**Dictionary of Obscure Experiences**

**Level 2 Dulwich Centre narrative practice training November 2021 Edition**

**Auto Yes:** when you are anxious about saying no to something that makes you anxious so you automatically say yes and you feel you can't say no out of guilt.

**Busy Happy:** The stress to do everything you possibly can on the days you feel healthy because you don't know how long you will be feeling like this.

**Dirty clean:** When you do four loads of washing and still have no clean clothes

**Domestic Merry-Go-Round:** The sense of overwhelm upon realising that the dirty dishes/laundry appear all over again once they are finished.

*Synonym*: https://www.youtube.com/watch?v=YUsSDODAS5g

**Feeling like a trickster for your own mind:** when you are having a panic attack and people say it's not real and you start to question it yourself.

**Relaxeiety:** When you are anxious about having time to relax or time when you aren't busy because you can't remember what it's like and you don't want to be bored and stuck in your thoughts.

**Sick-Relief:** Feeling relief when you’ve caught a cold/sickness because it gives you a “legitimate” reason to take a break/rest.

**Silent Walrus Yawn:** State of constantly feeling the need to scream and shout, but there is no sounds heard by those who feel they are trying to help you.

**Stress mind:** when the things you’ve been stressing about have more or less resolved but you can’t let go of the feeling that there’s something hanging over you because it’s become more normal to feel stressed and things might fall apart if you relax.

**Vulnerability hangover:** when you feel exposed, daunted or guilty about sharing or ‘oversharing’ things about yourself or about a circumstance that leave you wishing you hadn’t shared at all.

*Synonym:* talking hangover