

3.4.24

WIS - 1st swan.

Nice day. Out for a stroll.

She's upset ~~for~~ something

He's trying to do something. Mating season.

She doesn't want him

Telling him to leave her alone

Stay away from me.

She's fed up. Wants space to herself; wants to be left alone.

He's down; upset; the way he has his head down

getting told off; confused upset. She doesn't want him.

F: disowned; embarrassed in front of the other.

Not like you want to get yelled at in front of others.

R: no response; copping it. Head down; looking away in shame
He's done something; ? chasing another bird; caught out.
? Cheating on her.

? Exp. disowned.

Shame of himself. the way his head is.

ashamed of himself + letting her go for it - he's in the fault. Has nothing to respond.

She's frustrated; he can't answer her questions; pissed off

He can't answer is probably true.

She's punching out all the truth.

If wasn't true, he'd argue back but he has nothing or a reason to do whatever he did.

Disowned.

Lonely. No one to stick up for you; to talk to.

In a different world. On your own.

Exp. gutted; miserable. not heard.

No one to understand what trying to say.

(when I was young, that's how it felt. I didn't want to play it other; left alone; played on own for months)

Had to express it to no one there to listen.

To f. no one to listen, so cop an ear bashing.

(like when left at U)

worst part - trying to talk to Esther as know she won't understand.

want our marriage to go back where it was
feels like she's punishing me.
Want to work together like we used to.
accused.

I want it back to how it was.

I've been putting my head down enough I want to
explode.

she's not initiating sex

F: not wanted to move; didn't
want to leave; want to be happy.

She needs to Δ like I have for her.

Don't want more arguments.

5 yrs ago said she was going to be a bitch to me & make
it hard for me.

From there, stopped showing love

she doesn't admit fault. Make it hard.

Swan 2.

Revised - made up for 5 minutes then back to normal.
Made a difference.

She said her piece; said what she had to say.

He's apologized.

F: loved again; wanted; good; peaceful.

Got her trust; she's forgotten it.

Stress has gone

Pressure relieved. It's all over.

S: gut + chest;

tension gone

Embarrassed/humiliation gone

→ Freedom

opp. tense - pressure off; relaxed.

Can enjoy yourself. It's a nice day; why argue.

Esther - wants to be in front; doesn't want to lose.

I'm quiet, then occ. explode.

Get into your corner + stay there.