

Rough Week – Usual cycle

23/12/2012

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I have had a bit of a rough week, which resulted in the usual cycle for me.

I think a combination of getting worked up about seeing the psychiatrist, a bit of a panic about a family member, trying out a mental health forum for the first time and the time of year; brought on a bout where I mentally exploded, (perhaps imploded?) with a Blog rant, which I have now deleted.

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