

2020 10 29 KP

- what trigger the worst of the dissociation
 - field of view narrows
 - less of an environmental awareness
 - loss of time
 - total loss of control
- what is causing constant dissociation
 - effects of it
 - field of view is narrow
 - don't have much of sense of smell
 - pretty bad environmental awareness
 - sounds less visceral
 - or worse actually lol
 - forgetting what is goin on
 - remembering I forgot what happened when I try to time track
 - lack of sub vocalization

notes/inferences

- sounds smells and eyes might have things to do with seizure
 - if not finding triggers; definitely concerning
 - feeling way better about things; dissociation not getting any better

misc.

- yo tell a fucking doctor about the eye shit lol
 - if comes out clear; maybe see neurologist
- yo go see a neurologist pls thanks