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Attempt two at writing this out as our phone decided to delete the first entry we typed out! Anyway, things are going quite well for us at the moment. We have fully moved into supported living and are starting to settle down. However, as it is still an unfamiliar environment, there is understandably some worries within us. A lot of these worries come from Meeko, who my Grandad gave the nickname "health and safety man" which is very accurate! Meeko is here to try and keep us safe as best he can, but in therapy we discussed how sometimes it is excessive worrying and he doesn't need to do his job all the time, and that he can have fun instead. One of the obstacles we faced, especially for Meeko, was feeling safe and protected in this new unfamiliar environment. Meeko likes to check things several times "just in case." However, this was affecting our sleep and causing some stress.

Meeko was going downstairs and outside several times a night to check everything was locked and secure, and that there were no fire hazards or other issues that could be dangerous. I (Dan) spoke about this and the effect it was having on all of us to Mike. We went through the reasons why this was happening and how I could make Meeko feel more at ease, and also not have him take over the body to perform these checks excessively without me having any control at all. We decided the best thing I could do was for me to tell Meeko we can do the checks, but we can do them together and only once. I originally was a bit sceptical and worried that Meeko would just ignore me. However, after some resistance, he agreed. Me and Meeko did the checks together, but I told him when we should move on if it was becoming excessive. Mike taught me how to be firm but fair with him.

This had a massive impact and Meeko allowed me to be present while he did his checks and listened to me (mostly)

when I said we should move on. This was a massive change from what was originally happening, and we have been able to get more sleep and have more time to relax before bed instead of being anxious. I have also lost less time and haven't just "woken up" in odd places such as the garden or kitchen.

It has made me feel a sense of accomplishment. Before I started therapy, if you had asked me if I had any control over what everyone did and when, I would have laughed. I thought my whole life I would be at risk of losing control for an indeterminate amount of time. This terrified me. Seeing that I can sometimes now have an effect on what happens and when filled me with hope.

Thank you for reading as always, and we wish you all the best.

Written by: Dan with input from Meeko
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