

Monday October 19, 2015

cc. personal file
cc. David Pattee
cc. Mr. Jonathan Richardson
bcc.

Dear Dr. Kay,

In preparation for today's meeting, I offer to you the following notes/thoughts/requests:

- ① In my view, the "perfect storm" that triggers my defensive dysregulation is currently dismantled.

	<u>TOH</u>	<u>HOME</u>
Heightened Anxiety	+	-
+ Severe Empathy	n/a	n/a
+ <u>REM Deprivation</u>	-	?
= Defensive Dysregulation		

where, + = positive impact and - = negative impact
e.g. Being at TOH reduces anxiety: is having a positive impact.

② Current Work in Progress (WIPs)

a) Initiating Divorce from Jonathan Kiska (JK)

At 10:00 a.m. on Thursday October 9, 2015, I met with Mr. Jonathan Richardson of Augustine Bates Binko LLP (613-569-9500). My colleague and friend, David Pattee, joined me at this meeting. He can be reached at 613-410-8484 or david.pattee@corusent.com.

I am hoping to get a retroactive separation date of July 10, 2014; the day that JK lied in order to have me committed to the Civic Hospital under a form 1.