# Wednesday, April 6, 2022

## To Do’s

1. At my last session with Tommy, he wanted me to think about my conflict avoidance. I need to hear back from Tommy on when my next appointment is. I’m meeting him on Thursday, tomorrow.
2. Send my resentment list over to Eric as part of my work on step 4.
3. I’d like to buy more exercise shorts and sweat pants.
4. I need to get my ID from the Georgetown Public Library so I can use Overdrive to get books from Kindle and Audible.

## Sleep

5:28 PM

I was messing with One Note on my phone, so I didn’t go to bed until 12:30AM. I slept straight through until 6AM. It was pretty solid sleep.

## Hope for Today

6:57 PM

Today’s reading was about how the writer used humor and sarcasm as a defense mechanism in handling their interactions with their alcoholic parents. The sarcasm became hurtful and mean. Now they are funny because they want to be funny. I didn’t really thing this applied to me.

## Devotion

7:01 PM

The plan I started yesterday is about making space in your life for the right things, and the five spiritual habits you can develop over Lent to make this space. Today’s habit was prayer, and using prayer to stay close to God.

## Hoops Dynasty

7:05 PM

We pretty much blew out Central Michigan last night even though we were only a one point favorite. We’re now 4-2. We’re seven point favorites tonight, and I think it’s against Princeton.

## Diet

### Breakfast

7:17 PM

I had two pieces of sourdough toast, one with peanut butter and the other with jelly. I drank some black tea.

### Lunch

7:18 PM

I had a bowl of green chili chicken soup with a left over roll from Melano’s. I drank some water with my lunch.

### Dinner

7:20 PM

Jeanne place a plank of salmon on top of a salad. It was surprisingly good. I drank water with dinner.

## Work

7:21 PM

I went to work today and had a lot of energy. I didn’t get to the tasks I needed to today, like approving leave requests and doing my SLCA certifications. I mostly attended meetings and worked on getting things like One Note working. I do plan on logging back on tonight to get to the CAPPS and SLCA tasks.

Family Support Meeting with the Arbor

7:51 PM

It was good to see Michelle and the Rheimer’s on the call, although

Michelle seems to be struggling a bit right now.

There was a new couple, Todd and Jennifer, who asked how could they not go pick up their daughter if she runs out of gas and is stranded at the side of the road. I shared our experience a bit, talking about how I didn’t think bailing him out of jail, putting a roof over his head and feeding him was enablement. We hit rock bottom though and found out it was enablement. We coersed him into going into the Arbor, and we found out that he didn’t want to move back in with us because that was so shameful for him. He as acting like a 12 year old when he lived with us. With sober living, our boundaries and the relapse plan, he was starting to be treated as a responsible adult and getting his self esteem back.

## Exercise

9:13:02 PM

I skied for about 25 minutes in the evening.

## Entertainment

9:13:31 PM

I watched an episode of Mythic Quest. I think it was the 12 episode in the first season. Everyone was having sex dreams with Ion, which was all about power. Dana and Rachel finally hooked up, and Carol from HR was hilarious talking to both Dana and Rachel.

## Grattitudes

9:15 PM

1. Eric
2. The Arbor and what they did for Matt and Jeanne and I
3. The green chili chicken soup from HEB
4. Robert Simmons and his wife who got me hooked on tea on a flight back from Houston
5. The fact that all Sabrina has is an allergy to dust mites