

2022-05-16

6⁰⁰ S knocks on door. It's locked. I ask her to come back in 30min. Trying to keep children out of our bed to cater to our relationship and sleeping needs. Had to take them back to their beds in the night.

6²⁷ S comes in, nestles up under the covers

7¹⁵ We get up, start making to-fart. I feel bored of our life together, bitter, sad. I think I'm just really tired. Ed. Shower. Listen to news. More killings, horror. Turn off the news.

8²⁰ Hug children goodnight. Write in their lingering baby-scent they still carry with them.

9-10¹⁵ Yoga. Gentle sequences. I remember that it's about unity, binding forces. To all action offer an almost equal counteraction.

I wonder if I could say that in a class.

10¹⁵-10⁴⁵ Home. N tells me father-in-law is in the hospital again. Same as last fall team. We think M should go be with his mom. I write.

10⁴⁵-11⁴⁵ Reading. Searching for history of racism in Europe.

12-12⁴⁵ Lunch out with N

12⁴⁵-14 therapy session, then home, water plants, clean a little.

14-16¹⁵ Reading. Kids come home, then go out again.