

~~29~~ 5-24

Selena

Went away for Adrian's anniversary
Really hard. Didn't enjoy it.

Heart - pressure in chest.

Had a big cry which helped for a bit.

Then family talking about M^o will + f^o.
Couldn't stay longer.

Howling. Intense

F - I couldn't deal w/ it anymore.

Called Sharon: she promised ~~me~~ to call you.

Called (me) ^{you} behind my back.

Crossed a line. I said I'd call you.

Adrian's! Dad called & said he found it harder.

? Why

- Distractions w/ Stacy, H^o Sharon & family.

Tired being alone & sad.

Invited out - but wake w/ massive anxiety
I felt flat

M^o will finalise.

Mum gave us quite nothing. We've been
fighting JWs for our share back.

They kept 350K

So wrong but feel my feelings are wrong.

M^o - dead but still screaming in over.

Can't be honest as everyone else is OK w/ it.

So wrong.

M^o had no right to do that

Was f^o spite; she didn't raise us.

I left JW 2° 14° hypocrisy.

Now I feel an hypocrite as I feel like this.

Work- I'm room leader. But feel out of loop.
+ 21.c.

Feel my staff not listening to me or treating me the same.

Not helping me

Is it something I've done?

f: disconnected.

Totally overwhelmed like I can't breathe.

I miss him so badly.

f: so big & overwhelming

GP Ad medication for BP & diabetes med =

I'm forgetting to take med.

3/c routine

- exams on phase.