

01.07.24

Keith

Better this week.

Had 1 week off. Back to work tomorrow.

I felt foggy, overwhelmed & struggled.

Emotions

anger; confusion & pain

work given no indication of what they're investigating.

Solicitor thinks it's odd. He thinks I might be over thinking.

He thinks they may be trying to validate if there is an issue.

He's told me not to overthink.

I got email from vice pres.

She's q. why my complaint hadn't been investigated

→ uncertainty.

Trying to step back

Planning for worse case scenario

New build about to start.

Last 18mo been tough.

I wanted to retire in 6yrs.

I'm at the point now where I do job for the money

Don't know if I want to work at this level

? burnout; mentally fatigued.

If job still there, I'll keep going for end goal.

If not there - prob. as corporate

If worse case scenario - sell house

Lots of jobs in Hunter.

Emotions up & down. Fled to anger & resentment.

Feel let down through work process.

Mind - over time

Trying to figure out next steps.

Don't think I've done wrong.

Left a bitterness.

GP recommends return to work so doesn't hate

My heart's not in it. Lost the engagement.

Family is my priority

Don't want the stress anymore.

On other side of my career. Not chasing anything.

Usually put all into my job.

State of uncertainty.

Happier in myself; that I feel grounded; have plans  
it's the overthinking

1/c postponing the worry practice

Ride motor bikes I know I can focus on other things.

Thoughts come before bed or waking.

Thinking about it pulls me down.

NM lifts when not thinking about it.

Blank over

Excited about new place.

Concern for this son still at school.

⊕ make sure my kids are secure.

Jobs funds my lifestyle.

Slept ok since Thursday

Know I'm coping

Trying to process that work not a good environment for my health. At some point I need to process that.

Need to do a bit of investigation + decide where to  
Not healthy; impacting home.

Company has always been aggressive

Need to take it a day or week at a time.

Not healthy environment for me.

A lot more level in my thinking; able to process my thoughts.

Talking about it with wife

Rtn to work tomorrow.

My team care about me.

Can't tell them what's happening