

2022-05-14

6³⁰ Gets up, joins F at TV. We stay in bed, me listening, thinking, planning train travels and work systems. Wondering about the upcoming full zoom-day and the NVC Mediation Course.

7³⁰ 8³⁰ Huge fight between F & S. Then extends to me. I hate that they're fighting. I'm tired and wish I could stay in bed or have a peaceful pleasant morning together. I freak out completely. Follows shame, regret and fatigue.

9 Breakfast. Show. Everybody annoyed. We talk about moving to Stockholm or Linköping.

9⁴⁵ Talk to mom about sending a letter

10-14⁴⁵ Mediation course with Yvonne Rosenzon. I struggle with some insecurity from the last encounter. The very first breakfast room turns into a spontaneous meditation and is rather encouraging and touching.

14⁴⁵-17 I leave the mediation course early to go see S on her end of term theatre show.

17-19 Home. Shower. Some reading. Talk to R.

19-22 Dinner with friends. We watch 2 songs from television. I've never liked it, but I enjoy the dramatic expressions.