

24. 5. 24 Alisa Falzon

Struggling to find a way to have less expectations
%.

Will make a big difference if I can.

†: I do so much & get so little back then react.

Hit a roadblock is this one.

Last night:

Understand I can't just & quickly

Work long hours. Ext pressure

So much going on. Get through day trying not to cry.

Get home & mentally shattered & can barely f -

⊕ lie down

av. cooking, dog etc.

2 adult kids who don't do things I ask well.

eg. dishwasher

→ frustrated.

Wed. got home & rushed to take son to work.

- late; didn't get to walk dog & son

son hadn't done chores

→ annoyed & angry. Didn't ask him to wait

Killed myself to get him there

Why am I doing things that make me feel bad.

Why even if I am capable of telling people what works for me then they are to tell me.

Son - 19.

They don't care

Working for people that just take.

Overwrought; the door mat

Need to make them more accountable

I feel like they're disrespectful; that they don't care

what's important to me.

Don't know if I'm wrong to feel like that & have expectations from my adult free loaders.

ask for their washing & I do it, then they

1/c running on empty

What do you need to get the support you need?

I can't do everything

work

Chores

Patient

available when needed

I just need help around the house

Soul destroying to come home to dirty house when I left it clean.

? solutions

- clean - can't afford

- lower expectations

- accept how it is

- not have kids at home - but don't want that

If I just woke up & thought about priorities

Chaos → anxiety & stress.

Man feels chaotic. Triggers me to feel too much.

Not much freedom w/ 2nd mortgage

Xmas - tried to de-clutter

? Work

- I just have to leave work earlier

Leave 6/11 4+5.

Start 5.3-6am

Customer service manager

Bed 8pm.

No personal time

Sat. - Chores.

Sun - rest day.

Pressure I put ~~on~~ on myself - kids is huge.

I carry a big load.

Tired; burnt out.

I see it as a sign of disrepair.