

## Rantings and Ramblings of a Southern Girl

Wed, 28 Feb 2007

7:30 AM

### Pissed off At the World

**I find myself this morning pissed off. The reasons aren't clear yet, but a few possibilities come to mind. I'm not feeling tolerant today of people's behavior, their excuses, their attitudes, their shit.....I usually am a very tactful, respectful person. In the past, I've always had the tendency to just let things go, but I think I may have reached my tolerance level. Today is one of those days where if my buttons were pressed, I'd be tempted to say what's on my mind and it wouldn't be pretty. I've dealt with this kind of thing from everyone including my husband, my colleagues, my clients and even some of my friends. I must have "doormat" or "sucker" on my forehead. I just wish people would quit treating me like I'm so foolish I won't figure out that that fake kindness with the condescending tone is them trying feebly to be a smartass. I imagine it will happen soon. I'll lay into someone. Who knows? Perhaps it will help me rid myself of this feeling of pissed-offedness. But part of me would love nothing more than to get "up close and personal" with those that have pissed me off. Maybe I am changing. Maybe the nice girl is running from the building as I speak. I can appreciate someone who is genuine and puts forth effort in this life. But I can't stand someone who thinks it's my obligation to take heat for their failure to be a grown-up. Now bull shit! Maybe I'm the one with problems...I dunno. But I know I'm outta time and will have to continue this later. Anyhoo, thankx for listening!**

Security: Public

Location: Not Specified

Mood: Pissed off

Music:

Thu, 1 Mar 2007

5:13 PM

### Just When I Think....

Just when I think I can come home to my haven which I call home and unwind, I am faced with someone giving me lip over using the damned computer. I'm sick of the smartass-nothings-wrong-so-don't-ask-grow-the-fuck-up shit I get. My patience with behavior like that is waning. All I asked was if I could use it. He is on it every damned day. He said, "What for?" I asked if I had to have a reason and then he got pissy and said he was going to a friend's house. I asked why he was leaving and the answer to that was the above mentioned that I stated being sick of. I just want people to let go of this theory that I'm here for their entertainment/taking shit/doormat/or anything else you want to call it. I guess when it's good it's good, but when it's bad it sucks. I started out the other day this way but talked to someone who encouraged me and inspired me and the day really ended good. I felt good about things. Now I know that there's assholes all throughout the world and you can't avoid all of them 100% of the time. I'm a realist. I know this. I just wish that what people invested in me came close to what I invest in them. Not all people, just a select few. I guess if it didn't hurt me, I wouldn't care. That's not an unrealistic statement. I just get tired of people thinking that they can treat me however and I'll just keep taking. This is the quickest way I know how to vent without having judgement passed upon me and ensuing an argument. I just want peace. I want love. I want a little and I do mean a little acknowledgement or appreciation from time to time. I do it, why can't they? It just hurts my heart I guess. I just feel here. I don't feel like I'm special to anyone. Yes, I'm married and yes I have a sibling and a living parent as well as extended family. I just don't feel like I'm special to any of them. I'm here when they need things, but that's about it. I find that may sound a bit silly, but on the other hand I just wish to withdraw from all of them. At least I could have my

own peace and solitude. Perhaps that's what I'll do. I'm just so damned tired of this "doing the right thing" with people who don't seem to care. I want to let them know how angry I am. I want to really lay into those who've hurt me. But part of me doesn't feel like wasting my breath. Part of me just wants to tell them to 'get bent' and to be left alone. I'm not sure how I'll deal with this. I guess I'll grab the moments of sunshine where I can and just live with it. It's sad to say that these days I find those at work. That's the only place. My clients appreciate what help they get. They let me know this. They help me in return. I'm glad I have that at least. I want to cry but I'm just too damned tired to. So I guess I'll go lie down now and be what I am when my 'loved ones' aren't needing something - ALONE. Perhaps there is a solution to this. Hell if I know what it is.

Security: Public  
Location: Not Specified  
Mood: Drained  
Music:

Fri, 2 Mar 2007

6:39 AM

What am I going to do?

Well I came home only to have my husband argue with me over something stupid (he got mad because I wanted to use the computer). He left and was gone for several hours. He came back. He slept on the couch and he's still not speaking to me today. This argument started about 14 hrs ago. I was guilty of telling my best friend what happened because it hurt me. He heard that and he's been like this ever since. I tried to apologize and he said some profanities and left. He's hellbent on punishing me and I'm so sick of it. I'm really physically sick from it. I can't carry on with all of these bad feelings in me, but 2 of the people I trust the most I can't go to. I don't have anyone else. I only have writing this down and my best friend. She finds out today if she gets to keep her job. She's contract staff for a govt. agency. If they lose the contract, she's out of a job. So I can't lay this on her. I can't talk to my husband. He made that obvious. My Mother and I are having some issues right now with her bad mouthing my dead father, so she's out. I may have to seek professional help if this doesn't let up soon. I can't sleep, I can't eat and I feel all jittery inside. Oh yeah, I feel like I could puke also. I just want reprieve. As I write, I get on my own nerves. I can't imagine what I'm doing to any readers out there. I like to be an upbeat person and have good things to share, but life's not worked that way for the last little bit. I'm just hoping somehow God will intervene because I'm spent. Well, I've gotta get ready for work now. If I can just get through the day I'll be all right hopefully. I can put on my game face and do my best. Here's to hoping. Thanks for listening.

Take Care,

Me :(

Security: Public  
Location: Not Specified  
Mood: Depressed  
Music:

3:33 PM

Dreading to Go Home

I'm nearing the end of my day and I absolutely dread going home. I don't want to face him and more screaming/arguing or whatever else he has in mind. The mere thought of it exhausts me to no end. Oddly enough, beyond tired, I don't feel much else. I know what whatever happens I can't do anything about it and I'll accept the

consequences. I'm hoping there will be resolve, but I realize that may not be likely. The more I think about it, I think it's a deeper rooted problem and I'm the scapegoat. Reason being, in the last few days prior to this blowup he was heated in conversation almost to the point of being hateful to me. He apologized, but it was out of character for him. I know work is driving him crazy, but I sense something else may be going on. I guess I'll find out in about an hour and a half. I so just want to find a peaceful place and lie down. I didn't sleep worth a crap last night. I've been sick at my stomach today. I know it's stress. I just don't want to fight with him any more. I'm done. I'm spent. I'm not going to do this any more. The ball's in his court and it's his call entirely. I just want to get away from all of this crap and the people that give it to me and find a peaceful place where I can just be peaceful and happy. I want to have something happy to report to the world. All of this negativity is really dragging me down. I'm just not sure how to get rid of it though with what all is going on. I guess I'll cross that bridge when I get to it. I long for a simpler time in life. It seems like life gets so complicated as you get older. I miss the days where all I dealt with was homework, friends and hanging out. It's immature, I know. But life was a whole lot easier. Ah gosh, what do ya do? Well, here's to hoping that things will just smooth themselves out. Heaven help me.

Security: Public

Location: Not Specified

Mood: Tired

Music:

Mon, 5 Mar 2007

3:14 PM

### Just In a Funk

I find myself in a mild funk. Things with my husband are much better after talking. It was strange. I was calm the entire time and I told him I was tired of things as they had been. He's the one that got emotional and worried this time (a definite first). Things are much better and I reminded him to talk to me when something was on his mind. So far, so good.

My new funk is my frustration with my weight. I'm working on it and yes, it's coming off...veeeerrrry slowly. I fear it never will come off. Sounds stupid and with my other posts not being of sunshine and what not, I imagine I may even sound a bit neurotic. It just seems like the words flow much easier when I'm trying to get this stuff out of my system. I've found obesity most of my adult life. I've been thin...too thin really. But now, I am way too heavy. I know what I have to do about it, but I still have that looming fear that it won't ever go away entirely. I just want my outside to match my inside. I feel confident in my abilities at work, being a good friend, my compassion for people and my intelligence. I just don't have anything when it comes to my image. I have always been that way. But I think it's affecting me in the sense that I don't take chances as much because I don't want people seeing me.

That may sound silly, but it's how I feel. It's something I have looming over me daily. I know what can be done, it's just figuring out which choice is best due to a)I have type 2 diabetes and b)finding something that I can stick with and will produce results. Perhaps God will whack me upside the head with a perverbial 2x4 and say, "Hey, this is what you need to do." God knows I'm a bit dense and he has to draw me a picture sometimes, but he does get through. I dunno man....it just sucks the life outta me some days. But what do ya do? Just keep going I guess... that's all I know how to do. Again, thanks for the opportunity to vent and rant. It does help. Perhaps I'll have a happy post soon; not so much 'gloom and doom'. We shall be optimistic about that. Until then, I bid you adieu.

Me

Security: Public

Location: Not Specified

Mood: Discontent

Music:

Tue, 6 Mar 2007

10:39 AM

### A Calmer Day

I write to you today from work. Taking a break briefly from all of the paperwork I've got going on this morning. Life is finally starting to calm down for me somewhat. I am extremely thankful. I am just trying to take things one moment, one day at a time. I feel glad to be back at work today. My secretary's grandfather passed away yesterday and she'll be out most of the week. Next week, I'll be out of town to go to training. I'm trying to get all of my major stuff at least started this week. I hope that's how it will go anyhow. I like what I do for the most. It's enough to keep me busy and I help people without being overwhelmed with it. I imagine unless I get a shot at federal govt., that this will be my final stop in the career arena. We shall see. I didn't sleep well last night and I'm not sure why that is. I even drank chamomile tea before bed thinking that would help. I slept for about 4 hrs. My mind was racing and I felt edgy. It was like taking in too much caffeine. The only caffeine I had was 6 hrs prior to sleep, so I doubt that was it. I feel oddly rested today though. My boss and I will be working on my recommendation into the Masters Program for my job this week. If recommended, I can get my Masters in this field, have them pay for it and get a raise upon completion. Not too shabby.... Today God has given me peace in my heart and I'm glad. I've freaked out enough lately for about 10 people. I dread this daylight savings junk. It begins the day before I leave town to a place that is naturally an hour behind us due to the change in time zones anyhow. It will bite getting used to that. I do like the area I'm traveling to. It's right outside of Nashville. Lots to do and see and fairly easy to navigate. I got to spend time with my brother and my niece this weekend. She's 7 mo old and got 2 teeth. She says 'dada' and 'baba' and shakes her head no. She tries so hard to crawl. She can fly in a walker..but she goes backwards. My brother and I both did this as babies according to my mother. Bless her heart, if she's half as weird as we were, she doesn't stand a chance. I love her anyhow. My nephew is cool. He's 9 and he loves to read. He's reading on the eragon series. (I wasn't that motivated at his age) But he slacks on other stuff to avoid bringing homework home and that's become an issue. It's not constant, but he knows that priveledges will be revoked if he continues this. He already lost karate. That broke his heart. He said the hardest part was telling his instructor. So he says he's trying to do better. I tell ya, I'm glad I'm an old adult. I wouldn't want to go through childhood today for love nor money. It was much simpler when I was growing up. But I digress.... I want to get back into my photography, but weather hasn't been the most permissive and I've not been as motivated as I could be. But I'm working on it. Well, that's about all I have on the life and times of me. Not much to tell, huh? I appreciate you listening to my ramblings and do come back. Have a good one and take care!

Love,

Me

Security: Public

Location: Not Specified

Mood: Calm

Music:

Fri, 9 Mar 2007

7:25 AM

### A Better Day

I am happy to report to you feeling much better. I have began a regime of vitamins that my Dr. recommended I take along with my cholesterol meds to help with lowering it. The benefits from these vitamins go beyond just lowering cholesterol though. It has been found that they help in fighting cardiovascular disease, depression, metabolism issues and several other things. I've taken 2 days worth of them and I can actually tell a different. I don't cramp from the

cholesterol med any more. I'm calmer and I have more energy. Who knew vitamins could do that? I'm thankful for it. I went to see "Wild Hogs" last night and it was really good. It was funny and it had a good story. I hope to see "300" tomorrow. I have to prepare for my trip to Nashville this weekend. Laundry, packing, etc., etc.... I'll be gone all week next week. I have training for work to attend down there. It will be a nice break though. It's a 4.5 hr drive. That's the only part I dread. But anyhow, things are looking up and it feels good to share it. Hopefully it will just continue. Well happy Friday to ya and I hope your day is good!

Love, Me

Security: Public

Location: Not Specified

Mood: Happy

Music:

Tue, 27 Mar 2007

9:46 AM

### Just Thoughts

These past few days have been moody and draining. I'm not in a foul mood, but it seems like everywhere I've gone that doom and gloom has reared it's head to those around me. My spouse and I had an argument and at first, instead of talking to me, he wanted to stub up and get out of our marriage. I blew up because I feel I've not given him a reason for this and I told him everything I've probably felt in the last 14 years and that I was tired of it. This "blow-up-now-and-maybe-talk-later" crap was sucking the life outta me and he could either get with the program or I was done. Well, we talked things out and he's apologized. Things are better. He even admitted he was wrong and out of line. So who knows? There may be hope yet. Well, a dear friend of mine experienced something that no one should. A colleague said something sexually degrading about her to a restaurateur at the place they were dining. She left the restaurant in tears. I've tried to get her to file a grievance, but she doesn't want to rock the boat. I told her if she didn't speak up that he would continue to think his behavior was acceptable. She said she feared losing her job. This hurts me so much for her. Then, she and the man she's been seeing had words because she felt like she was "last on his list". Basically, she is. Because she told him how she felt, he told her she didn't have a right to act like that. Excuse the hell outta me? Nobody will tell me how to feel. It hurt my friend so bad. Then a colleague of mine is having trouble with her oldest son. His behavior is becoming unusual and he doesn't have any real explanation for it. He's 12. My colleague is about at her wits end because this stuff's going on daily and the therapists and drs have not offered anything to help. So, it's been an ugly beginning to a week for many. But this day, I'm calm. I'm working some and going to see my niece and nephew after work. I always enjoy that. They don't have a hidden agenda, they just like that I come to see them. I'm coming with gifts entow, but they don't know yet. I don't have any kids of my own yet, so I like spoiling theirs a little. I always ask the parents before I do. I don't want to disrespect them ya know. It's supposed to rain today. I'm glad though. The grass is dry and it's been kinda hot. It's supposed to get up to 80 today. Spring has sprung finally. The Bradford Pear Trees are in bloom and my Dogwood is about to bloom any day. Things have been hairy, but they are good right now. I just hadn't been on in a bit and I wanted to share. Well, gonna try and be productive today. Don't know how far I'll get, but here's to hopin'. Thanks for listening to me ramble. It is appreciated. Have a good one!  
:)

Security: Public

Location: Not Specified

Mood: Okay

Music:

Wed, 28 Mar 2007

8:14 AM

### It's Only Wednesday

Hello....It's only Wednesday. It's been a long week and I'm fighting off either allergies or cold. I sound like Phyllis Diller when I talk because of it. I'm tired and I just feel like everything in my environment is going to get on my nerves a little. You know how ya do when ya feel bad, it's not that life's really that bad or anything. It's just you feel crappy and you don't have as much patience with stuff. I would love nothing more than to go back to bed, but that doesn't pay the bills, now does it? I wish I'd married a man that earned more than I did at times like these, but I did not. I really like working for the most- I just feel bad today. I have so much to do at work and at home and I don't have the energy to devote to neither right now. My Mother doesn't seem to get that. It's like she totally has forgotten what it was like when she was working. Now that she doesn't work anymore, she thinks I should be visiting or doing something most every evening and the truth is this: I work with people all day long. The last thing I want is more people contact on most days. I want quiet and well, the housework doesn't do itself. My husband helps, but it takes 2 of us to do it. By the time you do that, get supper, shower and rest. It's time to go to bed. I have to go to Nashville next week. The training I'm sure will be good, but the trip is a 4.5 hr drive one way and I hate it. I have 2 more trips after this and then I won't have to go anywhere for a while. Or so I think.... I like what I do most of the time. I like helping people. It has it's days too, but for the most-it's a great job. I just long for some time off. It'll be June probably before I could even consider that though. That's another 3 months away. I'm gonna go for now. I'm feeling a tad puny but I'll live. If I can just get through the day I'll be ok I think. I've got so much to do still, but I'll take it one task, one day at a time. That's all I can do. Well, I've vented enough today. Thanks for listening. I must go now...duty calls (not that I really wanna answer). Thanks!

Love,

Me

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 18 Apr 2007

6:26 PM

### How?

How can someone who loves you hurt you so much over and over? How can they go from loving you to saying things to hurt you on purpose? How can someone do that and get such satisfaction out of it? How come I can't move from here? How come I can't walk away? How is it that I'm hurting and numb at the same time? How is it that I feel nothing and everything at the same time? How is it that I feel afraid and uncertain? How is it I allow this stupid shit to happen over and over again? How is it I continue to let him get to me? How do I find myself still caring when in the back of my mind it's one constant letdown after another? Why can't I see the writing on the wall? Am I really that ignorant? What keeps me here? Why do I feel so tired and weary all of a sudden? Why do I still care? When will I see things for what they are? Am I overreacting? What do I do? Who can I talk to but this screen? Why do I find myself alone in my darkest times when all I want is someone who'll listen and understand? How could I be sooo stupid? Why can't he be good? What's he afraid of? Why does he do this? Does he enjoy seeing me hurt? When will this nonsense end? A billion questions and not an answer to one. I find myself hurting yet comfortably numb. I'd like to cry out but

the tears just won't come. Inside my heart's pounding...a loud steady drum. I hate to argue and fuss and fight. I don't care about what was said or who's wrong or right. I just want peace. I just want relief.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 19 Apr 2007

7:01 AM

## Feeling Sick

Good Morning-

I report to you feeling very sick at my stomach. Despite that, I'm going to work. I have multiple things I have to submit today because they are due and that's the only reason I am going in at all. Perhaps I can work slowly and get through all right. I hope so. I only have one appt. and it's about half an hour before the end of the day, so that's not too bad.

My husband and I aren't fighting any more today, but we've not really reconciled either. We both have been to sick to really. He has this stomach junk too. I just hope things improve between us more before I have to leave town again. I leave Monday for the whole week. I'm getting to loathe these trips but I'm down to my final 2. So I'll 'grin and bear it'.

I wanted to start going to the gym today, but I don't think it'll take place. I want and need to go sooo bad. I dunno. Mark started this and of course, he didn't follow through. That's one thing about him that pisses me off. But it's not just him, there are plenty of people that do this to me whether they intend to or not. Guess it's that 'road to hell is paved with good intentions' theory...

Well, I gotta run. Work calls. I just want this day over with. Nothing more. Thanks for listening to my babble. Have a good day!

Love,

Me

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 29 Apr 2007

7:21 PM

## Nothing Special

Hello-

How is everyone? I've returned once again from training in Nashville. I'd have to say this week has been the best by far of all of them. I really got a lot out of it. I just hate being so far away from home. It seems like I have some sort of jetlag for at least 3 days. It takes about 1 1/2 weeks to catch up what was left behind from the week you were gone too. I'm glad I only have one more trip for a long time.

I've been lifting weights and exercizing for about a week now. I'd forgotten how much I enjoy lifting. I'm hoping it will help me become leaner and healthier. I have a blue million things that need doing and what irks me most is that I get stuck doing all of them. I think it sucks, but I've discovered that if I neglect something long enough he does get the

hint. Still irks me though...

I saw my brother and my niece today. She's learning to wave and she sits up on her own. I swear she changes every time I see her. She's a good natured baby and I love her and my nephew to pieces. He wasn't there today. He was with his Mom shopping. So it was just the 3 of us and I enjoyed it.

I go back to work tomorrow. I look forward to it and dread it at the same time. It's kind of a catch 22. But time marches on, doesn't it? I have a billion things I'd like to do or work on and not enough time or energy to do them all. I'm workin' on that though. Hopefully things will slowly come together....

I'm going to try to see my Mom in the next day or two. I've got to take my Grandma's picture and card to her. She turned 80 last Monday and I was out of town training. The picture is of her, my mom, my brother, his wife and their 2 kids. I thought she'd like having a picture with four generations in it. I swear, Granny don't look any older now than she did when I was 12... I can only hope I'm that lucky at her age.

Well, that's about all I have to report. I'm gonna finish putting up my canned stuff from the store and lay down. It's allergy season and it's kickin' my butt! Well, thanks for stoppin' by and listening to me ramble. Come back any time and take care!

Love,

Me

Security: Public

Location: Not Specified

Mood: Tired

Music:

Tue, 1 May 2007

9:10 AM

### Today I Cracked

I'm sitting here in my office with a ton of things to do and no direction as to what to do first. I'm feeling overwhelmed because a)in the back of my mind I know that as soon as I catch up, I will have to take another trip to Nashville for training and get behind again b)I'm angry because someone I work with thinks I'm stupid (or that's how they prefer to treat me) and c)I can't concentrate to save my life today. I wish I could regroup and just dive in and do it.... I can't bring myself to it. I could understand if this had been after my first trip, but this is after my 4th. I can't stop crying. I'm tired of people thinking they can treat me however they wish and me just be satisfied with it. I'm tired of my husband being so damn lazy. We both work and he does little to nothing to help me with the house. I have to coax him to do much of anything with me outside of getting a meal. I'm honestly thinking he's lost interest in me as a person. I just feel so bombarded. I've locked myself in my office because I don't really want to deal with the outside world right now. I've asked to talk to my boss to see if she could help me figure out how to handle this better. She wants to see me this afternoon. I feel good about it and scared about it at the same time. The last time I told my boss how I felt, it came back to haunt me in a bad way. It resulted in me getting a bad evaluation and her talking about me leaving. That was with my previous boss and she has since been moved for her actions. I now have a different boss and I'm hopeful, but a tiny part is still scared from what happened before. I don't know. My mind is racing and I just can't focus. I'm going to the dr. monday. I have to get new bloodwork every 3 mo due to diabetes and I'm going to see if I can go back on wellbutrin to stabilize my mood somewhat. We'll see what happens. I do feel better getting this all out. Perhaps if I can just see the end of the day, I'll be okay. Here's to hoping. Thanks for listening.

Love,

Me

Security: Public  
Location: Not Specified  
Mood: Stressed  
Music:

Wed, 2 May 2007

9:20 AM

Why?

I write to you from work and I wonder why it is that people with little to no authority like to push their opinions upon you as if they have authority over you. I don't get it. I don't know why I even let it bother me. It doesn't like it used to. I pray that God keeps one hand on my shoulder to guide me and the other over my mouth when I feel like something unladylike may come forth. So far, so good. I am feeling better than yesterday. I had this huge feeling of being overwhelmed. I went and spoke with my supervisor and she had such great ideas to help me and she showed me why I felt the way I did. Basically, between going 320 miles away every 3 wks for training I missed a whole week. It would take nearly 2 wks to catch up what I missed (not including new work that came while I was back) and then it would be time to go again. I've been doing this since early February. I have to do this once more time in a couple of weeks. She and one of my coworkers showed me some tips to help me get a better grip on what I'm doing. See, it's kinda my schedule and it's really flexible. I like that a lot but it takes getting used to coming from a dept. that has uber structure. But I digress. I just want to do a good job and stay on top of it. I don't want my clients feeling neglected. I'll get the hang of it I imagine. But it sure was nice to be reassured that I won't be fired meanwhile (had that happen w/last supervisor) and that everyone's there for support and help. But I just have to take it one day at a time. That's all I can do... Well, as always, thanks for listening. I appreciate it. Gotta run.

Love,  
Me

Security: Public  
Location: Not Specified  
Mood: Optimistic  
Music:

Sat, 12 May 2007

1:46 PM

It's Been A Hard Time

Well, so much has happened. I've started having major problems with anxiety and depression and just flat out overwhelmed w/the job. I had to seek a dr. and I'm doing better. Things are fixing to change at work. I'm leaving the office I'm in. Not by choice, but not due to trouble either. I'm not sure when it will take place, but it will be soon. I'm down to my last trip to Nashville for a while. I'm glad of that. My labs from my dr. visit are good. Today is my brother's 32nd birthday. Tomorrow is Mother's Day and Monday I leave again. So, yeah- I'm a little tense. There are days life at home is really good for the most. Today I feel like I'm not physically in this house alone, but I may as well be. It's trying, but to keep peace I don't say a word about it. I've had to get defensive enough this week as it is and honestly, I'm tired of it. I'm happy that the whole work experience is over though. My boss has 'had my back' the whole time. She's great. I recently had a couple of people who thought spreading some rumors would be a good idea. Not just regular ones that you can ignore, but the kind that can get you fired. So, I dealt with that. Not fun. But it's odd how things work. I'm starting to get a feel for work. I've been asked to take a better office but w/a longer drive. But

I've also been asked about another position w/in the same office w/out the same secretary that would be w/out the drive. That one's not definite though. But the job sounds so interesting. I like what I currently do a lot, but I'm going to see how I do with the drive first. I'll leave this one to God. He'll show me where I need to go. Life's been hectic lately. But hopefully after this month, things will die down. That's my plan anyhow. I'm going to try to vacate next month or July one. My spouse probably won't be able to do so with me as his work is in high demand during summer, but I need this time off bad. We'll take time off together in the Fall. I already have 2 wks of vacation built up. By fall, I'll have another week. So, we'll see what happens. I'm wanting to paint indoors this summer. I imagine I will. Just gotta find time for it. But as usual, life's been a rollercoaster lately but I feel like I'm in better control of things. Well, I gotta go do some laundry and all so I'll be back. Thanks for listening and have a good rest of the weekend!

Security: Public  
Location: Not Specified  
Mood: Exanimate  
Music:

Fri, 18 May 2007

9:08 AM

## Going Home

I am completing the final day of my final week in training for a while. I'd been going about every 3 wks since the early part of Feb. I'm thankful. Upon my return I'll have about 6 days to interview 10 people for reviews, 4 for intake and move my office to another city for reasons at first I didn't question. I want to have complete faith in my supervision and she has proven herself in many ways, but I've been burnt by previous supervision in this job and I'm virtually paranoid about it. I'll be driving about 23 more miles, but I'll be with people I like. See, originally I was told they needed my original office for someone in trouble and wondered if I'd be willing to move. We all know that if they ask and you say no, you still run the risk of having to go anyway... so I said yes because I thought it would help them and everyone involved. Well the story has changed a little since I've agreed to do this. Originally I was assured that my altercation with some people who thought spreading rumors that I could've gotten fired for would be fun was not the reason for the move. I've just had this gnawing feeling ever since. My support office is not even in that office. It's in another office in the city I'm currently in. So, knowing who is going to replace me where I am now. I feel like the person who created the most trouble for me is almost getting rewarded because it appears she won't have to be support for anyone now. Which makes me think that the move resulted in me being the trouble maker for even saying anything. Now, my take on this may be all wrong, but I don't have all the 'pieces of the puzzle' either... so who knows what will really happen. I've been incredibly eaten up with anxiety and depression since all of this. I'm on prescribed meds and it does help, but I think once the move goes down and I know the whole story, I'll be able to 'breathe again'. I find at times with the anxiety and depression I get on my own nerves so I don't talk to many people about it. My dr. knows. I have trouble concentrating now. It's just strange. But the oddest thing is despite all this bs, I love my work. I love to see people become successful. I've prayed a lot about this. I just hope that things smooth out soon so that I can feel sane again. I can see the possibility of this heading toward paranoia on my part, but I keep telling myself that this too shall pass and that has been what's kept me going. So, I'll try to be optimistic. I've made some good friends in training and I will miss them since they all live closer to here than I. I have the farthest drive at 326 miles one way. So....I digress. I just needed to vent a little so that I can gear up to go home. ahh...home. The mere sound of it is wonderful. Thank you for listening! Come back soon...

Security: Public  
Location: Not Specified  
Mood: Relieved  
Music:

Sun, 20 May 2007

7:08 AM

## Sunday Morning

Good Morning,

I write to you fairly relaxed today. It's been a busy weekend and I'm just hanging out at home. Yesterday we took our nephew to see Spiderman 3, out to eat and the comic book store. He's worked really hard on his advanced reading class and we wanted to reward him (he has the highest points in his grade).

Nashville is over for a long while I hope. I enjoyed the training, but there is still quite a bit of anxiety of coming back. It appears I'm going to another office, same staff and supervision but the travel will add about 230 miles per week to my travel time. My husband is not happy about this. So, that's been hard to deal with. There is a position that I think is open that works with teaching the blind/visually impaired to use adaptive equipment.

It's not like teaching them braille or anything, but things they can use in their everyday life to continue to live independently. I like to teach. I've done in with disabled adults before and even used some of the equipment before. The caseload isn't near as high, but the office is closer to home. I've emailed the supervisor of that position to let her know of my interest although I've discovered they did interview 2 already. But I'm being told by others that they didn't really meet the criteria....so who knows.

Now don't get me wrong, the folks in the office further away are great. It's just my spouse giving me grief over the longer drive I'll have. I dread to see all the work I'll have to do when I get back. It takes about 2 wks to catch that up...that doesn't include the work that comes in during the week your back. It's really been a stressful 4 months. Having no help at home around the house hasn't helped one damned bit either.

I'm on antidepressants and anxiety meds again. I'm not really happy about that, but it's either that or feel like having heart attack symptoms most of the day. So....Oddly enough, besides that, my physical health is good aside from my being overweight. Even my blood pressure is within range. But I tell ya, I have days where I don't have tolerance for anything.

I'm normally a patient person...really. But between having no help at home, being behind at work, the conflicts at work, the changes at work and just some people in general....It makes me want to move away from all of that. I know...running away isn't the answer. But I don't know what else to do. I'm really at a loss here. I've prayed, I've cried, I've vented on here....and I've done so alone.

I've tried talking to my husband....I don't think he understands. My mother is far to judgemental despite she's gone through much worse mentally. My brother, eh- don't see no point in that. I think my dr. gets it and he told me when I felt I needed counseling he would be glad to help me find a good one....I've not been to one since a few months after my dad died.

I just don't know.....I have so much angst, anxiety, depression and frustration inside sometimes. This is worse now than when my father died. If only he were here...what a great listener and advisor he was. He could do so without judgement. He was reasonable and he acted like he loved me no matter how badly I may have screwed up. I have never felt that with my mother. I'm sure she loves me, but if I screw up...believe me, she's the first to let me know.

I'm not sure where answers lie here. I'm not sure of much of anything right now other than how I feel. I don't like it and feel like it makes me a weaker person. But maybe that's mine to deal with, I just don't know.....I'm not sure of anything any more. Well, gonna run take the dog out. You know, responsibility and the whole bit. Thanks for listening.

Me

Security: Public  
Location: Not Specified  
Mood: Anxious  
Music:

Tue, 17 Jul 2007

6:06 AM

### Walking a Perverbial Tightrope

I find myself in another mental quandry about work. Why do I let this drive me crazy? We had what I would call a mostly productive meeting, but it instilled a lot of doubt in myself as well as rehashed some frustration over something I can do nothing about. Right now, I can financially afford to make the drive to my job. But this winter, when I have a heat bill, I will not. This isn't news to my superiors. My post wasn't moved by my choice. I'm trying earnestly to get to where either I have a post that I get gas reimbursement or get a post closer to home or both. There is a slight possibility of a position that they are creating that would involve marketing the program. I've e-mailed my boss and her boss expressing interest and sharing what I think are some pretty decent ideas. My degree is in business, so I think that I could do a good job of it. But after seeing the stats of our region, I realize that I'm the worst in the department at most everything. My boss kept saying it was because it was my first year. That's partly true. I just feel the first half of my first year has pretty much scarred and doomed me. My boss's predecessor was a lousy boss to me at best. She didn't want to train me and didn't. She went as far as to see if I'd quit first. So, many people assumed things about me that weren't true. I had to redeem myself for damage that I can say I wasn't responsible for the majority of. I'm still doing that. Then I discover my name gets all the way to Nashville via someone I've spoke to maybe 6 times in my life that has nothing to do with my job. But someone who's done half the work I have this year got a position he wanted because his mother is why my name made it to Nashville complaining of how I've not reached half of my goal. Yet, his stats are half of mine and he gets a post he wants. Well, I know govt. is very political and I get that. But honestly, this whole experience minus the last few months has left a nasty, bitter taste in my mouth. I enjoy the people contact and talking to them about the program. I really do. but each time I get a little confidence in myself doing this, it's followed by the reminder that I'm simply not good at it. Despite it, I got a good evaluation by my boss. But this has weighed heavily on my mind. I try to put it out of my mind and can most days, but I just don't know. I've prayed and lost sleep over it. I just have this gut feeling that my first six months (although justifiable now) will follow me the rest of my duration in this dept. It's been a year come next month and I still have a lot of doubts. So...I don't know. It's all frustrating to me. Mark's trying to get a better paying job w/in the city, but like my attempt it is going slow. I just wish God would 'whack me upside the head' and say, "Hey, this is what you need to do. Now go do it." I know...it's not that simple. Maybe I'm looking for something that's not realistic. But I don't like being in a position where I'm doing something, I'm not good at it at all and I know it. I feel like I'm jipping those I serve as well as myself. It's a sucky feeling. So...who knows. I guess chalk this up to another 'bitch and moan session' by me. I just want to let this thing go. It makes me sad.

Security: Public  
Location: Not Specified  
Mood: Frustrated  
Music:

Wed, 18 Jul 2007

8:41 AM

### Feeling Peaceful and Poorly

Good Morning,

I report to you live from work...shhhh. I'm feeling far more peaceful about work today than yesterday, but I think my blood sugar is out of whack. I'm a type 2 diabetic. I flubbed up and ate pizza and cheese sticks. Raised my sugar last night and now I'm crashing and running low this morning. It's a yucky feeling.

My mind is muddled and I just want more sleep. I've fudged on my diabetic care lately and that's no one's fault but mine. However, I'm back on my meds and trying to do better. I've been wanting to get out and walk, but it's rained every evening. I may just take my umbrella and go anyhow if it's not storming. We've had an unusual amount of thunder and lightning this year.

I've got plenty to do, but when I'm like this I have little concentration and I just drag. I'm hoping this lets up soon. I know... I know better. I got some really positive feedback from my boss and her super on the marketing position ideas needed. I also told them I'd love to be considered. Well, we all know how things like that can go sometimes so I proceed with caution. But here's to hoping.

Things are coming along at work. I'm not where I think I should be in this job, but my boss says she's not concerned and she's happy. So, I guess I should be as well. Well, I think I'm gonna run and see what I can accomplish. It will be slow, but it will get done hopefully. Sounds like thunder out (again). Gonna go back to work whilst I still have power to work by.

TTYL,

Vicky

Security: Public

Location: Not Specified

Mood: Exhausted

Music:

Thu, 26 Jul 2007

3:13 AM

## Feeling Rough

Hello..

It's 3am. I'm running a low-grade fever. My upper right side of my abdomen is sore and I'm nauseous. I'm not pregnant according to EPT. I'm tired and feel poorly. I've been really emotional lately and tired. This has been going on for nearly a week and I'm concerned now that I know I'm not pregnant. I wouldn't feel alarm if I was....

It's not been extreme pain nor fever, just enough to be cumbersome. I'm so sleepy. I have to get up for work in 2.5 hrs and I can't go back to sleep. I have an appointment today so I have to be there for it. My face is on fire...or it seems that way to me. I don't feel that hot to the touch. I'm trying to ride this out through the end of the week. I'll be on vacation then and I wouldn't have to miss any work time. But it's not any fun. I know that much....

Maybe it's just stress... See, yesterday was my Dad's 59th birthday. He'll have been dead 3 yrs on 09/04. Birthdays and holidays are still hard for me when it comes to him. Although this year was bittersweet as my niece turned one yesterday. She had a nice little party and had a good time. I've also been dealing w/friendship stress of a former friend I've recently terminated the relationship with. I don't feel bad about it...as a matter of fact I feel relief from it. But we all know how internalizing things can manifest themselves into our physical being...don't we?

I hope to get to the bottom of this soon. It would explain a lot hopefully. We shall see. I'm hoping it is as simple as some 'bug' going around. Well, a girl can dream, can't she? There's just so much going on in my body and head and I honestly don't wish to contend with any of it. I know..that's not healthy. Normally, I would want to 'nip it'. But right now I don't have the energy to do so. I'm going to try to go back to sleep for a bit. I hope for resolution soon. Thank you for listening.

Love,Me

Security: Public

Location: Not Specified

Mood: Sick

Music:

Thu, 16 Aug 2007

12:43 AM

### Want Off The Merry-go-Round

I wish I could get past the depression and frustration I feel. I can not. I've exhausted every option I have to purge myself of it and it fades, but doesn't dissipate entirely. I feel worthless, hopeless and just plain ignorant. I don't wish to talk to anyone further about this as I feel as if I've put them out. I just want to feel good about my abilities and self again. I'm alive for some reason...what, I could not tell you. That part's not up to me. I just know I long for a simpler, happier life. I'm overwhelmed in almost every aspect of my life. If I knew I wouldn't hurt my nephew's feelings, I wouldn't go to his party Saturday. I just want to crawl into a hole and not come out. I'm starting on my antidepressants again in hopes of change... but between my Mom's health, Mark, ending friendships, lots of change w/in the job (and a lot of it not good), finances and just lack of sanity- I feel defeated. That's the only way I know how to put it. This journal is my last opportunity to at least feel like I can express my feelings freely.

Security: Public

Location: Not Specified

Mood: Depressed

Music:

Wed, 29 Aug 2007

3:32 PM

### Acts of Desperation

I write today from work...again. I am liking my work for the most, but I long to get closer to home. I still have trust issues with different people. I'm trying to do what I'm told and do a good job, but I sense that people are dragging their feet and "blowing smoke". I had inquired about one opening in another dept. closer to home, but the supervisor opened it w/o a response. The regional had spoke of a marketing position and getting it state approved. Nothing there either and in no hurry to do so now as I was led to believe earlier. I still think what happened with my first supervisor is following me. I was slow to learn I admit, but I wasn't taught near what I should have been. Now, since I have said something I feel I am being penalized. I just wonder if those things scar you for life or what. Should I have just allowed my former boss to "toss me to the dogs" and make it appear it was my fault 100% when it wasn't? Should I just 'eat crap' and go on? I'm finding it difficult to sort these things out. I feel rather loserly today. All I want is to get closer to home. I'm willing to work. It's a matter of affording it. My work knows what my financial situation is and that it being why I want closer to home. I feel like that may not have been a smart move, but I didn't know what else to do. I just have a sour taste in my mouth for this place. I wish I could let it go 100%. I really do. But my trust has been violated early on since coming here and by more than one person. I feel trapped. I'm good enough for this where I am considered mediocre at best, but not good enough anywhere else. I can't even get a callback on anything I apply for. It's so disappointing. My husband is working ridiculous hours and I don't talk to him about it as he's too exhausted. I

just kind of deal with it alone. I've cried and prayed. I'm to the point where I'm not feeling real worthy of much of anything. I'm trying to find anything and everything that I may "have a shot" at. So far, nothing. I wasn't always this way. When I was in my 20's, I was optimistic and felt there was a way to do anything. I try to still instill this in my clients, but not so much myself. I'm starting to see it as a waste for me. It does things for them. I know I shouldn't let work bother me like this. I just have never experienced feeling so low, so stupid and so unable to trust as much as I should at work. It's that "waiting for the other shoe to drop" syndrome. I have this vertigo thing now and it's embarrassing. I never know when it's going to happen. I grab walls, doors or whatever due to fear of falling. I feel I look stupid. I hope it's just an inner ear or sinus thing and will go away. If it isn't, my dr. wants to test further and do a CAT scan... that scares me. Who knows at this point? I just don't feel sure about anything.

Got to go,

Me

Security: Public

Location: Not Specified

Mood: Depressed

Music:

Thu, 6 Sep 2007

9:26 AM

### At A Loss

I find my self on auto-pilot today. I'm plugging along not really accomplishing anything, but not really wanting to. I'm nearing my wits end with this job. I can and will say out loud that I a)wish I'd kept my mouth shut and b)wish I'd never left DHS. It's been an uphill battle since arriving here and I feel no matter what I say or do here, it will not benefit me. I've more or less "blackballed" myself in this department and realize that it's time for me to go.

That hurt me at first, but facts are facts. So I accept it for what it is. I failed here and miserably so. I have learned a lot while here though. I'll take it with me into my next job. I do hope that I can stay w/the state maybe going into another dept. That's what I hope for. I'm trying and that's about all I can do at the moment. I'm trying to be patient, but that's something that doesn't come easy for me.

Each day I become more and more depressed by this place. I don't really let anyone know it as I don't think they need to. I'm here and I'm working, so that's all that should matter to those around me. I have found some solace in sleeping. I sleep a lot to escape what I feel. It does help. It's about the only thing that does. My husband tried talking to me last night, but I didn't open up to him 100%. I just can't.

I've written to purge, I've prayed to purge and I've cried to purge this awful thing out of me. I'm to the point where I'm just numb and really tired. I think that would be best right now. I don't have the energy to actually deal with anything. I do what I must, but that's all I can do. I guess taking my meds would help. Maybe.. maybe not. I just don't see any resolve.

Perhaps this is how my life is meant to be. If it is, then ok. Honestly, I'd hoped for more but it's quite all right. I'll live. I wish I could get out of this. But part of me just accepts it. At least I have sleep to look forward to. There's nothing else right now. Nothing else.....

Security: Public

Location: Not Specified

Mood: Numb

Music:

12:15 AM

## In this Dark Place

What I wouldn't give to be able to lie down and sleep the rest of the day! I'm exhausted from nothing but clinical depression. Sleep is my only escape, but I did manage to set up an appt. with a therapist on Monday. My head says this is a good move, but my soul could not care less. That sounds horrible I know, but I don't know how to describe the specifics of what I'm experiencing right now.

I'm sad, but numb. I can't muster up a single tear. Why? I have no idea. I feel trapped w/in my job and that I'll never get closer to home. I feel alone even when others are present. I find peace only when I sleep. I dream of places far and away and I feel calm and happy. I can't seem to find anything close to that in my waking hours. I've only told one person here as she's gone through something similar and I trust her not to tell anyone else. But I haven't gone into great detail. It's just easier that way.

I'm having trouble concentrating on my work or any task. I'm in such a fog. I've not taken a thing other than what my dr. prescribes me and I'm not one to abuse my meds.. although I see why folks do that. It will take power far greater than what I have to climb across this hurdle. It's strange. I kind of have an idea as to how my mother felt prior to her hospitalization. She was numb.

The only difference is she wanted to die and I don't. I couldn't put my family and friends through what Mom put us through. It was hell and I wouldn't wish it upon anyone. I don't wish to die, but I get why people do. It makes sense to me that one would want to seek a permanent escape. Who wants to live like this all of the time? Not one soul. No, not one...

Well, God saw fit I live to see another anniversary of my father's passing. It's now been 3 yrs. I miss my dad terribly. I feel like the only person that "got me" is forever gone. I don't talk to my other family members like I did him. I just didn't think they could handle it or wanted to hear it. Now I'm left with one-sided conversations with him and an emptiness that can't be described.

Part of me would love to feel good again and be out enjoying life, the other part of me thinks it's just not worth the effort. I manage to do the "bare minimum" with what is required of me at work and home, but that's about all that is getting done.

I've prayed to God about this. He knows where I stand, but here I am. I say little to family and friends. I get on my own nerves saying it, so I can't imagine now nerve racking it is to hear it from me. So, I put on my "happy face" and don't let on. It's getting harder to do though. It seems like each day it takes more and more effort... or maybe that is just everything I do... I'm not certain at this point.

I've got 4 more hours before I can get in my car and drive home for the day. It's been the longest day. I'm trying to give the illusion that I'm busy anyhow. Oy! I only want to see 4:30 get here. I hate it here. Ab-so-lute-ly hate it! Lord help me.

Security: Public

Location: Not Specified

Mood: Numb

Music:

Wed, 12 Sep 2007

11:27 AM

## Taking it to God

This week had started off roughly, but oddly enough I have experienced things that I don't think are sheer coincidence. I went to a therapist this week. She was nice enough. We began on working on my family history, stressors, etc. She

stated she felt I should make myself do things I tend to enjoy even if I don't think I feel like it. She said to try one thing a week and just see how that goes. So I am. She also said she wanted to refer me to a psychiatrist. I'm working on that as well. I left there indifferent, but headed on to Wal-Mart.

I ran into what was one of my best clients when I worked in my home town. She looked slimmer and was smiling "ear to ear". I asked her how she was and she said "Great." I asked what was great in her life and she proceeded to tell me that she'd lost 60 lbs, come off of all of her medicines and was getting ready to go to work. She said she'd prayed over it and put her faith in a 'higher power' and things just started happening. I was elated for her and my first thought walking away was, "God put her in my path for a reason. Don't know what that is yet, but there was a reason."

I thought about it long after our meeting. Well, this morning I ran into another client with wonderful news. We talked about how far she'd come and I told her how proud I was of her accomplishments. (Now keep in mind, these 2 women I speak of don't know each other at all) She began to tell me how she prayed over it and put her faith in a "higher power". It was almost a direct quote of the first lady. It has sent chills through me. Two people, one week, same joy. No, that isn't irony. That has given me new hope.

I still don't know 100% what God's message to me is in that, but I'm changed by it. I feel hope. For the first time in a long time, I feel optimistic about life. I feel God will make a way. So today, my worries and burdens are no longer mine. I'm giving them to God. I know he will provide and he does answer prayers. I just can't get over the great way he's revealed himself. I appreciate it. I can't wait to see what happens next!

Security: Public

Location: Not Specified

Mood: Hopeful

Music:

Tue, 18 Sep 2007

8:46 AM

## Thinking Out Loud

Well, another day of thinking 'out loud'...sort of. I am anxiously awaiting a letter from another dept. to interview for a job closer to home. I've not said a word to my boss and won't do so until I get contacted, but there are several openings, so it's just about a given that I'll at least interview.

I've discovered that I won't be able to stay in VR more than likely. The super in JC lied about a position she had open and I know she interviewed a few people for it. That tells me not only does she not want me for that post, but she's not going to allow me to come to Johnson City. I guess I "stirred up too much trouble" while there. But it did answer a prayer and for that, I'm grateful.

I'm not bothered at the thought of not staying in VR any more. At first it did, but now I'm ok with it. I still get nervous every morning coming over here. I've been in this job a year and thought I'd be over that by now, but things are different here.

I've did a lot of soul searching lately. My mood isn't where I'd like it to be yet, but I'm not sleeping 10 hrs a night now either. I've been praying a lot and asking for guidance. I've been trying to be faithful in believing this move will happen and be patient as well. It's not easy, but I'm trying.

I actually feel pretty peaceful about everything right now. God blessed us with a dishwasher that was given to us. He also blessed my husband with new tires that cost only the equivalent of what one would cost in the store. So that was HUGE. My friend's boyfriend and all parties in the car accident Friday were unhurt as well. So, that was another blessing.

My boss will not be returning to the office until Thurs. so I don't have to worry about her eavesdropping on me for any reason (yeah, she does that). She tries to do what I call "secret surveillance" but isn't as discreet as she thinks she is with it. Here lately she's been acting weird too. There's something awry in Nashville and somehow our office is drug

into it. My paranoid self is a little concerned, but I keep telling myself that I won't be here much longer to worry about it.

Things at home are ok. That's all they are. I've learned to tolerate Mark and his obsession with the video game. I've learned to tolerate his negligence of our relationship and things he needs to be doing at home. I just don't have any fight in me left to care. I just deal with it. He at least senses my irateness with him, but his efforts are waning at best. I guess my feelings toward him are indifferent. I wonder if all married people do this?

I was happy to know that a friendship that I thought might be going awry isn't. I talked to my friend a few days ago and it was wonderful. I don't get to see her much as we work in different cities. But I think of her often. She was my mentor in my previous job. She's doing well, but really busy. Her husband had back surgery and recouping quite well, but it takes time to do everything since the dr. still has him under restrictions for lifting and bending. So, hearing from her was another prayer answered.

God is working all around me. I see it and I think he just wanted to reassure me that he is doing as much. My faith in God is strong. It's my faith in myself that is not too good. I'm learning to address that though. My next appointment w/the therapist is next Monday. I still haven't heard from the psychiatrists that I called yet. We shall see.

Right now, things are better than they were. I have a lot of work to do in order to get where I'd like to be. It will take time. I've opened up a little to one of my friends and my sister-in-law, but that's minimal. I prefer to keep it that way for now. Mark doesn't have a clue. It's just much easier to deal w/my inner demons w/o his knowledge.

He's there for me physically, but is very lacking in the emotional department. He gets it honest. His mother can't even manage to call him once a month. They live in the same town less than 5 minutes apart. Mark hasn't done a thing to her. If anything, when in need, he's been there. He's never asked a thing out of her other than to act like his mother and she claims she's too busy to do that.

I know it's bound to hurt him, but like most men he won't show it. But she claims to be Christian and what not, but for reasons I don't know she chooses to close us both out. She has a bad tendency around the holidays to go all "June Cleaver" and act like nothing's wrong. She'll do her annual soirees and invite us and put on "good face" and then after Christmas it's right back to square one.

Unless Mark insists upon it, I don't plan on playing "the Cleaver game" with her. I figure if she can't muster up the time to call her son during the year, we don't need to indulge her during the holidays. Just my opinion, doesn't mean anything though. Well, enough on that subject. I've vented enough. With all this said, progress is being made. It's slow, but it's happening. Things will improve, I just need to believe more.

Thanks for listening. Hopefully my next report will be better than this one. I'll keep you posted.

Love,

Me

Security: Public

Location: Not Specified

Mood: Indifferent

Music:

Thu, 20 Sep 2007

2:42 PM

### And the Plot Thickens

Well, I went to the much-dreaded meeting. I lucked up and got to sit in with another group and got out quickly. But my group has been in Johnson City the entire day. For some reason, the regional super wanted to speak to them individually. She didn't ask that of me when I was there. Doesn't sound good, does it?

I discovered I'm being passed around to a 3rd secretary and rumor has it that she's going to be really pissed about it. I

wasn't a slave driver with the one I have. I love her. She's been honest, helpful and efficient. I appreciate her a lot. I just have the "red headed stepchild" syndrome. I'm not quite here but not there either. I think that's just one more confirmation that I don't belong here.

It doesn't bother me any more. I know I'll find work doing something somewhere eventually. I've had the sick feeling that I'm in trouble. Can't think of what for though. Call it being paranoid, but I've been burnt too many times in my duration here. My guard is up. I know who can and can not be trusted. And this too shall pass....

I hope I'm not in trouble. We have another meeting here tomorrow and I imagine some of this stuff may carry over. I swear I hate drama. I have managed to get a lot of good work done today. It's been nice and quiet and Suzie and I have had a nice day. I guess it's to soften the blow for tomorrow. I don't know. I know I should have more faith in this place, but I've been let down too many times and just can't seem to do that.

Other than that, things are going ok. I'm walking again and trying to be somewhat active. That does seem to help. I tell ya I need something because last night I was up until 2am because of dread of coming here. I shouldn't let it get to me like that, but what else do ya do when the boss won't tell you what the meeting is about and that there's good and bad and she "thinks" the good "might" outweigh the bad. I hate all this cryptic mind-game crap.

It was fun when I was 14, but I just don't have time for it now. Gosh, I should hateful today. I really don't mean to. There are good things going on my way. Things are looking up. I just can't let anyone destroy those thoughts for me. No matter what. So that's about it for now. I'll keep you posted.

Security: Public

Location: Not Specified

Mood: Stressed

Music:

Wed, 26 Sep 2007

3:48 PM

### It's Nearly Over

Well, negativity has tried to take me and hasn't yet. I'm working hard on moving on from this job. I can't wait. I feel I'm very qualified for a Secretary post at the VA which is 20 min from home vs. the 1hr and 5min commute I have now. The start pay is just as much as I make now. It would be busy, but I think I would welcome the change from social work. I love people contact, but the demands can be taxing at times. I've been trying to use affirmations to keep positive and that seems to help keep my morale up. Things are looking up for me. I've not felt this peaceful in years. I know this positive change will happen. I've made it a point to make sure everything is in place. I believe it will happen sooner than later. I've already applied for 6 posts in 1 wk. If I can keep that volume up, I figure that someone will give me a chance. I did already get shut down for 2, but I must admit applying for them was an act of desperation and I'm glad it happened. I've not let on a thing to my boss and I think it bugs her. But I'm going to keep my head down and work for the duration while I am here. That way no one suspects a thing. I realize now that I allowed certain people to emotionally defeat me. I'm capable. I'm smart. I have excellent people skills and I'm not afraid of learning something new. I love working with people and am not afraid to work. I know I have talents like everyone else despite how I've been made to feel. I'm an asset and not a liability. I'm not perfect, but I'm a decent human being with a good heart. I feel bad that I allowed negative people to nearly break me. But no more. I'm on the way to bigger and better things. Life is good. Walk by faith and not by sight as God does provide... and he will. I must go now. The day is ending. Have a good one!

Love,

Me

Security: Public  
Location: Not Specified  
Mood: Optimistic  
Music:

Fri, 28 Sep 2007

3:16 PM

### It's Nearly Over

The work week is nearly over and I have never been so glad. We've all been busy as this is the end of our dept.'s fiscal year. We have a co-worker and a secretary under investigation for fraud. Their computer towers were taken a week ago. The co-worker got a loaner and is actually working. Meanwhile, my boss had asked for our computer passwords and that clearly violates a written agreement we sign off on when becoming employed with the state. I didn't give mine. I need my job. Somehow anonymously, investigations got wind of this and came to talk to my boss today. It's a strange place to be that is for certain. I've just kept busy and 'played dumb'. It works well in situations like these. Other than that, I am fine. A little more tired than usual, but otherwise fine. I'm hoping my husband finally gets the dishwasher complete to where we can use it. I don't get my hopes up though. I need to work on other things in the house tonight, but I doubt that I will as I am wiped out. But such is life. I still am not worried any more about the job. I think I'll be finding something and finding it sooner than I think. I'll just keep "grinding at the bit". Here's to continued 'positive thinking'. Thanks for listening.

Me

Security: Public  
Location: Not Specified  
Mood: Tired  
Music:

Mon, 1 Oct 2007

2:41 PM

### Monday's Nearly Gone

Well, today's not been that bad. It's went by quick. There's still issues of trust I contend with here, but I still have strong faith that I won't be in this office much longer. I'm not worried. I don't feel that negativity gnawing at me any more. I can't explain it because the 'old me' would be nervous and worried at work and sullen at home. I'm neither. Just calm and collected. I'm so glad it's this way.

I'm going to be getting a couple of pumpkins for my porch today or tomorrow. I have a small 'fall ensemble' going. I got to see my brother and niece yesterday. My sister in law once again was a no-show. I decided to just let well enough alone. As long as I see my brother and my niece and nephew, I am fine. I've not did a thing to her, so if she comes around- she does.

I feel the same way about my inlaws. They claim to be Christians yet she can lie outright to her son and make no effort at all to stay in touch. I hate it for my husband as I know it hurts him. I've decided I will invest time in those who reciprocate it. Don't let the rest bother me and move forward. Life's too short to beg for someone's time. So I'm not going to any more. I'm not mad at all; just facing facts.

Life's good otherwise. The weather is cooling down finally and I love it. Highs in the 70's and lows near 50. It's great. This weekend we have our annual Apple Festival. Our town grows by 5 fold for a weekend and we have food, music, crafts, etc. It'll be crowded but fun. You always see someone you know there...never fails. But that is what's great about

living in a small town.

Well, I'm gonna go for now. Just checking in. I'm so thankful that things are looking differently to me now. I think I'll get more accomplished if I keep a positive attitude. Well, here's to staying positive. Talk to you later!

Me

Security: Public

Location: Not Specified

Mood: Calm

Music:

**Fri, 5 Oct 2007**

10:32 AM

### Not Sure How I Feel

I find I once again have been let down by someone I love and my feelings weren't taken in regard at all. I feel stupid for allowing it. I was angry, but I'm not any more. I'm not sad. I'm just tired of it. I still want to move forward on a positive note with my life. The old me would've let this berate and belittle me.

I'm beyond that now. My feelings are valid and I am worth someone else's consideration. I know it. Let the someone that let me down figure it out. For reasons I don't understand, I find that if I do maintain a "silent but distant" presence that I get results. So I don't argue much any more. I still get angry and frustrated because I think this person's emotional IQ is that of a dirt clod.

It wasn't always this way, but I think I've been taken for granted. I know I have. Perhaps when I go out of town next week, they can reflect upon this. Sometimes I wish I had the intestinal fortitude to treat people as they've treated me. At times my thoughts have been very cruel when treated that way. But I can't seem to lash out...maybe I should just to purge it out of my system. But my passive-aggressive nature won't allow me to.

I'm still seeing a therapist and that does help. I just need to move forward and I'm going to. As Barney Fife would say, "Nip it." That's what I need to do. I think Eminem said it best by "Cleaning Out My Closet". I'm starting that today.

Well at least it's Friday! Thanks for listening. I'll be back soon.

Me

Security: Public

Location: Not Specified

Mood: Numb

Music:

**Tue, 16 Oct 2007**

1:10 PM

### The Daily Work Grind

I write today waiting on a client that I've scheduled at least 3 times and she hasn't shown. I'm somewhat thankful for that as I have other things that need my attention. Things at work are still "business as usual weird". I have no trust or respect for my boss. She's lied to me and asked us to do things that could compromise our jobs. It's straining to maintain a professional relationship when dealing with someone like this.

I just keep my head down and do what I can at work. It's easiest this way. I found out that one of our 'investigatees' will be out for months now. It originally was one month... now it's several. I was told she has enough leave to carry her through at least March of next year. I'm not surprised. I look for her to just retire as she has the time in to do so. Won't stop the investigation, but I don't anticipate her coming back here with things as they are.

The other 'investigatee' is coming in trying to maintain like nothing is new, but it's visible the toll it's already taken on her. I don't know how long this will go on. The state does tend to take their time with these things. It ought to be cut and dry in reality, but that's logic and we know that if it makes sense more than likely it won't transpire here. My boss is awfully chummy w/this one. Despite the fact she's been told not to be especially now she is anyhow.

I'm still feeling optimistic about moving on from here. I'm ready. I feel that someone will see me as qualified and I'll land on my feet somewhere. Some people just 'get their jollies' by seeing what they can do to intimidate and break you. Some people are sick like that. But I do believe Karma is a powerful thing. You begat ugliness and Karma will hunt you down and beat you with ugliness.

I'm happy and calm right now despite being behind from where I've had to leave town to attend training. I welcome the fall weather and the time change. I like getting that hour back. I've got to buy candy for Halloween soon. I've decorated, but no candy yet. I'll probably get 2 big bags and be done. Maybe I'll make special treat bags for my niece and nephew.

I'm just not uber motivated to work today. Got plenty to do, just don't want to do it. We all know how that can go. Well, I guess I'd better act like I'm productive whether I want to be or not. I'll talk to you again soon. Thanks for listening!

A Calm, Collected Me

Security: Public

Location: Not Specified

Mood: Calm

Music:

Thu, 25 Oct 2007

10:54 AM

### I Just Don't Know

I'm feeling discouragement creep back in. I got turned down by another employer. I don't want to work in this office any more- period! I can't ignore the discrepancies of what people in authority tell me and the fact I can't trust my own boss. It's also been financially hard on us as I'm spending \$320/mo in gas.

Hindsight I wish I'd researched this option better. I wouldn't have transferred here. I'd have gone somewhere else. But I acted out of ignorance and desperation. So, I guess I deserve what I get. I've enjoyed the clients for the most. I've seen some success. But I just want out of here so bad. I've cried and prayed about it until I myself am just about sick of it.

I'm going to try to revamp my resume and see if that makes a difference. I know I have abilities and talents. I just don't know where else I can use them. It's been really frustrating. I don't know what I'm going to do for sure. But that's just the beginning.

I ended a 20 yr friendship or let's just say her actions ended it for me. I realize the lack of maturity and toxicity of the relationship now and realize it wasn't healthy. But I feel like I failed because I invested 20 yrs into it. Another friend turned on me in favor of the one I lost and a third one I just really question all together. I question myself as well...

I've never had trouble making and keeping friends in the past and I hope that I've not become difficult to the point of not being able to keep friends. But I do still have good friends left, so I tend to not think that would be it. However I do see similarities in personalities of the 3 people in question. All people change...I just wish I could pinpoint if it's something I need to do or not.

I own up to part of the responsibility but am a firm believer that it takes 2 to tango. I have connected with a new friend and one that had moved away and is now back home. So that's encouraging. Sometimes I think you outgrow each other. Interests change, directions of life, and you just can't help what happens. It's just hard to say. But as if you couldn't tell, it weighs on my mind.

There's been a recent death in my family. I'm trying to wrap my mind around that as well. Still have some trust issues with work and just hate being here in general. I know, I'm just an emotional mess today. I just feel like I've been running a marathon and I've hit an eternally tall brick wall. Not sure what to do about it either....makes me kind of sad.

Well Ce Sera, Sera...Whatever will be, will be. I definitely will be leaving this one up to the Lord. Here's to hoping for a brighter day.

Me

Security: Public

Location: Not Specified

Mood: Uncomfortable

Music:

Fri, 26 Oct 2007

10:14 AM

Could the week get worse?

I have had a terrible week that with every breath appears to be getting worse. I've had 2 clients get nasty with me. I hate my job and I feel like I am getting the run around from people I once had faith in. I'm angry for reasons I don't understand and don't have a damned person to talk to about it. I just want to cry.

I had it in my head that I was going to think positively and move forward and clean out the 'perverbial closet'. Well, I have tried and I'm getting mixed signals and not sure what to do at this point. I was going to go to dinner with one of my friends for what I had hoped would be a chance for us to talk. But she invited someone else without asking me and it doesn't look like this will transpire. For reasons I don't know, that just sent me reeling.

I feel like she's invited this person just so that she won't have to really deal with me but to do the obligatory thing to barely keep the friendship going. I see what is going on and am not happy about it and no, I don't want to 'play nice' and act like it's not going on any more. I don't think I'm even going to go now. It just unravels me to my core. I'm tired of being the 'convenient' friend.

My life even gets on my own nerves right now. I just don't know what to do about it. I don't see the therapist until next Thursday. Since there's not many I'd trust their intentions, I don't know if I can hold out until then. I'm journaling like crazy in hopes that this will help and it's not. I don't want to be in this place. But I am....

I am not really motivated to work at all but have a lot to do so I will work for now to get through the day. Guess I'll go. Sit back and see what else bad can happen....

Security: Public

Location: Not Specified

Mood: Pissed off

Music:

Sat, 27 Oct 2007

10:53 AM

Another Day

Well, I think I've decided once and for all to withdraw from the friendship in question. I think she's wanted it for some time. So, I'll respect that. It kind of hurts me as when she finally did want to spend time with me she invited someone else along for what I suspect was so that she wouldn't have to deal with me. I became to her what she resented and she couldn't be honest about it.

I've thought about that a lot. If she can't be honest with me with that, what else has she been dishonest with me about. I'll miss her company, but I realize now that it's not good for either one of us. So, even though I wished I'd had the opportunity to try to improve things, I'm walking away. I've let this eat at me far too long.

I know I take part of the responsibility of losing what is now 2 friendships. I own up to that. But, that doesn't mean I'm incapable of being a good friend. I need to make new friends. Find new interests. Move on. I know myself I have a LOT to work on. I'm trying. It will take a long time. But you know, we're all flawed and that is all right.

I think I've just reached a point where I see I've been way too accepting of things that I never should have agreed to in the first place. I know what they are and I know what I need to do about it. I have plenty to be glad about. I know this. I just need to find that balance between here and getting there.

I will though. This whole mulling over it thing really has sucked the life out of me. I can't let that happen. I mean, we don't get over things overnight but we have to at least try. That is what is important. Moving forward and making the most of the life you have. I'll take it one moment, one step, one day at a time. That's all any of us can do.

Well, I'm glad the weekend is finally here. I've got some housework and things to do, but I feel a lot better. I prayed to God a few times yesterday just asking for help to help myself and do a better job helping others. I felt engulfed by all that I had faced this week. But that is behind me now. Today is another day.

Security: Public

Location: Not Specified

Mood: Calm

Music:

Fri, 9 Nov 2007

4:58 AM

### When Do You Stop?

I've caught my husband in what has recently been 3 lies. All involving things he shouldn't be doing. Once again, it was made my fault and his claim this time was he didn't know there was a difference in voice chat and typing with another woman.... Bull Fucking Shit! I am so very angry at him. I know where this road leads. I didn't yell, but I did express my feelings. He yelled and screamed and of course was way too dramatic. He says we've been married 14 yrs and he wants to spend the next 14 with me. My thoughts are 'show me'. I'm glad he has a hobby, but it would be nice to spend time with him beyond a meal and a fuck. I'm just about at my wit's end. We're supposed to go on vacation next week. I absolutely dread it with the way I feel right now. It makes me physically sick. For once, I wish he'd own up where he fucks up. But I guess accountability would be asking too much. I tell ya, my faith in people is waning and fast. I do have one friend whom I think is honest and wouldn't try to screw me over or take advantage. I'm thankful I have her. I just dread coming home today. I don't want to talk with him, deal with him or anything at this point. He'll expect me to just let this go. Of course, if he bothered to explain himself he will make me the villain/bitch as he doesn't think he does anything wrong. He could be doing worse by being out of the house talking to other women or fucking them. Is that supposed to make me feel better? Hell no! Sometimes I think my life would be a hell of a lot easier if I were alone. I took 1 and 1/2 Xanax so that I could go to sleep last night and not have to deal with his sorry ass. I was asleep by 8:30. I just don't want to deal with him at all right now. The shit is getting old. I've been trying hard to not let the negative stuff get me, but this oversteps the line. He got mad because I had a friends list with male names on it. Out of respect, I took my page down. He lied about saying he told other women I wasn't comfortable with him chatting. Well, tonight I find him chatting with one. He's a fucking liar in my book and I HATE A LIAR. He says he's sorry, but he's just gonna have to fucking show me. I'm sick of him screaming at me when he's in the wrong and trying to make everything my fault. He needs to grow the fuck up and be a man. I get tired of him doing things to make me doubt him and the fact that he gets mad at me because I care and he doesn't. He doesn't value my feelings at all. He doesn't give a shit as long as he gets what he wants. He's just like his selfish bitch of a mother in that sense. Well, the welcome has

worn off of this doormat. I'm too far gone to go back to that. So much for believing in love... For I have discovered it doesn't exist unconditionally and it's a matter of convenience, not a priority. I don't want to be anyone's convenience. I'd rather be alone if that's what it takes. Don't know if I'll get past this shit. I'd like to believe I will, but my belief in anything right now has been shattered.

Security: Public  
Location: Not Specified  
Mood: Pissed off  
Music:

Tue, 13 Nov 2007

4:59 PM

### Trying Despite Feeling Defeated

It seems that just when I think I've done all I can to make a situation better, I still am continuing to get shot down. I was supposed to go to lunch with a friend of mine... got stood up without a call or anything. I had hoped to at least get an interview for a job that I think I would love and would be closer to home....nothing. I've looked in the wanted ads and the state registers and I can't even get a damned interview. I know I've screwed up sometimes, but I know for a fact that I've not done so terribly that I've burned bridges entirely. I'm really starting to wonder if I'm being blackballed by previous or current supervision. I don't know how I'd find that out. But I refuse to believe that I'm such a terrible employee that I wouldn't qualify for anything. But so far, that's how it's looking. I can't continue to spend \$84/wk in fuel. That's 20% of my monthly earnings. That's more than what I spend on my worst winter heat bill. It's ridiculous. I've expressed an interest in being moved, but I've been lied to about that. I've been trying this 'think positive' outlook for a little while now. It's gotten me nothing so far. I'm nervous. I'm not sleeping good at night. I feel so defeated. I think I may have to go back to school for something. The education and experience I have are not going to get me anything I fear. I know I have some good skills. I know I can work well to provide for others. I've done this for years. I just don't know what else to do but sit alone and cry. Now I know feeling sorry for myself won't solve anything, but I'm trying so hard and getting nowhere. I just don't know what else to do at this point. I've exhausted everything I know to do. I'm just tired of the politics and bullshit. I'm tired of people not presenting themselves at face value. I know there will be some of this to a degree no matter where you go. But what I've seen recently is just sheer lunacy. What gets me is blind eyes and deaf ears turn to it everywhere. I guess the whole 'moral standard/do the right thing' attitude has been flushed down the perverbial toilet of life. I don't know.... All I do know is I need a miracle.

Security: Public  
Location: Not Specified  
Mood: Morose  
Music:

Sun, 18 Nov 2007

7:55 AM

### Since Last Time

Good Mornin-

Since I last reported, I did manage to get that interview I'd hoped for. I felt it went well and they said they'd hoped to make a decision on this past Fri. I heard nothing. But in the interview, I was asked if necessary if I'd be willing to come back for a 2nd interview also and I said 'yes'. So, I'm not sure what that means....I was so hoping for this one. The job similarities are uncanny. I'd be closer to home. Get some gas monies. It sounds like it's right up my alley. But the girl behind me is a colleague and she has more education for sure, but not sure about experience. Had a sick

feeling she probably got it. Not only that, she's getting to interview next month for a job I've begged to just get an interview for and can't. So, needless to say I'm discouraged. I dread going back to work and it's not even the work that makes me dread it.

I have this boss whom I've caught in lies, likes to manipulate what she's told and her subordinates and I trust her as far as I can throw the building I work in. I don't like feeling like I'm always in trouble with her and I don't do anything without running it by her. But no matter what, I feel inadequate and I just flat out hate the work environment. Not trying to be a 'negative nelly', just speaking the truth.

I've prayed, cried and did all I have the power to in order to go elsewhere and it doesn't seem to be enough. I'm going to eventually get training in something p/t so that I can at least have some extra income and eventually have a skill that will get me out of there once and for all. I'm just not sure what exactly I'll do yet as I have a couple of options. I'm just so down from this. But meanwhile, I'll keep my head down and work.

I've been trying to work harder on thinking positive and having faith in myself, but that's not even enough. I know I have some transferrable skills. What am I doing wrong? I didn't ask for this stupid move that creates a 2 hr/day commute and I've been cooperative. I'm just sick of the head games. Just want to do my work, be left alone and go home at the end of the day. I have really grown to resent this dept. and hindsight, I would've held out for another office in what I used to do instead or another dept. all together.

Something has to give and soon. I'm just so frustrated. Lord, if your listening, please forgive my bad attitude. Please forgive my frustration, anger and lack of trust. Please show me how to get a good job that is closer to home. Please make it abundantly clear. I would like to continue to help others but I feel in my heart and gut that where I am isn't it. Please help me help myself so that I can continue to help others. I can't do this without you.

I know we're not supposed to ask for things for ourselves and you know normally I don't do that straight out the gate. But you are the only one I put all my trust and faith into that can help me find the way. I just need help. Please help me. In your name, Amen.

Security: Public

Location: Not Specified

Mood: Depressed

Music:

Thu, 22 Nov 2007

7:18 PM

## Down

Last week at work was good...primarily because my lying, conniving supervisor wasn't there. I enjoy my work for the most, but I honestly am to the point where I'm desperate to get out of the perverbial 'den of thieves'. I found out while on vacation she chose to discuss me openly with coworkers and she feels I fear her and am intimidated by her.

Well, here's the truth. I don't trust her. She's lied and asked several of us to do things that could compromise us and our jobs. She says things to be hurtful and attempt to throw around authority and she knows who she aims at. I once had great respect for her because in the beginning I felt her intent was good.

I'm just tired of being fucked with. It's really depressed me to levels that no one knows about. I reluctantly told a friend of mine what I was dealing with. It might have been a mistake, but it felt good to get it off my chest. I think I've proven I'll work. I'll learn and do what I'm told. I'm there and I don't give any lip. I'm just tired of being fucked with for only that purpose.

Don't get me wrong. I want to do a good job. I want to make my dept. look good. I love my coworkers and many of my clients and enjoy seeing them succeed. But in recent times, on multiple occasions I've been made to feel less than adequate in what I do. It's hard to build confidence when you've got someone passive-aggressively beating you down.

I find myself so angry.

I find it spilling into other areas of my life. Part of me wants to raise hell and just lay into those who have done this, but the sane part of me says it's not a battle worth putting energy into. I'm not sure what I'm going to do about it. It's eating at me and I want to let it go. I want to just purge myself of all of this anger. But again, better judgement steps in and says it's just not a good idea..or at least not in the fashion I'd like to express myself.

I've prayed about it. I've talked about it. I've blogged about it. I feel like if something doesn't give soon, I'll break like the Hoover Dam and it will be ugly. I've never felt like this in my entire life. Ask anyone who knows me and they'll tell you that I try to be a 'cheerleader' for my clients and my friends and family. I put on a damned good front when on the inside I feel like dying....or in the spiritual sense anyway.

I'm just drained sometimes. I'm an excellent listener for others and good supporter, but I can't seem to follow my own advice often. I have found what I feel are a few good, true friends. The kind that have your back and encourage and support and don't see you when convenient. But real friends. It's took a long time to see that. I guess I'm kinda angry with myself that I 'ate shit' from people who I thought were friends for so long.

I'm changing. I've not figured out in what direction yet, but I don't think it to be all bad. I want more quality in my life and don't feel it to be a bad thing. I think that's what we all should strive for. The realist and the 'people pleaser' in me have come head to head and methinks the 'people pleaser' is about to head out the door. Not sure why that is, but I know if you kick a quiet dog long enough, eventually it will bite your damned head off. I think in a perverbial sense I was the quiet dog.

I find that when I'm with my friends and my family I can forget 'the shit' and be happy for a while. But then in my moments alone, it comes back to haunt me. I think my friend Libby was absolutely right when she said we need to keep ourselves busy to keep our mind off of what drains us. I just need to get some gumption and follow through. Aside from all of these feelings, I enjoyed Thanksgiving with my folks. I'm cooking here tomorrow and will be glad to see everyone. I find myself missing my Dad this time of year too.. so it's bittersweet. Well, I guess I'm done with my verbal tyrade for this time. I just wish things would change and I could move on. That's all I want and everything in my power is being done to try to make it happen and I'm still coming up short...I don't know what else to do. I want to cry.

Security: Public

Location: Not Specified

Mood: Dark

Music:

Sat, 24 Nov 2007

6:24 AM

## Not So Bad

I had the most fun with my family last night than I'd had in a long time. We had a belated Thanksgiving at my house. We ate, hung out, played video games and I got to see my nephew and niece. We were busy up til about 11 last night, but it was sooo worth it. I actually felt relaxed. It was a good feeling.

I'm going later this morning to see my nephew in the Christmas parade downtown. His karate school is in it every year. This is his 2nd yr. He's grown so fast. He's 10 and up to my shoulder. My niece is 15 mo old and says a bunch of stuff. She was quite the ham last night. We just had so much fun.

I missed my father, but knew he'd be happy that we were together. I know he sees and watches us. I just miss conversations with him and hugs. I imagine I always will. He's always with me though. My grandma on the other hand is experiencing something that's baffling us all. She's normally quite mentally sharp and goes to church and things. Here lately she's repeating herself, saying things that make no sense and getting rid of things just because she feels

like it.

She has dr. appts. next week to investigate this, but it does concern me. I haven't been good on the communication part as I should, but I want to improve that. She's the only living grandparent I have left. She'll be 81 in April. She's an interesting woman but I am worried about what's going on.

Other than that, I have enjoyed the time off. I need to get some more Christmas shopping done. Don't want to put that off. Gonna keep Christmas simple this year. No worries there....

Well, I'm up way too early so I'm going to go back to sleep before I have to be up. Things are getting better. I think they just might be.

Security: Public

Location: Not Specified

Mood: Hopeful

Music:

**Tue, 27 Nov 2007**

2:32 PM

### It Seems to be All in Vain

I have been praying, crying, trying and begging to get closer to home. I just had 2 friends be given positions I'd expressed interest in. I have a boss that sees me as weak and intimidated and won't say shit to my face about it. I'm so pissed off by it all that I can barely stay on task. I have so much anger inside I can't see straight. I'm just about ready to say, "Fuck it all."

I've done everything in my power to change things. I do what I'm told and don't question, but still am getting this. I can't do it any more. I'm done. I'm over it and there's not a damned person I can talk to about it wholeheartedly. Our commissioner or asst. comm. is coming soon with lots of questions about job satisfaction. My question is: "Do I tell the truth? or Do I lie?"

If I say anything and the wrong people find out then my life could be more hellish here than it already is. If I don't then it continues status quo and I seethe in anger. I've prayed about it. I've cried about it and talked about it. I want to bulldoze this obstacle and can't seem to no matter how hard I try. I guess I'll just keep plugging along until either I break or something gives. I pray for the latter and not the former.

Security: Public

Location: Not Specified

Mood: Pissed off

Music:

**Sat, 22 Dec 2007**

8:06 PM

### Holiday Dread

I find myself right at Christmas and just full of dread. I've managed to avoid one family gathering thus far. Just didn't want to be around them. Not really mad at anyone, just didn't want the interaction. I still don't have my gifts wrapped. It's been a struggle to 'get into' the Christmas spirit. I've not told a soul hardly. Just kept it under my hat. Things are easier this way.

I try to throw myself into helping others but don't have the energy and don't much want to help myself lately. I'm just blah right now. I have much to be thankful for and I know that things could be much worse. Some pretty bad things have happened to a couple of people I care greatly about right at Christmas. I've been sad for them. I've just lost interest in anything productive. I can't quite explain myself.

I try to focus on things I may enjoy but my attention usually doesn't last long at all. I don't understand it, but I guess it will pass in time. I just want the holiday to be over. That is all. I have found I miss my Dad a lot right now. I've been really sad about that...but never in the presence of anyone else. I've only told one person about that and only because she's missing her Dad. He died nearly a year ago.

I fear these things in my head. I mean I don't want to hurt a soul, but I don't want to reach the point that my Mother, Uncle and Grandmother have. Mental illness sucks. That's all I know....

Security: Public  
Location: Not Specified  
Mood: Uncomfortable  
Music:

**Thu, 6 Mar 2008**

9:08 PM

### Been A Long Time

As usual, about the time I feel semi-comfortable and confident in my life I find someone to kick the wind out of me and remind me of how little I am. I'd asked to be relocated closer to home nearly a year ago. Not once, not twice, but 3 times it appears I'll be passed over w/in my own department. One post was going to be given to a friend of mine until they lost enough work at their office that the post was froze. The next one I check on once again the supervisor isn't even honest with me and it goes to another friend of mine. The third time one I'd checked on a month ago is being waved in front of another friend of mine. I am beside myself with anger knowing that this has happened again. I'm back in "i'm worthless" mode. I have no faith in anything that I had started to any more. I don't see any purpose in anything I do there. I'm like the town joke. I'm tired of being backbit, manipulated and just made fun of. I have so much anger right now it's ridiculous. Yes, it's just a job. But it's the one obstacle that's given me grief in the last year and a half. I was hoping to have it under control, but then I have to deal with someone eavesdropping that I don't trust in the first place and they had the audacity to want to talk to me about it. Oh but hell no! I'm nearly to the point of just not giving a damn about what I do there and acting like an ass like the majority of the rest of them do. Something has to give....I can't keep this charade up.

Security: Public  
Location: Not Specified  
Mood: Pissed off  
Music:

**Sun, 29 Jun 2008**

6:58 AM

### To Be Anyone Else But Me

The depression is back and in full force. I can do enough to get by and no one question, but I don't sleep well... my eating is out or sorts... I have hart time focusing or doing anything I once enjoyed... I feel guilty for leaving my last job for this one and feel personally doomed in the employment arena. I feel like a loser.

I haven't always felt this way. I just want it all to go away and no one knows this but me- and I guess now you. I just don't want to share with anyone close right now. I'm seeking professional help. It's helped before. I just mentally and physically feel bad. I long to feel good again. I just don't know where to begin or how.

I journal. I sleep (more than I should some days, not near enough others). I do walk for exercise. I try soothing things but I can't focus on them. It's like my mind is going 100 mph down a dead end road. Sounds cliché` but true. I know what I want and need in life, but just don't have the gumption to do it right now.

I know my avoidance isn't a solution, but there has to be one somewhere, right? I've tried everything I could without professional intervention. It's just not working. I find myself thinking of my father a lot lately. He's been dead nearly 4 yrs. I cry a lot. Always alone though. I don't want anyone to see. It's just easier to front with most of my family. It's just getting harder to do.

What do I do meanwhile?

Security: Public

Location: Not Specified

Mood: Depressed

Music:

Thu, 14 Aug 2008

9:27 AM

### Afraid

As it rains outside, I'm afraid of what the future holds. I get like this from time to time. I have done so well in maintaining emotionally until today. I feel like this is as far as my life will take me. I feel like I may be wasting time in having faith that things will get better. My head and my heart wage a battle of what seems like the never ending debate of is it all worth it? I don't want to end my life persay, I just don't want much to do with the one I have. I've survived a family member committing suicide and I would NOT do that. It was 2 months of hell. Nursing someone back from the dead- literally. Fighting with medical staff to get basics done. I just don't have much fight in me left. I want what others want...a life. I currently feel detached from everyone and everything in it. I feel like my termination from my job was some kind of karma finding me. Maybe this is God's way of saying, 'this is what you deserve and now it's your time to deal.' I don't know. I just feel like a failure. I used to have faith in my ability and the world. I don't have much of anything in me today but mere breath in my body. I can only hope for tomorrow to be a better day. It's all I have left... hanging my hopes on tomorrow. :(

Security: Public

Location: Not Specified

Mood: Morose

Music:

Sat, 16 Aug 2008

3:10 PM

### Pondering

I guess I should be really excited. Things are looking up for me. I have 2 interviews Monday for jobs I feel I'd do well in and have good benefits and longevity in. But somehow, I'm now nervous and fearful of being let down. I am not sure why. I'm quite accustomed to 'selling myself'. I guess I just wish I were back to work again and things were back to what they were. The finances have been tight lately w/o my working. Haven't heard a thing from unemployment in 3 wks. We're living on savings and what Mark earns and that has made things a bit rough. We've been here in the past, so living frugally isn't new or anything. We can do it w/ ease when necessary. I guess the uncertainty of the situation is getting to me. I feel inadequate. I feel 'out of the loop' and not really productive. This is the first time I've ever been terminated, so it takes some getting used to. I don't miss the job at all. I miss the folks on my caseload, but I don't miss the job and the environment and the shadiness of it all. But lesson learned: don't give up a steady thing for one you don't know much about. I really would like to work for the state again. I could pick up my seniority, my leave, my benefits, my retirement and my friends again. It would be nice. It's close to home too. So, here's to hoping. I'd be

happy to work anywhere right now. But I'll go where God leads me. I found out my friend Holly got the job she wanted and is moving 2 hrs away. I'm happy for her and sad for me. I'll miss her terribly. We've been friends for 13 yrs. She's like a sister to me. But this will be an exciting change for her and I know she's excited. Well, I can only hope this coming week can warrant some more good news. As time passes and I hear nothing, I become more afraid of the possibility of not keeping everything afloat. I'll just keep praying and reading and leave that ball in God's court. He'll make a way somehow. I just want this coming week to come and go and have some good news. I'm very nervous. Here's to positive thought and high hopes.

Love,  
Me

Security: Public  
Location: Not Specified  
Mood: Restless  
Music:

Sun, 24 Aug 2008  
3:52 PM

Try As I May

Try as I may to attempt to make this day good, it's been nothing but Murphy's Law. I've tried to maintain some decorum about myself and it means nothing to no one. I can only hope for tomorrow to be better....:(

Security: Public  
Location: Not Specified  
Mood: Infuriated  
Music:

Tue, 9 Sep 2008  
9:43 AM

Can't Explain It

Good Morning,

I sit here in my home alone listening to a Kenny Chesney song. I'm calm.. calmest I've been in a long time. My life is good all considered. My needs are met with the exception of a job. I still think about the circumstances, but I can't undo them so I chalk it up to lesson learned. I have managed to make better connections with friends old and new since this has happened. I am going to be all right. God will lead me where I'm meant to go.

I have no regrets in the decisions I've made. They were the ones I was supposed to make. I live, I learn. I am learning the only things I need to be concerned with are the ones I can control. Worry doesn't accomplish anything (despite me doing it anyway- but not near as much). I am calm and accepting of what life has dealt me. I feel peace for once. It's a nice feeling.

Life has not been easy the last 4 years. But it's made me stronger. I've learned I can do things that I thought I never could. I've learned it's good to visit the past. Good or bad, you need to remember what got you to where you are now. Live one day at a time. Today is a gift. Yesterday is gone and tomorrow may never come. Let God lead you and not the other way around. He knows what he's doing. We just have to be patient.

I sit here not feeling a thing but peace. Things aren't the way I'd like 100%, but that is okay. I'll live in this moment and enjoy it.

Peace,

Me

Security: Public

Location: Not Specified

Mood: Peaceful

Music: Demons