

3.4.24

59.

Not sleeping well - trying herbal tea.

A's Sharon's memorial

Adrian 50th b day

F's anniversary of his death
→ emotional fortnight.

→ Charmaine did everything I expected.

Being back in home - triggering.

Proud of myself for staying the plan to not engage in her work hectic. 7am to 6pm every day.

Easter w/e - mixed.

Sat. Cried it on my own. Adrian's b day.

Then Sun. turned phone on & saw all the family events on social media.

I had none to call.

Sheree didn't call me to check in.

It's my expectation → not her fault.

Realisation - you are on your own.

Think I'm dealing with it better now. More perspective.

Don't know where do I fit?

Where do I belong?

Tried a few things we talked about

- talked to Sheree about spending time in Courtney & babies but not received well.

Friday - 3 night cruise to Eden & old friends.

Not feeling excited

Recognising & understanding my emotions better.

Using drops.

Still have this of not coping; not showing or do desires (v. unlike me).

alt. 1/2 overdrive & cleaning all day.

Adrian's b-day. Thoughts of working out how I could not be on my own. How could I have broken down down to resusc. him? Did I tell him I love him enough?

He used to let me put my cold feet on his tummy
to warm up.

F/B memory of Camping w/ an dog Diesel
Ad. never put a tent up + Diesel jumping all over it
Sometimes they make me smile + other times sad.

Childhood- house burnt down 1994
Everything gone.

M + F rebuilt. I moved out.
F got sick^{ca.} + I moved back.
after he died, moved to Vic.

D/K Cave

→ monthly

~~15~~

29 April

~~15~~

27 May.