

2022-05-26

9-11<sup>30</sup> Travel to Varberg, where parents-in-law live.

12-15 Lunch, talk, do the dishes (no dishwasher). A little RDP writing

15-16<sup>30</sup> Drive to a park. There's an art exhibit in a pavilion. We walk in the park.

16<sup>30</sup>-18 Sauna, shower, prepare meeting

18-19<sup>40</sup> NRC Meditation practice. I'm very tired - Headache. Disappointed on my energy levels. Would like to just sleep.

20-22<sup>20</sup> Dinner. Chat. Dishes washed.

22<sup>30</sup>-00<sup>30</sup> Reading for children. Both worried and can't fall asleep. I insist they stay in their beds. Frustrating clash of desires. I don't want them in our bed. I insist.

I ~~am~~ sleep. Finally.