - nothing good
comes of it.

Got v. down. So much suffering.

I can't go to the rallies.

Can't talk about the traumas.

I'm activist but don't have to talk
about it all the time.

Have to have a balance.