blot /blɒt/ verb

to make a wet surface become dry by pressing soft paper or cloth on it

bolt something out

if you blot out an unpleasant memory, a thought etc, you deliberately try to forget it

***Trial and Error*:**

**QUENTIN MCDERMOTT: Caroline Byrne's symptoms in 1992 closely matched those reported later by Dr Pan.**

**The psychiatrist who saw her then said Caroline told her (voiceover) "I'm really depressed… took some sleeping pills… I wanted to blot everything out."**