

17. 7. 29

Holly

Bacterial pneumonia - couldn't breathe out of nowhere.
Kids got mycoplasma, then I got that.
sudden bad cough & high fevers.

Officially divorced. May - court - waited all day
order came through 28 June - legally ended
→ had a cry; didn't bring other feelings up.
order so underwhelming - so simple to divorce.
11.07 - anniversary - that was hard. Angry all day. We
used to have a nice day. Now don't acknowledge it.
Teaching pottery 1 day/week. - Cool; I love
still working for F.I.L.
Kids are good.

3yo Renni had a dream - we were married & together.
5yo + he sit Dad's all the time
Brad + I still ok.

He has a g/f. → his attitude to me is more
dismissive of me - subtle.

My boundary is that his partner even + to be involved
w/ kids until DIC w/ me. Don't trust to keep that
boundary. Worries me
I'm meeting her in 2 weeks at a gig
I'd like it to be open relationship.

Last week, stayed in FO for a few days. & went for a
bush walk. even tho raining. Meant so much to do.
Amazing. 12km walk.

Felt so good. v. healing

R/V
I've been ok, but feel I need to check in
monthly.

Workload isn't harder; but not the opportunity to
tap out if need a break

It's go go go every second of the day.

Once kids in bed - peace + relax.

Go bln enjoying the solitude to lonely to loving it.
Enjoy it now when Brad has kids + I can slow down
for a while.

Unusual to not be a couple when friends are.

I know what I want but not ready to share my time or
space yet.

Dating scares me. Doing all that again - ...

I know what I want; happy to wait
want to not have to worry

Noticing feelings in my body around others
Can I be myself?

Some people feel heightened; guarded; walls up.
> open people; I can relax + make a better judgment.
Think back to the fling - how different + good that was
- open; natural; safe; comfortable.
That's what I want.