



Forum: Free Express i¼`è†ç”±â`—è»Ši¼%o

Topic: Weak frankie.....

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Posted by: frankie7200

Posted on: 2010/1/25 22:49:36

Despite the fact I have taken a sleeping pill, I'm wide awake. I'm having trouble shutting down my mind that is racing at 100 miles per hour. Too many things going on.

I see my psychiatrist this afternoon and I am going to ask her if one of my new medicines is causing me to shake. Some times it is so bad I can't get my fork or spoon to my mouth without dropping the food. My hand writing is now barely legible. Typing has become quite difficult. Anyway something has caused this and needs to be addressed.

Tuesday I see my member do I have a lot to discuss with her. I have been following Just Be Real posts from the book The Courage to Heal and it has been very triggering, I think this is a good thing for me. The book has open up a lot of questions on my own healing.

I really guess I should try to get some sleep. I have already cleaned the house and there is nothing on TV.

Keep away sexual desire.....