

## What's important to and for Mary

### What's important to Mary

Constructing an identity as a competent, successful, confident and happy person (I want to believe it)

Being happy

People accepting me as I feel without telling me I shouldn't feel that way

Ice tea

Good Transport

Becoming comfortable with who I am sexually

Candles, Yardley's English Lavender Soap, Sexier clothes, Frills and lace

Intellectual Stimulation

Read Books, Computer Research, Listen to tapes by other motivational speakers

Having and utilising my five good hours a day

Sleep between 5 am and 10 am at the very least, Help others learn about mental illness, Design web sites, Writing, Public Speaking

My family; Roberta, Wayne, Mathew, Elizabeth, Jennifer

Laughing at the humour in life

Learning how to deal with things so that I feel less afraid and overwhelmed

Becoming less afraid to make change

Getting my library card back, Learn that letting others support me can be OK

Make a film short film, Dating

Learn that letting others support me can be OK

New computer of my own

Understanding a realistic timetable, not just what it is but also how to do it

Good debates with secure people – unintelligent assholes need not apply

Broadening the horizons of others

Stopping swearing

Emailing my cousins and friends

My waterbed

My exercise bike

Trains, big ones and little ones

My new computer case and display case

My grandmothers' dolls and china tea set

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#### Relaxing

Campfires, Camper vans, Go on good well-planned trips not manic escapades, Making doll clothes and kids clothes that match, Everyone piling into a Lazy Boy to watch a movie, Church with my grandchildren, Putting my feet under Cindy's table for dinner, Homemade Teddy Bears, Counted Cross Stitch, Sewing with my grandchildren, Watching movies about mental illness with Cornerstone, My movie collection, Listening to my neighbour chant

#### Good incense and candles

#### Biracial Christmas ornaments

#### Staying well

#### Decide what to do about college

#### Learn to say no in a positive way

#### Make my home more comfortable and get nicer furniture

#### Being a friend to other people

#### Not to become a routine chronically normal person

### What's important for Mary (to keep her healthy and safe)

Dr. Chirumilla is my psychiatrist. She has prescribed the following:

Depakote 500 mgs. 3X day, Wellbutrin 150 mgs. 3X day

Can't combine the doses of Wellbutrin due to the chance of having seizures.

Being compliant with my medication.

To have a GP

To control my behaviour

To talk about things when they are getting out of control.

To be treated with dignity and respect.

To be able to look after my home.

To have time and space to relax.

To get on with people and not laugh at them in a cruel way.

To eat well.

To get enough sleep

## What's important to and for Mary

What others need to know and do to support Mary. (This reflects what is important to her in relation what is important for her)

Knowing that I am able to call Denni at just about any time is extremely important. It helps me feel as if I am in control of what I am feeling and how bad the pain is. My opinion is respected.

Dr. C is aware that I am seldom compliant with my medication. She has expressed and interest in working with CMHT about this. So far, I have refused to allow that help since the situation I am in has not resulted in me physically hurting myself and is not life threatening.

Don't ask me if I am taking my medication; ask me if they are working. I will volunteer the information if I am not taking them if I'm asked in this way.

Know that I am most likely to hurt myself when:

I can't handle who I am or where I'm at

My house won't pass the housing inspection

I can't talk about something that bothers me

Someone I respect has been short and impatient with me

I can't understand or work out why I am feeling the way I am

I crave being treated with dignity and respect even when I am struggling with controlling my behaviour

Help me to relax and understand that I have time to get better as well as to succeed.

How I feel about being someone in an "oatmeal brain" state of mind (totally humiliated, don't push me) (play-doh seems to work) I need some space. I need to be left alone for a while.

Some times I get very excited. I like to relax with someone else. I don't share a lot with myself or others.

I seem to be ashamed to do relaxation things by myself

Understand when and when not to laugh at what's happening in my life and help me know the difference

I'm trying to learn about laughter that isn't cruel, that doesn't hurt others

I don't handle direct confrontation on personal issues well

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Ask me if my meds are working, not if I have taken them. It may take a couple of minutes, but I will volunteer the information you are searching for.

Some people don't have the right to talk to me about my eating disorder. If I don't want to talk, leave me alone. I'm well aware I will probably die from being overweight

Housing inspections are a direct confrontation on a personal issue to me, because I am generally ashamed of my house. (I don't really consider that I have a home)

Shame is the mutual component here. If I don't do what I know to be good for me, I can't handle it. At the same time, I can't handle doing what is good for me either

Sometimes, I need to sleep instead of being constantly harrassed because someone thinks I need to talk, I put myself on the firing line all the time. Here are a couple of ways to tell:

I'm disoriented and depressed

I was not able to sleep during the hours I need to

Having a car is VERY important to me

I have an irrational fear of calling on car repairs and then taking my car in because I am afraid I won't be able to get my car back

I have to have a car because when I am homeless the next time I will need a place to live.

I want my parents in my life yet I don't know how and it makes me uncomfortable