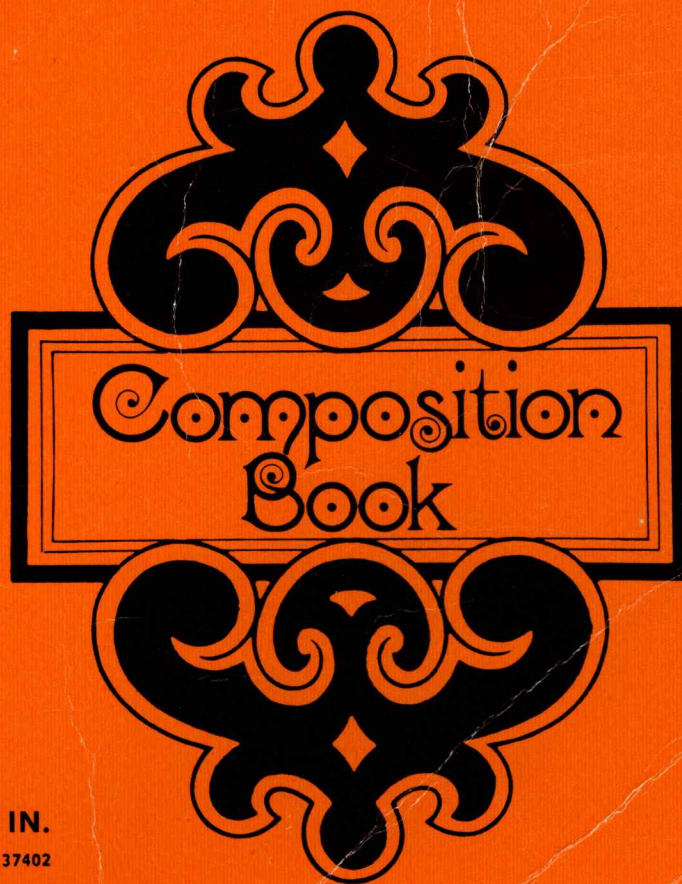


Daily Thoughts
Ruth Rosenfield #2



WB-905

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Saturday 1-30-82

I was very sad last nite as usually, because I'm so used to seeing him sitting with me in the living room. During the last year and maybe before I was always edgy, I always wanted more from him, I started out looking forward to Friday & Saturday nites just sitting together, watching television, but I had this devil in me always starting trouble, wanting everything from him and giving nothing. I was always the best, because I thought of going into the kitchen ^{not him} & making something for him & me, he always said it was because I always was thinking of food & he wasn't. If I would have wanted to go out, he would never refuse, I didn't know what I wanted - I was always angry. Eating made me happy for just a little while & then I would go to bed, knowing I gave into that devil inside me. It was a cycle I never tried to stop until now - Now I regret it and miss him. I'd like to go up to him and tell him how much I love him & wish he'd be back but I'm so afraid to hear his response. Ken saw him today and he looks very tired - I always feel he's been with someone but that's my negative feeling thinking again.

tell me all that you
wanted from him

Sunday 1-31-82

Another new day. I'm happy my children are here & we are together, but he belongs with us too, not out there, living alone. I know he wanted it this way, but the guilt is always with me that I pushed him to the breaking point. I lost another lb, but Oh, do I have a long way to go! If I could only be sure he's out there to get some breathing room. Before he left he said he wanted to meet someone who would go with him places, I'm ready now Mrs. Leames - I'd love to call him & ask him to take me to his Installation in the Pocomo in June, but I'm afraid he'd say no & that would devastate me - I don't think that I should ask but sometimes you hear, fight for your man - I'm not sure there is anyone else - yet - but I don't have the confidence to win, yet - We planned on going together, always, but because of my leg wound, I blew it. This is such an important weekend - Then there are a few others to follow - I'm so head broken! I'd love to call him & talk to him, but I'm afraid I'd ridicule myself. I can't talk to Ken, he tells me I'm always talking about myself.

I called Sherry Brown today & in our conversation she read a little piece about marriage which came so close to home, in essence giving space to your partner & interacting instead of what I did living Chris' life & none for me. I hope I get a second chance.

I have to find out why I could never be a complete person, always having to be in control of all my family's lives instead of cultivating mine. I think this comes from my Mother's upbringing. She loved us but lived her life thru us & her own family. I probably thought this was correct & continued on in my life. Oh how I'm learning the hard way - I could cry - because I'm so afraid it's too late to show Gene how regret he was in his way of living & how wrong I was. If only he would have been more determined to teach me even if I would have had a tirade, I would have learned to listen, just as I have now. If I ever get another chance with my husband, I want him to tell me as soon as possible, what bothers him about me & I'll try to change. I've never been sure of myself and so when I went out with people, I never felt secure & when I got home I needed Gene to tell me everything was fine so I could feel good with myself. Because I always had this hidden guilt that I wasn't doing things right. If only I could have felt secure enough to love him at once, maybe he would have deeper feelings for me.

I went to bed about 10PM and thought I could actually fall asleep, but my Son's phone rang & I answered & then I was wide awake again. Thinking, thinking how unbelievable it is for me to think that a husband, that you shared your deepest thoughts with for 31 years, could simply block you out & go on with his life. I can't do that with anyone in my family & I think of Gene as my family. I know now that you can't hold on to one too tight, but with a husband & wife, there is suppose to be a very close bond, something so strong that he is forever yours until death separates you - I never realized he didn't feel this way, or maybe he did until just recently when I got too abusive verbally. I just can't think positively anymore, I feel that we're forever parted.

host
weathered.

Monday - 2-1-82

I feel depressed this morning, I know I shouldn't because it's about 3 weeks since he left, but my love for him is so strong, I just can't forget - I know it's much easier for him because he's left me before & he's always out in the outside world - I have to get my self together & do other things - I can get thru each day & keep myself busy but I'm not feeling optimistic enough about myself - I never have. I can't talk about this to the kids because I make them very unhappy. They want to lead their lives and I understand - They don't feel this is as traumatic as I feel because they haven't been rejected. The only thing good about this is I may lose all my weight which would definitely be a plus on my side.

I'm going out tonight with Linda, we're taking my sister to "F&C" & then we'll have a bite to eat with Linda's girlfriends. Gene will come over when we leave to work on his Income Tax - He's very friendly with the kids which it should be, but I feel so left out - I don't want to end up being just his friend, I want us to be together again to the end - Ken feels that if I don't feel positive enough to change then there is nothing for his Dad to come back to.

Lost
another lb.

Tuesday - Feb 2 - 82

I slept better last nite, woke up with a sick feeling in the pit of my stomach. Knowing I wouldn't see him again today. Gene can keep himself busier than me, because, number #1 he doesn't dwell on the past but always keeps going, like a tortoise, never faltering.

I have to go over my goals constantly - get thin (This will reflect in my self-esteem) --- learn control (This is important when I see others not going along with my scheme of things - realizing what is important & what is not) give others space to do their thing (I always crowded every one, out of habit, because I didn't do enough with myself) liking others (I was & am always too jealous with them because I didn't think enough of myself - this will be a hard one for me.) I'm awfully lucky to have 3 others living in the house with me, so I can at least think of them part of the time & their needs, instead of pitying me the entire day. The day has passed, I've made supper, did the dishes, Linda & Bob went out, Ken is having friends in, I watched the Liza Minelli special & felt good about life - felt that when I get thin - I'll start my ~~self~~ always seeing myself with Gene - making him proud of me - but I did that when I looked at

Litt - ~~but~~ ^{just} a call came, informing him of a meeting, & told them I'd let him know - I started to feel dependant again - feeling left out of his life - I was always there to tell him about calls - always trying to keep him aware - he was everything to me - but I was unhappy about myself - always making him feel that he needed me - I cried so much tonight I couldn't stop - How could he have done this so suddenly to me without even any real

Conversation between us - I can't believe that he can go to all the affairs this year without me without a quasm of guilt - The realization that I really never knew him, frightens me - because we were very close - He must have been planning to leave me months ago and let me get more "itchy" with time so he could feel good reason to. That's what is so cruel, he let me - so he could feel no ~~guilt~~ guilt. All the time, I would willingly be very verbal to him, not holding anything I felt I wanted from him, inside, while he holds everything inside & runs. Instead of feeling better, I'm not feeling well at all. I wasn't going to tell Linda anything but I needed to talk to someone, Kenny always tells me about "paying my dues" - But I'm not altogether wrong.

weight is
the same today

Wednesday - 2/3/82

Here it is today - I can't absolve my guilt - Gene asked me to watch my weight every day - but what did I do - I'd eat - Finding the reasons to be, that he won't change, this way or that way, whatever be the case - Finding reasons always - no matter what good he did for me that day - I'd eat that nite - he always kiss me goodnite before he went to work & I'd always be sad and eat, even if he was home, I'd sneak food - I would verbally tell him the reasons - he worked nite turn so many years - the kids made me worrisome - I felt guilty not working - I ~~was~~ was physically sick - we didn't make love because I was too heavy and he was always kind, maybe too kind - I miss him so, it was always Ruth & Gene even for him, but I wasn't there when he needed me - I just can't seem to look positively into the future without him - I'd love to be every thing he wanted then maybe he'd be what I wanted - any other man, could never be as good as Gene but they might have kept after me more harshly about weight control and verbal abuse. I miss him so.

Kenny wants me to fend out, why I was always such a tyrant, expecting so much from the kids and Gene but not giving my best. Maybe it is easier to want from others ^{than} when you don't have to be so hard on yourself for your shortcomings because they didn't come through on theirs. It was always, you do first, and then I'll do - I was so selfish - but I didn't start out that way when I was young - I think Gene let me become that way with spoiledness & I just really didn't know. I just felt I was always right. Now I'm working on my weight, maybe because it is the real devil in my life, it keeps me from feeling good about myself and going places. I hope Gene has a real love for me somewhere and will come back to me and go for counseling with me, but I think he has given up on me and will look for someone else or live by himself.

Another revelation - I probably always wanted Gene to show aggressiveness with me but he never did from the beginning because he couldn't handle my retorts. Just like when I went into the kitchen in the evenings, he knows

I went for food, but he would continue to watch his TV and when I returned, he didn't even really get mad that I had eaten, just shook his head - I guess I was old enough to know I did wrong - but it was like everything else in my life - it had no impact - so I then resorted to verbal abuse - I guess to see if I could have him argue back - but to no avail, he would become quieter - because he always felt if he answered me it would mean more discussion & Gene just isn't a talker. Ken was a father & we had real battles, I lost a lot of them & they bothered me, but I know I had to live with the result, maybe if Gene was like that I could feel his frustrations with me. We definitely needed counseling so a third party could show us where we were going wrong. But maybe Gene never really loved me and this was a way out. This hurts me the most, knowing he never loved me., because of all the caring he had for me for 3 1/2 years wasn't love, how does one know what is! We certainly learned a lot from this, mostly self control with myself and mostly with others. I need a lot of help.

My weight
is the same as
yesterday - I
didn't move
around much.

Thursday - Feb 4-82

I watched a beautiful movie last nite, with Seltzer Davis
which shows where positive thinking can reap great
rewards - but in the recesses of my mind I'm
afraid all my changing won't bring back Gene and that
depresses me - but I'll still try positive thoughts
above all! I didn't do anything around the house
yesterday because I had a stomach virus & I cried
a lot. I feel better today and I'll get dressed &
clean my stove a little & sweep the kitchen & bathroom
maybe wash the towels. Exciting, huh!
Tomorrow I'll see you and maybe I'll perk up a
bit - I spent so much time with Gene since I
left work - Ken would like me to become a real
person & do just for me - maybe later, with
exercising & learning to drive. Last nite I
fantasized about me seeing them & Gene and
I were back together again & we were
dancing close which we hadn't done for
years & we were both so happy. I never
used to fantasize about Gene & I together but
now I do. To change the subject, it came to
me just now that when Gene returned to me
10 years ago after a 9 month hiatus, I started
to gain weight - I can't be sure if it was
because I was angry & hurt with him or
just apathy - and I just liked food - I'm

really not quite sure, but I hope I always remember after this experience that physical looks are so important to your partner along with your reactions to ~~them~~ ^{him} in other ~~as~~ aspects of life. If I only get another chance, I'll think before I hurt him.

The day has passed, I didn't get the things done around the house as I should, I just couldn't get going. I stayed away from the foods tho. I usually go to bed early because I'm so afraid of eating, but I watched the "Hunchback of Notre Dame" & I saw so much evil that my mind even became fixated of what Gene really is - Did he ~~never~~ really love me - did he just stay with me because I was working & he had his children & I was just the by-product and when I became sick, was he afraid of being with me forever because of my ways & realized that he only cared for me. As I said before, Gene had faults but I really never could leave him no matter what I may have said to him, but as Ken said, I yelled "waef" once too often.

I can't wait to talk to you tomorrow, about my inability to feel confident about myself & trying too hard to be the best and when I wasn't I punished myself by eating.

Friday - Feb 5. 82

I went out this morning with Ken for a few shopping ~~chores~~ chores and while we were out Ken bought me a sauna suit for water loss. I have to wear that when I do my few exercises per day - even tho it says "1 size fits all" - I think I need ^{to lose} another 20 lbs to fit into it. I feel pretty gung-ho today but by tonight, Gene will come to mind & I'll wonder if he's forgotten me & is out with someone else to build a new life - because all I do is sit home, acting like the typical mother of old, instead of the "hip" mother I could have been. Well another hour from now, I'll be talking to you.

Friday - February 12, 1982

After my session with you (and by the way - My Bob liked you very much) - we went to visit my little grandchildren - They live in Stanton Heights - It was so good to see them, I held the baby very close & it brought back memories of my children & how much Gene and I loved each other & our life together and how I missed him, because normally he would have been there with me. It is so unreal! Then Bob & I went home, and for some reason Ken wasn't in the best of moods & when I mentioned

that you would like to see him at our next session, he said he would talk to you on the phone, or write you, but he refused to be at a session with me, because he can't cope with me. He didn't feel like talking to me at all, maybe because I said that you agreed with me about my overeating, may have been in retaliation to John's physical neglect of me, and oh, I did say that you wanted to see him to talk over his inability to leave me or something to that affect, and I probably triggered something & he said he was tired of talking about and to me. I felt very bad & I did my normal non-coping & I told him I was going to call his father right then & tell him I was ~~going~~ getting a divorce & he and Ken could live together & I'd find an apartment for Bob & Linda & myself. Ken said - go ahead - So I dialed Gene & he answered, he was still sleeping, he works late turn & I told him I couldn't take all the abuse from him & Ken and I felt that I still loved him & I would have done anything to mend our marriage & he said it was his fault, he was evil and guilty & I deserved better than him - he admitted that he was seeing someone & I gave the

phone to the kids so they could hear him
say it & when Ken got on he told Gene to tell
me everything to clear the air and Gene
said it was the hardest thing he had to do - and
he admitted to having seen someone casually
for the last couple years and that's why
he neglected me, so - I asked him if he
loved me at all, when he came back 10
years ago and he said yes - he holds
himself to blame & he's just not the one
for me - I was terribly hurt but as Kenny
said as he took back the phone - "now
mother can sleep at nites & not wonder
if you're out with someone or losing
sleep at nites in your apartment" - I
cried again that nite but now I really
know that I wasn't imagining the distance
for the last few years - but he still showed
me love & I'm not sure he really wanted
to leave but he admitted that he really
didn't love me now & he couldn't stay.
It was a terrible nite but I've reserved
myself to becoming him & independent &
hope that the best is yet to come. I'll ~~the~~
always hope that Gene & I will come together
again because he has such good qualities & he's been
my only love.

Saturday - Feb 13 - 82

Linda & I got up early. Had breakfast out, and went grocery shopping - She's great to be with because I can talk to her, woman to woman & she understands & also makes me laugh. Then we went home and Gene had come over for a few things & was leaving when we pulled in, he was talking to Ken and couldn't look at us, when he pulled out, he turned around & waved and I did the same but when I got into the house I cried like a baby & I was so angry that it took me a while to put away the groceries. Linda took me for my hair & later in the evening everyone went their way & I stayed home & of course thoughts of the past plagued thru my head, I went to bed early & cried some more.

Sunday - Feb 14 - 1982

It was about 8 AM & the phone rang, my mother was crying. My sister Gloria, who is always so depressed about her life & feels so inadequate, tried to cut her wrist & the police took her to the hospital. Usually Gene was always here in any crisis but this time, Bob & Linda went to the hospital with my mother & myself & we stayed there. Seeing Gloria, who looked so bad, but the cut wasn't deep, and she was crying & crying, because she was so depressed. They had

my room available & she was taken into it. I took my mother to my house & then we went back to see Gloria in the afternoon & then to see my mother home. It was a very bad day, but it moved quickly & I didn't think of my problems too much. I knew I would have to carry the load to keep my sister. Tomorrow I would talk to everyone who would deal with her.

Monday - February 15-82

I couldn't sleep well last night, thinking of my sister & how bad this month & last were going - missing Gene so much! I talked to the therapist-nurse and the social worker at the hospital & they said they would look into everything for me. I got thru the rest of the day & Linda invited that I go out with her friends & her for dinner as we have been doing on Monday nights - I complied but my heart wasn't in it tonight.

Tuesday - February 16-82

I had a few good conversations with Gloria's therapists & then my mother called to tell me that Gene had stopped in to see her to see how Gloria was doing (because Ken told him) & my mother mentioned to him how she still

Cares for him for all he's done in the past & how I'm
going on with my life & he had tears in his eyes,
but she says he looks happy & told her he was
so busy with his activities - and then he left her.
I wish he would have loved me more, then
maybe he would feel the anguish that I do.
Linda & I visited with Gloria tonight & she
seemed better, but she's still a very sick
girl. she doesn't have her children around
as I do and she's very sad at trying to be better
and taking care of herself. I forgot to mention
that earlier in the day, a very nice lady
friend in her 60's, whose husband is a
friend to Gene, stopped in to see me & we
had talked before & I was shouldering all
the blame for our breakup. When I told
her Gene had been seeing someone for the
last couple of years, she was shocked and
said no wonder I felt some kind of separation
between Gene & myself. But as I think of it,
Gene showed no inkling of leaving, because
he & I talked about his retirement &
vacations, so maybe this connection he
had with this woman wasn't so serious
& just because he couldn't have sex with
me because of his hang-up with my weight

He had fulfillment with me otherwise & he only saw her occasionally (spelled wrong). Of course if I had known I would have been as devastated ^{then} as I am now. But as the last years progressed, I got increasingly irritable, maybe with my job, with my weight, with my not seeing him and the children - Then physical I did become ill, probably fed by my anxieties & then again said before, when I came home for good, after a while, I probably became a liability to him & he couldn't & wouldn't deal with my frustrations, because it gave him the out he probably wanted to pursue his interests, sex and activity wise. We always loved three him & the children, which I'm sure many women have, but I left myself go, physically & mentally. But couldn't he have stayed with me & seen me there, I'm afraid what would have happened if I had cancer or a mastectomy - God forbid! But I'm still broken hearted because I always thought he did love me & we were just having problems because of my own inadequacies. But I can see how weak and selfish he was. I always thought

so highly of him, but I can see, you can never
put anyone on a pedestal. He did have a lot of
faults as I saw them, never staying awake
at night during television or very rarely, never
hugging or kissing me (always held my hand
& patted nicely, took me out a lot to dinner
or snack, not to make me fat but to show he
cared, but never in bed). He didn't talk
a lot, but he did listen, because I liked
to talk. I was always bugging him to be like
someone else, but he very rarely complains
about me. I know I did this many times but
I also told him how much I loved him
so many times - I blamed my behavior
on my weight because I know he wanted
me thin & I just didn't try hard
enough - It's the same story over & over,
I blame myself so much - That's why
I can't get over these feelings. My
daughter Linda feels so differently about
everything, she doesn't see my Gene
trying at all & she doesn't want me to
blame myself, I guess she's a mother's
daughter & loves me a lot. I shouldn't
let her down but I know I am.

Wednesday - February 17-82

I am very depressed this morning, thinking too much - I'll get over it later. It's just so unbelievable that a father can be so separated from his family when he ^{was} always so close. I think I would go "Batty" if I was away from my family. I feel that way just being away from Gene. Linda, Kenny & Bobby are home tonight & are watching TV. I feel better tonight just being with my children. Thank God!

Thursday - February 18-82

Today just isn't my best, I'd rather talk to you tomorrow.

Friday - February 19-82

My session with you was very good - I still have to go over the do's and don't's until I get them down pat! I still get very sad about what has happened to Gene & I and wonder if we both had done things right, more on my side than his, if we still would be together - I guess so, but here we are, the only ones on the block to have this problem, oh I hope & pray in about 8 months everything will work out for us - together! I was so

Happy that Bob got his new job and I wish him the best - As Ken said - he needs experience in management - It will tie in somehow later with his secretarial learning. Ken also came home from a seminar later in the day and was so ~~kept~~ up on this speaker he heard about setting goals for yourself on paper (which I do to do now) and reading something positive per morning - which I have up ^{on the wall} ~~also~~. So he and I learned something new again! I try to pass it along to Linda but it will take time, because she's not in too positive frame of mind just yet, since her divorce.

Saturday - Feb. 27-82

A few months ago, a close lady neighbor of mine & I had a little falling out because of a little disagreement, at the time I was feeling very sick so it didn't matter much about anybody. But this morning I took the initiative to patch things up (my positive side) & altho she felt she was still right, I didn't argue & I told her about Gene; & ^{also} my seeing a therapist & altho it's not like before, we're friends. Then I went to get my hair done. Of course this is when Gene always plans to

Come over to pick up his mail & any notes I leave
for him concerning bills, etc. He and Kenny
are not as close as before. Gene appears
to feel very guilty, asks how I'm doing,
a little talk about the other kids and
then he leaves. I'm trying not to talk
about him too much to the children,
I'm sleeping better, trying to keep
a positive attitude, altho my negative
keeps creeping in. I'm watching my
diet every day.

Sunday - February 28-82
Linda & I went grocery shopping this
morning, & don't you know, like in the
movies, one of my cousins sees me &
she says "Guess what? What has
just happened to you, has happened to
me - My husband has filed for divorce -
and she seemed so happy about it -
It's like a new life she said". Well
first of all, she & I are entirely different,
she's very sure of herself - drives. sees
other men, etc & doesn't see her self
wrong at all. First of all, I told her
I'm not happy ^{with} what has happened to me.

I'm seeing a therapist & trying to change & understand myself & Gene, and I don't feel like it's a new & happy adventure for me except in finding out the true me. And as I said, she feels she's perfectly fine as she is and I guess if she can look into her mirror & like herself great, right now I can't. I don't absolve Gene from all his faults but I had quite a few myself. I just wish & pray that he wasn't lying to me all along about not loving me, that they were just words at that particular moment. All that he did for me the past 31 years was not just caring, I know.

Monday - March 1-82

I didn't sleep too well last nite, but that's not new. Woke up & read my goals & positive thoughts, did a lot of little things in the house, talked to Sherry Brown had lunch - got dressed because tonite is the nite I go out with Linda & friends. Made Ken dinner - Bob is going out tonite, Exciting, huh! Linda told me earlier that

Gene called here early this morning at work to ask her out to dinner any time she wanted, she'll let him know, also asked about me, she said I was fine. That's about it. I'm just going thru life, trying to be ever positive. Well I'm back from dinner, had a salad, wheat toast & tea, I feel quite good, sort of light headed, not the same person I was when Gene left, happy with my weight loss and control of frustrations. I'm sure it will get even better with months of achievements.

Tuesday - March 2-82

Lost another $1\frac{1}{2}$ lbs! Spread over my goals & positive thoughts for the day. Many times a day, I go over in my mind - what is happening to you, Ruth? I realize because Gene is not here I'm concentrating on me mostly, no one stopped me before, but out of habit I only put my thoughts on others, and blaming them for my shortcomings because they took so much of my mental time. I believe if I didn't they would not progress and it would be my fault. But I can see clearly that they ^{are} with very little effort

from me. It's like you told me one day,
Dona, This terrible trauma freed Gene
and myself to find ourselves after all
these years. It doesn't mean to me that I
don't still love Gene and I hope in my
heart he rekindles his love for me after
he sees my accomplishments - but I don't
think all day of what he is doing, just
with what I'm doing, so I can feel
much more independent by the end of
this year and more confident because I
did it and didn't quit. I have to give a
lot of thanks to my 3 children at home
for having faith in me - but I haven't
done that much yet - Still have to go
into exercise and driving and
continue my therapy with you. How lucky
I am for having seen you on TV.
It's evening now, time for bed, Bob & Ken are
talking and Bob shows me a birthday card
that he bought from Ken & himself for Gene's
Birthday, nothing mushy like before and I
accepted it because he is their father & he's
not angry at them - but Ken approached me
with the question if I was giving him a card
& all the resentment for ~~Gene~~ Gene came rushing

forward & I cried, how can I wish him a
nice birthday with his leaving me and leaving
me out of his life this entire year, dating
someone else, etc. He didn't care to send me
an anniversary card or Valentine's card when he
left! Ken asked me if I had to be the same
or can't I show Gene that I can forget if he
comes back by showing a loving nature now.
I refused & went to bed crying, feeling so
sorry for myself, because I've been so hurt
by Gene.

Wednesday - March 3-82

The boys & Linda went off to work, I pretended
I was still sleeping because I didn't want
to talk & upset them this morning, because
as Ken always says, they have their lives
to think of too. I thought & thought and realized
again that knowingly I did push Gene out
of the house with my refusal to change in
any way that would make him happy, I
only wanted him to make me happy. So I've
decided to send him a simple birthday card
with a nice little verse because I have to show
him I can control my anger because there would
be ~~no~~ no living with me if he came back and

He would always be under attack from me. Ken doesn't feel that he left to live affairs with other women just peace of mind and knowing he can't live with the type of personality I had in the past. So I'm not harboring any negative thoughts today, just positive ^{only} hoping for a happy ending.

Thursday - March 4 - 82

I have a busy day coming up today - I have to watch my 2 grandchildren for a few hours today, one is only 2 months old and my oldest is about a year & a half. When they came I was slightly sad because Gene had always been there before, but I forged ahead, watched the one sleep & burped her a little and played with ~~her~~ ^{another} after I fed her - a lot! Then Linda came home from work later and brought me a card of inspiration, giving me hope for the future & my goals. It was so nice of her to think of her Mum so much - I have it up by my desk. I know I have nothing else to do but go ahead and achieve my goals because what I did in the past is over & I can only learn from them. I hope Gene is as realistic as I or maybe he only thinks of himself and has forgotten about me.

Tuesday March - 16-82

I enjoyed my session with you again, as always, yes it is like an "inoculation", it spurs me on with informative thoughts until the next time. I realize, beside all the physical changes I must do for myself, is the crucial mental change, mostly caring about myself more than before, I still have the feelings of a mother with her little children at times, but I control them, that's the feelings I had for Gene, like one of my children, because we had so little intimacy, but I'm hoping for miraculous things to come, I just can't be too anxious because it's a long way off, and I have a lot of "re-habilitation" work to do!

Wednesday March - 17-82
(and a Happy St. Patrick's to you)

It started out so good, everyone went off to work bright & early, all happy, Bobby with his job, Ken with a good feeling for his Insurance business, Linda happy about parties that nite. I did a variety of things, mostly I had to wash a lot of clothes today, I realized no one would be home at all today, I started to try to feel if I was left a home by myself always and then

the despondency crept in, by 10 PM that night, when I finally finished washing. I couldn't stop crying about Gene. Mostly because I couldn't believe that this man that I cared so much about, was someone I really didn't know. Under his gentle exterior, was a very selfish man. I might have sounded vicious through my years to the kids and him but I was never truly selfish to the point of ~~hating~~ ^{hating} him and seeing another man and excluding him from my life entirely. I know Ken is right for saying it isn't right to live in a house that is unhappy, but if he wanted to keep this family together, he could have mentioned counseling, also. But he didn't want to learn about what was troubling him, he just took off to do his thing - How can I ever trust a man like that in the future? I truthfully love him because I'm willing to try anything to hold us together. But if nothing positive comes from him in a few months, I don't know if I'll have any feelings left for him by the end of this year. I don't think I slept more than 2 hours tonite, I cried so. P.S. He hasn't kept in touch with the kids as much as usual.

Discover
your own
selfishness

Thursday - March 18-82

Nothing special on my mind today - just the usual - Have to go to the dentist, tho, Kenny is taking me. - Eddie is bringing over the little baby for me to watch a few hours - I'm happy about that.

Friday - March 19-82

I'm really going to be busy today. Linda is having her friends over after work to watch Barry manilow & I told her I'd serve dinner. She just called me from work to tell me Gene called her to tell her that he was going to a meeting over the weekend in N.Y. & wondered why she hadn't called him, she said she was busy then he called Ken to tell him the same but I don't know what the conversation was - Nothing about me I know, because I asked Ken & Ken said he had his money on me to win this year even if Gene doesn't come back but he feels Gene can't have his family the way he wants if he lives away. But where does that leave me, will I ever know if he really loves me if he comes back? Can I forget everything he's done to hurt me? I know I have to start anew - but will I feel the same toward him at the end of this year? But first I have to lose weight, change my mental thinking & learn to drive!

Saturday March 20-82

Going to have my hair done this morning, a little shopping & then Sherry Miller Brown will be out this way & we have a dinner date about 4PM - It will be good to see her - I haven't seen her in over a year - I've spoken to her tho. by telephone. It is afternoon now & Sherry did come over & on the way to dinner, we stopped in "Pizza Time & Theater" where Bob is a manager/trainee & I feel so good about his place of work & good about how I feel about myself actually going out with someone other than Gene (gle, he must have felt smothered by me - never again!) Then we came home later, everyone was gone for the evening - I feel a little sad about not seeing Gene, but not as bad as before.

Sunday - March 21-82

I lost another lb - I have to lose 4 more to make my goal for this month - Linda & I went down to the Tennis Courts down in the park behind our house - we walked 13 laps - I was told 22 was a mile! I haven't been down in our park in about 10 years - I feel so good that I'm finally

escaping my self-made prison. Gene is still in
Larvichung today - I know he and his friends
will stop for dinner somewhere - There is
no way he will think of me because I
haven't been with him for the last couple
state meetings - I know he misses the kids
~~and the house~~ and maybe his house, but
I doubt he can remember anything more
about me - the last couple of years haven't
been my best - but I'm not giving up,
I'm going to become a "sweet" Riddle again
the hardest thing I will do is learn to drive.
I must go back over to a couple of sentences
back - I really wasn't always negative
with Gene, he knew I loved him very
much - but because of my own insecurities
I always found faults with everything. I
know that this is a blessing in disguise
but what a lesson to learn. I wouldn't
feel so bad if he was learning a lesson
too. Someday I might find out. I thank
God he's so busy with his activities
or he'd have more time to be lonely.
When this big year is over for him next spring
in 1983, I wonder if it will hit him hard
then? Only time will tell!

He probably is!

Monday - March 22-82

Well, Nothing new to report, I'm going thru my normal routines & going out with Linda & her girlfriends for a small dinner & more. Bob tried to call Gene at work last nite, but was told that Gene took off and Ken happened to tell me that Gene told him that he was going to Phila after his state meeting this weekend. This is what he really likes to do - I'm positive I'm not the least bit on his mind - I used to be. He'd always call me & tell me what he was doing - It leaves me so sad, because he's so much a part of me. This is his whole life now & nothing else seems to matter. I'll be glad to talk to you tomorrow!

Tuesday - March 30-82

I had a wonderful hour with you - I went home so up - As I left Bob's car, the wife of Gene's closest friend (who lives right down the street) was coming up the Park walk & she was so amazed at how good I looked & acted, and how confident I appeared, it was just so perfect - until Ken appeared at the porch door & told me I

just had a very important phone call that I
had to return - To Allegheny General Hospital -
Trauma Unit - my sister attempted suicide
off the 6th Street Bridge downtown - but she
seemed OK - That broke me up & I thank
God, Ken was home (It would normally have
been Sue) and we picked up my mother & drove to
the hospital (what a zoo that was!) When we
got to emergency (that's where she actually
was) we learned from her (She was coherent)
that she used energy (this kills me) to call ~~the~~
^{Pat} to see what time the bus was coming to go
to Pittsburgh, apparently she was looking for a
river, ~~she~~ ^{she} would use her intellect to do
something constructive for herself & those
who have been caring for her the last 3
^{years} ~~years~~ ^{it was her last morning} We finally found out she didn't
jump ~~but~~ was near the water's edge &
either slipped in or tumbled in but
2 men were walking on the bridge &
rescued her. You just can't imagine
the day we spent! When Ken talked to
his dad that nite, Gene was very upset
& asked about me & said he would be
available if needed - but I'm not
going to do that, since he's gone from the house.

Wednesday - March 31 - 82

Another very hectic day - phone calls to everyone - Doctors, therapists, social worker, ^{etc} trying to see if everything is ready for her return to some hospital until they can get her placed in a boarding home or transitional where she won't be alone. It breaks my heart that what we got for her & did for her didn't work despite all our efforts, but her sickness & personality won't allow her to do for herself - she refuses. Everyone tells me ~~to~~ not to feel guilty because I've done all I can - It has affected Gene's & my life because I became more nervous & irritable that last couple of years. But God works in mysterious ways to let us see the light & here it is for me! I'll still see some trying days with settling her & dealing with her attorney (because she's estranged from her husband - but he's under a court order to support her because he almost divorced her while she was in a mental hospital until a nurse advised us of the divorce papers.) Then Gene & I came to her aid. What a long, trying 3 years it's been - but how it will all turn out will be hard to tell yet.

Thursday - ~~April~~ 1 - 82

What a sleepless night I had — I was over-
tired yesterday & when I was about to go to
bed, Ken just mentioned that his best friend's
sister was going to ask me to baby-sit her son
the other day — about 15 months old — I started
to cry because I told Ken just because his
father left me doesn't turn me into a baby-sitter!
He said he thought I would enjoy it & I described
to him all a sitter has to do., but I was all
tensed up & lost control (which I've tried not
to do for so long) & I said to him — rather than
be a baby-sitter I'd rather be out with
another man like his father is out with another
woman — I was really striking out at his
father but I was using him again — and
of course Ken named my previous shortcomings
which were true but I yelled out that he
better not forget his Dad's shortcomings which
"fed" mine. Then I went to bed & didn't
return to talk to him — and then I cried &
cried again — all night long, probably because
I feel so guilty about the past & so uncertain
about the future, plus my problems with
my sister. But here it is morning & I'll try to
get over my hurdles once again & look positively into
the future

Friday - April 2 - 82

A friend of mine & Lewis, and her husband were suppose to come over tonight, so I woke up bright & early & dusted & swept the floors, washed a few windows, watched one soap ~~opera~~ ^{opera}, talked to my mother about my sister, started supper, cried a lot about Steve because I don't ever feel he truly loves me, otherwise he wouldn't have turned to another woman & left me without even looking back - how can I ever forgive him, maybe someday he can talk to me & we can work things out, but I feel negative again. Then my friend called & said she wasn't able to come out today - oh well, at least my house looks clean! I'll have a lonely night tonight, everyone's going out - but my poor sister has had many lonely nights, who am I to complain! I'm feeling very negative about myself, so when Ken came home for dinner, I started to cry again, because I didn't like myself & I wanted him to know it - The same thing I've done for years to the kids & Steve - He gave me the same information again about my negative way & I lashed out at him and his father, saying very

bad things & threatening to end my life to show him
how much I hurt - I cried & cried - and he
told me when I feel myself getting so
remorseful to look in the mirror and talk
myself out of it because it will pass. This
is one of the very bad habits I had -
striking out verbally so I wouldn't look
so bad to myself - Gene feels it was
triggered during the last 3 yrs since we
went to the aid of my sister - It was
in one mental hospital after another,
going to a lawyer for her, getting her an
apartment & furniture, etc, etc. The
pressure on me was terrible just as
I'm sure my ways were so much
pressure on Gene. I'm really not
mad at him truthfully, it opened my
eyes and I hope our future can be
brighter. Gene just feels that I
can never change & I must prove
him wrong, even if I detour now and
then.

Saturday April 3-82

Today started out well, enough, Linda & I went to breakfast, my allergist, my dentist my hairdresser & then I left her alone. I told her that she'll be thrilled when I learn to drive. When Gene & I married, he was the only one who drove, we had 1 car, he had 1 1/2 jobs and I watched the children, but I didn't grow with the times & he never forced me to. I didn't learn to drive & become truthfully independent because we decided the one car was tied up most of the day, I wanted to be at home with the kids, and we had no extra money for any unforeseen car accidents. Everything revolved around Gene, I kept the budget & the calendar but as the years progressed & I slowly gained weight, because eating seemed to take precedent over sexual affairs (Gene was either working or sleeping) I wasn't smart enough to know that men were a fragile sex and didn't realize the drifting apart and Gene strayed at 20 years into our marriage. About 9 months later he came back but I thought truthfully why he strayed was because

He was under financially pressure. I was then 160 lbs & promised him I'd get a job but as you know I didn't watch my weight gain, but he never pushed me too much and I was too selfish & stupid to care - he didn't seem to want rep & I made sure he didn't. Now here it is about 10 years later & I'm suffering for my mistakes. I'll never let this happen again & Gene, if he comes back, will have to discover himself & his problems. But Ken feels his problems will disappear with the solving of mine. So it is pretty much on my shoulders again - I have a long struggle ahead but it should make me so much stronger. The reason I'm stating so much again is that Ken & I argued quite again & it is the second time in two days and I'm so afraid I'm not mentally progressing - He wrote me a beautiful note after I went to bed at 7PM asking me not to stop trying, & how he feels his Dad doesn't want this, but it is his only way of coping (this is the help he needs) and how much Ken loves me. After I read his note I felt bad that I disappointed him again just as I did his father so many times. I do pray Gene wants to come back again someday.

Sunday April 4-82

This is one of the worst April 4ths I've seen in a while - big wind storm came in, snow everywhere, very cold weather & no electricity. Linda & I are going to my niece's wedding this afternoon. Gene won't be there, he's supposed to be in Allentown today on Veteran business. I used to know everything he's doing, now I know practically nothing, maybe it's better this way, I won't be so hurt. My sister is in the hospital, waiting for others to help her and doing very little to help herself, her 27 year old son is coming into the picture - but I'm not sure it is with love but mostly worrying about his Dad's finances. Well, we're back from the wedding - It wasn't much of a wedding but the bride & groom seemed happy - My older son & his wife were there, so Linda & I didn't feel so awkward. I was dressed at my best - I looked much better than I did last year & I held my head high & smiled & laughed a lot to my or. I should say Gene's relatives. In fact they looked sheepish. Earlier this morning I found out what I just knew would happen, that Gene took his lady friend with him on his

weekend trip & my heart just sank, I couldn't see why that was necessary, but because she's involved with him now physically & mentally with his Veterans group, he feels cause to take her. Ken still sees it as meaning nothing, because men react that way when they're free, but I have a lot to forget if we ever get together again, which I doubt very much.

Monday April 5-82

The day started out fine. I put my sadness behind me & started to wash, which took me most of the day - but near dinner time as I was getting ready for my Monday wife dinner out with Linda - Ken & I were talking about something & I must have said something to Ken to trigger him into saying how selfish I was to mention Gene to him again as I so often do - & instead of caving - I retorted something else as I always would do & we were in a full scale argument - I almost didn't go, as I would have before - thinking I'm hurting the other but ⁱⁿ only hurting me. I always feel like the guilty one because everyone says I provoke arguments with my little innuendos (spelled wrong) which I probably do.

It's a part of my personality problem. But whenever I feel hurt deep inside from others to my ego, I flail up & Ken says this is my problem, my insecurity. I'm not quite sure how to protect myself from outside stimuli. This is one of the problems Gene & I had & I probably will have it with another man - my insecurities. I just hate thinking that the other woman is better than me in any way. Gene always said he was what he was & if I couldn't accept him that way I should look for another. Of course, I never did but it didn't keep me from pulling him down ~~any~~ chance I got. Wonderful me! Now he's out there looking for a new love & I'm in here looking for a new me! What a lousy way to spend your 50's. It should have been a part of my growing years with Gene but I thought I had it all together, knowing something had to be wrong with me because of my constant unhappiness & neglect of myself. But I blamed it all on those around me, circumstances & people. I also realize that my father was like that all the time altho at first I thought that my mother's excessive love was the cause.

Tuesday - April 13-82

What an inoculation you gave me - over all I retain a lot of things you say - but as the day goes on - I forget a few things because other things occupy my mind & I can't remember everything we talked about - Ah well, there's always left Tuesday!

Wednesday - April 14-82

I had a bad night sleeping last night - Thoughts & still sadness of what Gene has done, thoughts of my sister & her mental illness & all we have to do for her in the months to come, ^{I am} thoughts of my children & how thankful we are together, thoughts of my mother & her unhappiness about her 2 daughters at her late age, thoughts of my loving weight & how it wouldn't be so hard if I had cared all these years, thoughts of how everything will turn out in the end and so afraid to be too positive - but that's the only healthy way to think, thoughts on how strange it is to live without Gene and wondering if he feels any thing at all about his new life and if he really likes it without us & wants to continue that way and if my feelings will really come back for him.

Thursday - April 15-82

Nothing too eventful ^(copy) I'm not feeling up to par-mentally - but I'll try to get back on the right track. Kenny has a terrible cold - we are going to see Gloria in the hospital tonight - She's going into transitional living next week - I hope to sell all her furniture so we won't have to move it & put it into storage. Kenny has an interview with Channel 4 for a chance to be a guest host (in place of Lynn Hanks), he should be home soon. Well, what do you know, the great opportunist, Kenny, was chosen 1 of 5 guest hosts for next week (Tuesday 4/20/82) out of 500 entries. Now if he can get rid of his bad cold he'll be in great shape. That bit of news pepped me up!

Friday - April 16-82

Kenny is very sick today, high-fever and deep cough - I'll try to get him to take a few of my remedies - hot chicken soup, aspirin and hot tea with honey. He actually sneezes. I also have to go exercising tonight, I'm not doing as good as I should on my diet, thinking too many negative thoughts & eating just a little too much. I'll have to get it together soon!

Saturday - April 17, 1982

The day is very humid, Kenny is still quite sick. Linda is going to have to run me everywhere today. Allergist, drug store, grocery stores, Gloria's apartment, hair dresser, etc. I'm sure she can hardly wait for me to drive. I feel a little gloomy today. I guess it's this lack of weight loss.

Sunday - April 18-82

Kenny is much better. I have to meet my mother at my sister's apartment & finish packing her belongings & have Kenny put everything in his car so I can put everything in our garage. I'm going to keep my calorie count at 800 per day, if I can, so I can see a weight drop again. Bobby's 21st birthday is tomorrow and I'm having 10 for dinner. I'm sorry he had sent one of them, but he sent Bob a beautiful card with \$10. I'm back home again, making dinner for Ken & myself, feeling a bit depressed, because I fall into my own trap of thinking of Gene again and who he may be with. I'm going to bed early tonight so I'll be rested for tomorrow.

Bobby's 21st Birthday
Monday - April 19-82

This will be a big day for Bob and me. I have to cook dinner for 10. Bob came home from Pizza-Time Theater at 5 AM - took work & the fellows took him out for his birthday. At about 9:30 AM I got a call from Sandra Hayes of Channel 2 that they would like to do a spot on Bob who recently wrote to them about being a male secretary. Then the phone rang that his boss needed him in right away because the girl that was suppose to be there got sick and then he returned the call to Channel 2 and they came out in the afternoon to take film of him at work & the secretarial school. He'll be on at 6 PM tomorrow nite & Ken will be on Channel 4 tomorrow morning as guest host. I'm very sad that Gene is not with me to enjoy all of this - he knows of it and will enjoy it without me.

Tuesday - April 27-82

Our week today was very productive. Yes, I think I know why I slipped on my dieting this month, the old habits were creeping back, about 25 years of not working on me. Other things matter but I don't, so starting tomorrow. I'm going back to my goals again, which I hope eventually will lead into lifetime habits, as you say.

Wednesday - April 28-82

Am going to work real hard today, to lose 1 lb each day for the next 3 days so I can come closer to my goal for this month (a loss of 10 lbs) I'll only have lost 5 but I'll work harder next month.

Linda talked to Gene again yesterday and he seems to be making an effort to come back our way but I know he's waiting to see if I'm changing in my habits because these habits of mine always force him out of the house, yet he knows he'd like to be back within our family life but he's so afraid he can't live with me, the way we should. So the same anger comes over me because I know I have more changing to do about me personally that I slow up in my desires to become the woman I want to be, but I know this new woman will be happier in the end, so I have to lose this anger & strive ahead so I can feel a true accomplishment that I and he can be proud of. So here I go again - I'll try to change a little per day and look back later at all the progress I made, so I can like myself again.

Thursday - april 29 - 82

I'm keeping myself very busy today and well control my eating, but my depression is building up again because I miss Gene so and I tell myself very negative things about him never loving me, etc. I know that can't be true because he was always so good to me. I really know where I failed - I was just never there for him when he wanted to socialize! If I ever get a chance again - I'll always be ready to go. That's why this weight loss is so important to me - and I always have to remember - It will be my most determining factor in my future. I read another article where negative forces are so bad in one's life, it almost always leads you to negative results but sometimes if this happens, it makes you stronger because you have to go thru a desert before you can reach an oasis. As Ken always says, I haven't paid my dues yet so it isn't time for my happiness yet. So I'll keep struggling day by day, and I hope someday I'll reach that oasis, with my husband by my side. Then we'll both work together and make ourselves truthfully happy!

Friday - April 30 - 82

Well, Gene goes on his Bowling Tournament for this weekend - He's done this for years - because for 31 years we lived thru him, I always have him in my thoughts - he's so lucky he didn't develop that habit, that's why I'm sure his missing me isn't that great. I'm sure that in a very short time, it will definitely be "out of sight, out of mind" for him. As I said before, thank God I still have the 3 kids at home to keep me very busy, but I do still think of Gene. As you said at our last meeting, it is harder to be in the drivers seat than the back seat driver! We go exercising tonite - I'm still losing weight. As I said a million times before, I better remember all the lessons I'm learning. Nothing comes easy.

Saturday May 1 - 82

Here it is shopping day again - Poor Linda, she's playing her Dad's role - my maid driver. She doesn't seem too unhappy - As I explained to her, we all have to do our part in running this house - I just can't do it all alone. After she's thru with me today, her evening is hers.

Sunday - May 2 - 82

I tackled both porches & porch furniture today. I removed all the plastic Gene put on them to keep them clean during the winter, and I swept the grass carpeting which was filthy from the leaves, etc. of the trees. I washed everything around - Linda cleaned her bedroom & washed clothes & when Kenny came home from golfing (what a life) he kissed me & told me how great I was as I laid panting on the floor. But I did enjoy doing what I did & if I knew then what I know now, I would have given Gene more freedom for himself so he could enjoy life as a lot of men do. But I was always so swollen & fat and full of hurties that I just couldn't take on the chores, but I still continued to eat rather than take the bull by the horns & realize it was all up to me - I just couldn't do it at that time - I needed God to give me a real govt - and he certainly did that!

Monday - May 3-82

Nothing much to say. I'm watching what I eat & it's going well. I'm sitting on the porch now, didn't do that much before - I'm always feeling a terrible loss without Gene, I'd like to be doing anything new that I maybe doing, while he was around to see. I'm not quite sure that would have made all the difference but it couldn't have hurt. I have Exercise Route again then I'll probably go to sleep early, I'm not sleeping well at night. See you tomorrow morning.

Monday May 10 82

I just lose my hair with you - I think we're coming to the core of my own individual problems but as I went home I lost some of our answers, maybe because I'm so close to the problems. I'll bring them up to you again, next week. I apologized once again to Ken about my irrationality on Mother's Day & said he understood and will give me annuals to plant instead. I will buy them because I know what I like, but I like doing this instead of learning to use a food processor. I made dinner for Linda & her friend & Ken & his, that's one more in my favor - my help-
(wrong spelling) socialisibility!!

Linda told me that Gene called her this morning to ask how my Mother's Day went & as she told him of the events of the day she also told him I loved his card & he couldn't speak for a while - he was crying - I'm sure he read my card to him, and I hope he misses me a little more.

Nothing special today! Tuesday - May 11-82
Except, my poor Mother has shingles & she is very sick!

Wednesday - May 12-82
I don't know what came over me this morning, but I got a terrible fear that Gene was taking this woman he was seeing to his inauguration (nothing as big as it sounds, because the Commander of the State has a bigger vote when he leaves office) Not that she wouldn't be there anyway, because she represents the Auxiliary, but I started to really cry when I thought that he might have her sit next to him on the dais, so I just had to know - I called him and he knew I was terribly upset so he asked to come over & I said alright. It was so good to see him once again - and don't you know it. I put my arms around him & kissed him - he sat down at the table & explained that she was going but it was no big deal to him because he wanted

to come home to us once again and wanted me to go to the National Convention in September. He proceeded to tell me all about this woman and how little she means to him except for sexually, which still hurt me deeply. He said he would never have gotten entangled if only I would have been with him more. I still feel he has a deep problem of his own. He spoke more to me about the future & claims he always blocked me out when he was out there the last few months - It still hurts me deeply but I'll see what progresses in the next few weeks. Ken ~~was~~ intends to have some deep conversations with his dad before he comes back to us. I felt very happy about his needing us again - but then my negative thoughts have some misgivings only time will tell. I also felt very bad when he told me that tomorrow morning she was going to keep him drove to Cincinnati to his Bowling Tournament - I couldn't believe he was taking her - he always went with just men - but he said this was arranged a long time ago. He couldn't get out of it this quickly. All of these things hurt me more than his leaving!

Thursday - May 13-82

I feel good about him coming back but oh so fearful - we have a lot to talk over till then.

Friday - May 14-82

It's a beautiful day - I spent most of the day on the porch, sewing, but my mind is so befuddled - I can't believe he got so tied up with this woman altho he intends to break it up very soon - but my hurt is very deep - to think he spent so many nites in bed with her. There is no doubt in my mind that Gene never was anything like me even if I always thought he was. He doesn't take his escapades seriously at all!

Saturday - May 15-82

I have to get my allergy shot today, have breakfast with Linda, have my glasses adjusted, spin Kaupmanns & then to the grocery store. Boy, will I love to learn to drive - what a load off of everyone's shoulders - Having my hair done at 2:30 PM - Everyone's going out tonight.

It's evening and I'm spending it on the porch listening to beautiful music but I'm very frightened of my future with Gene - we'll have to work very hard at it.

Sunday - May 16 - 82

I feel good today after a talk again with Paula Lestrade - my mind became confused again with thoughts of Gene's doings & me not being able to rationalize again - but later I got things into perspective again (I think) & I'll try very hard each day to forget about the past & how it all came about & also picking away at every word he utters (I've always done that) - I must look at life a little lighter & let things bounce off me otherwise I'll become that negative person again with the old habits. I want us to start out anew & most of it lies on me & my ability to forgive & forget and enjoy myself with Gene & our family. I'm controlling my weight & I'll always have to do that. I have a chance at good times again with my husband and I mustn't destroy it again.

It's evening & I'm a little tired - I'm feeling very lonely & frightened again. I should be over this by now - and always feel positive - I'll always have to be aware of my emotions & control them until I blend into one secure woman. My thoughts to me are going to where he is with her & I just can't handle my anger, to me, even tho I know he got himself into this spot, partly because of me.

Monday - May 17-82

It's so muggy out today, my asthma is bothering me but I must go for my half hour walk with my neighbor, Angie. I'll knit a little on the porch and then start my washing. I'm feeling better today, not at all pessimistic, I know it will probably come on me later - that's because everything is so up in the air - nothing absolutely positive yet. I'm going exercising tonight with Linda & her girlfriend Carla. They're giving us a whole new set of exercises. It's evening now and Ken's friend Tony came over with a home-baked Italian bread for Kenny. Tony is such a funny young man, it just makes me feel young to be around all of them. But nothing lasts forever & they all went out & I came in, feeling just a little sad, wondering why Gene hasn't called me - If he's so anxious to come back - doesn't he think of me? Ken said he is calling him tonight & he is going to have talks with him to see if he wants to come back & try to change some of his ways also so we don't wind up as before.

Tuesday - May 25-82

I bet you were shocked to see Gene and I come in together today. I'm so glad he agreed to see you, it will clear things up a lot better. I know after talking to you that I have hang-ups, understanding Gene's reasoning & vice-versa. He seems pleased with our visit because on the way home he showed no dis-pleasure. He's going back to his apartment because he's still paying Rent but he'll be back home before he goes to work. In a way it is good because I have a lot of things to do around the house & I won't spend time with useless talk that always starts me arguing.

Wednesday - May 26-82

Everything went good the entire day - I did what I had to do - felt good about everything - went exercising with Linda & Carla I came home - took a hot bath - got dressed & waited for Gene. Then it started to come over me --- I started to pity myself over what had happened & how I didn't deserve it even if I was rotten and how Gene was a liar & couldn't be trusted so when Gene came over, all happy - I kind of acted

like a bear & talked & talked. He couldn't take the pressure & told me if I continued he would leave - I started to think how this was the way it was before and I got a hold of myself and told Gene I was sorry, and I realized what I was doing again. I wasn't keeping my promise to him and the kids about forgiving and forgetting and only looking to the future. He said he'd like to keep these discussions for when we see you so a third party can intervene. I'm really proud of him for wanting to make our marriage work so I'm going to do my darndest to do the same. I may have to use "Clamps" on my lips, but I'm going to work at it. When he left for work, I kissed him over & over & he said he would call & see me tomorrow.

Thursday - May 27-82

I had a strange dream last night that made me wake up feeling like I did when Gene wasn't here and I promised myself (after having sad sensations of being alone again) that I would remember my feelings without him & work even harder to keep him and our marriage happy - and I will, I promise!

Friday - May 28-82

Saturday - May 29-82

Sunday - May 30-82

Monday - May 31-82

It seems I can't write in my notebook anymore - I'm so busy getting ready for Atlantic City in another week plus buying groceries for our Memorial Day picnic at home that I'm not unhappy at all. My worst habit is when I see Gene, I remember what he has done & sometimes I start trouble - but I'm controlling it as much as I can - I don't want to repeat 10 years ago & ruin the rest of my life and his.

Tuesday - June 1-82

I'm still washing dishes from yesterday. Plus washing clothes - but I'm so tired from the weekend I could sleep all day. Gene stopped in after work this morning & will come back this evening after he sleeps. I'm getting my hair frosted tonight & dread it - I hate new frostings.

Wednesday - June 2-82

Yep! I hate this new frosting. Will he come to see you today - looking forward to it.

July 19, 1982

Gene called on Kenny's phone last
nite, after he went to work) and I answered
because I thought it was Ken's friend,
but Gene & I talked a little and he
seemed very sad, tears in his voice,
saying that he knows he was unfair to me,
with what he is doing - but he feels
compelled & until he feels differently
he can't change. He knows he has made a
mess of his life this year but he can't
see any other way.

This morning our therapist called to
ask me to continue our talks even
if I do them myself & possibly Gene
could do the same. I asked Bobby
if he would arrange a time to take me in
and he said he would & then I called
Gene & he said he still wanted to go for
therapy & that he would call her.
In our talk at that time he said he wished
I could meet someone to make me happy &
I told him my thoughts at this time is
not in that direction - just to make myself
a whole confident person - his thoughts are
in a different direction - away from us.

July 20, 1982

Even tho I had a very trying nite last nite, crying tremendously, because I tried to understand Gene all these years - I talked to Linda before I went to sleep & she tried to calm my fears & I felt a little better. I fell asleep - had terrible dreams - but when I awoke this morning - (after praying to God all nite to help me get thru this) I felt much better - happy with all I had and a feeling of going on to a new life even with out Gene. I wake Bob up to take me to therapy & he also took me to lunch at Chuck & Cheese's - I had a real nice time talking to his friends - I felt so good about myself & my future - Then to therapy with all these things coming from Dona (I have heard so much of the same thing from Ken - but he gets angry with me from his nerves - while Dona has a professional touch). Bob took me shopping after that & he also picked up my Driver's manual - Then when Linda got home from work, Carla & she took me to the Holiday House with them, where I bought a sandwich & laughed a lot! I feel good & nite!

July 21, 1982

Nothing really special happened today or tonight, much of the normal household things I'm feeling a little despondent tonight.

July 22, 1982

I finished my washing for Bob today - now I'll work on my budget and bills - I also wrote a letter to Gloria's attorney - Everything is about the same today. Tonight I'm very lonely and feeling so bad the way Gene has turned out - I'm glad I'm not feeling so guilty about me being completely to blame, because I know Gene never helped the situation before. I'm so tired tonight, I hope I can sleep.

July 23, 1982

Linda has invited her girl friends over for a cook-out today. I feel so tense this morning - I'm making potato salad & getting a few other things ready - I just got a call from Linda - whom I love so much - She's my dearest friend who always listens to me - I know I make her nervous but I need her advice so often. But this morning she triggered an already tense me by saying I make too much out of a cook out -

and I told her it's easy for her - she's at work - does she want to come home with nothing prepared & she has to get it all together? It isn't that I'm doing so much - but I think I am necessary and I'm so tired of being un-necessary to everyone especially my husband of 31 years who has no qualms of walking out on me at this time! Then Kenny came down & asked me why I always related everything that happens in this house to my relationship to Gene. I then just couldn't cope & told him to leave me alone, so I'm the worst in all ways, I wish I wasn't here any more so I wouldn't have to cope - and I went on and on, crying and crying! He finally said something nice about me & my plight & I settled down, exhausted, then Linda called & apologized for saying what she did & I told her I loved her & Ken but I just can't take much more. They can't believe after 7 months I'm still so upset. The rest of the day & night went really well & I had a real nice time with the young people.

July 24, 1982

Gene happened to call on Linda's phone last nite, to remind her to meet him for breakfast this morning. But I answered, so he talked to me. We talked pleasantly enough, but it's so hard to understand how we are in this position once more when just last May he came back home. He wanted to meet her in the parking lot at my hairdressers at 9:30 AM and he would drive her to breakfast & then back to me for her to take me home. But this morning he came about 8:45 AM. Thinking I was gone, but we talked a little, he said my hair needed done & I felt like telling him off, but I didn't. Why does he even care, he doesn't want me. Linda thought he came early to see me but later in the day I noticed a few more of his suits & shirts were gone and I bawled like a baby, because I feel it is fruitless even to think of him & I together. I must must look to a new life - I never really thought it would come this far - but our last years were so hectic - mentally -

July 25, 1982

This was a very slow, quiet day - Too hot outside to do much there & I didn't want to start a big project indoors today. Linda had to work her off day, today, Ken went out a little & Bob is at work.

I read the paper, Ken bought us Beef Territos for lunch, the rest of the day dragged, When Linda came home we barbecued a few steaks & hamburgers - Then I cried a little to Linda about my sorrow about her Dad & she yelled at me again, to forget about him & concentrate on me - each day is so long - my life with him was so important to me, even if we had problems, I wanted so to live my life out with him. For someone who came home to me so much of our life. it is so unreal that he doesn't even care if I know what is happening to him. This is just like 10 years ago - unbelievable!!

July 26, 1982

I washed clothes today and I also went out to eat lunch at Sweet Williams with Angie. It was very pleasant. She's having some problems with Jack & it's easy for her to talk to me, because I'm suffering with my own. I'm sure her husband's problems have a lot to do with his age and some insecurities he would never believe because he always feels that he is always right. I came home (it was so muggy outside) and I did some things around the house - hung pictures in the game room - allowing an empty wall for his JWW mementoes for this year to come (if we ever get together again) and the day progressed into evening with nothing exciting happening. I was a little depressed last night - nothing as bad as before.

July 27, 1982

I got up early today. Really I shouldn't because I'll feel tired later - but I wanted to do a little exercise, because I put a few lbs on and I'm frightened of that. I mustn't forget my goals & work at them! I also wrote up my checks & bills to be sent out later this week. As I sat at my desk I started to think --- (which Ken always says is dangerous for me) --- our life together was so complex - one of the big reasons Gene needs to be away from me - is to show himself the strength he has to do his own thing - women, card playing, being commander, taking care of himself, etc. He probably feels he can't do that around me, because I intimidate him - but that's his fault he has to find the strength to support himself when he is around me! Not to try to find it with another woman - unless he finds that the easier of the two - but why throw away all our hopes & dreams for the future - just so he won't have to deal with his problems when he's with me. I'd love to work together with him to solve both of ours, I have more

strength when I'm with him. It is so strange, I can have more strength with him and he has less! But my problem is also that I cannot exist too easily by myself - which I must learn to do, so I don't put so much burden on others - His problem is to learn to deal with me and still live his own life! But again as I read my last paragraph, I'm not so sure I did have strength with him around, otherwise why didn't I concentrate on my problems (weight, low-self-esteem etc) Maybe I really wanted more from him than he could give - and didn't know enough to stop trying to change him & be all the things I wanted - within me! He did so many other things for me - he couldn't give me everything - Even sexually he didn't think I appreciated him so he held back on that too. Now he's giving it to someone else - while I cry my eyes out because I can't see him & even if I did, at this time, he wouldn't be the same Gene he was. He's become someone else - someone who has lost his love for me - It breaks my heart!

July 28, 1982

I went in for therapy this morning and Gene was about to leave - he was surprised to see me on the porch and talked to me a few minutes about the mail, etc - seemed a bit nervous -

It hurt me so to see him as just a friend instead of as a husband - as he was about to leave, I just had to tell him how hurt I was that he wasn't sharing his life (as State Commander) with his family and me and ~~close~~ to share it with people he just got close to about 7 months ago - he said he wasn't sharing it with anyone but Emma-Lou (who he was seeing again)

It just ripped into my heart when I heard that & I said to him that someday when he has tears running down his face for what he has done to me and his family I won't even care & I'll never go back to him - and I ran into Donna's house & I cried to her.

She said she knows what I'm going thru. Maybe I never stopped loving him no matter how little he shows me physical love because I never knew he had any thoughts of another woman - I didn't like the way I looked so I couldn't expect him to - but I never thought he would walk out on me and look for someone else!

July 29, 1982

The weather is beautiful today - I decided to trim around the bushes (which I never did before) and I swept the porch - It looks so nice now. Then I felt depressed when I thought of all the times I saw Gene in the morning or afternoon cutting grass. I don't think I'll ever get over this! Last night I talked to Marjorie from Equibank and she asked me not to be negative & to pray to God for everything to be right again - I always do - but it is taking so long!

July 30, 1982

I got up early today and dressed up in my good clothes for 2 reasons I'm going to early lunch with Augie and Gene usually stops by to give me the deposit slip from the bank - but not today! He called me about 10:30 AM to tell me what he deposited & we talked a little about the money - he seemed happy with himself. I asked if he was playing cards tonight because George Rebb called me the other day (he thinks Gene was here) - Gene said he wasn't - he implied he was going out - I said goodbye & cried my eyes out!

July 31, 1982

It's Saturday. Have to get my hair done this morning & then Linda promised to take me grocery shopping - we have nothing in the house to eat - The money is scarcer now & Gene used to take me shopping when he came home from work - any morning. I do miss him - how I wish he would truthfully miss me & not come back because things didn't go right for him. I've lost such faith in him - he's like he was 10 years ago when he left me then. If I'm truthfully at fault for all he did because he couldn't put up with me - I'm sorry - I can change - but he has deep hang-ups also and running away won't solve it for him - he'll love too much! Linda had breakfast with him while I had my hair done & all he talked about was JUV and his upcoming legal battles about the ^{model} airplane he took without realizing it's worth. He has given himself such problems - Linda didn't have much to say about him - she seemed depressed about his behavior - all caught up in himself!

August 1, 1982

It's Sunday - Nothing much to do - Ken is getting phone calls about his house - he's interested in selling it or renting it.

We heard nothing from Gene at all today. We never do - How can one expect anything from himself and not care what his family is doing with themselves - The only reason the kids don't call him is because they're disappointed with his behavior. ~~That's~~ I can't really believe it is a sickness. If we truthfully could we would definitely understand. I'm feeling depressed and I better go to bed soon so I don't start crying again.

August 2, 1982

Bob is off today, taking me shopping - again! He had to pick up balloons for Chuck & Cheese & when we went there I bought a stuffed Yogi Bear which Ken will give to Jessica on her birthday. It is so beautiful! Everything went well today, but I'm feeling very negative lately - I don't like it because I don't succeed at changing myself mentally or physically & I go straight down that awful path again. Maybe tomorrow will be better!

August 3, 1982

Today started out OK - I washed clothes, etc. but after watching my one soap opera - I felt despondent - and I went upstairs & instead of saying to Ken - "I feel really bad & I want to scream - it has nothing to do with you - I'm just feeling terrible" - I told him that I was tired of him being on the phone & doing nothing around the house & I'm sick of his father & his running around & I just cried & cried & he told me he was tired of hearing my unhappiness, etc. I just cried all night - I don't know how I stayed with Gene all these years, allowing him to treat me as a "hon wife" & then letting another woman become close to him. He actually has blocked us all out of his mind - how can he live with himself. Is he so selfish that only he counts? I feel guilty if I even talk to my kids in a wrong way - while he leaves this house & forgets about everyone in it! It's unbelievable!

August 4, 1982

Bob took me to see Dona today and we had a good talk on me learning to be independent & leading my own life. She feels it will take me 2 to 3 years to learn to do that all the way - I know that is true because my mind is seldom on me, always on others, even ^{on} Gene. We were so close for so long - I loved him so! I guess I still do - but I'm so disappointed in him - why is he being so different, now. Our home & the family seemed to mean so much to him - what has happened to his mind?

August 5, 1982

I washed Bob's clothes today & then Ange called to ask me to go to Murphy's Mart and believe it or not, I said yes. We bought a few things, then we stopped at Taco Vista & had a big burrito (she never had one before). Then we went to Montgomery Ward's to purchase some notebooks on sale, then home. We had a nice time together. I'm learning to leave the house & enjoy myself - by myself. No one stopped me before but my own fears & overweight. Now I hope my life straightens out soon. I'm so glad my children are still with me at this time.

August 6, 1982

Ange and I went to breakfast this morning then to Scout Eagle - Then we went to a Butcher shop to order her meats for a picnic she's having Sunday - We had a nice drive & conversation - Then she took me to Dr. Leuchs where I got a shot near my right elbow where I've been having a lot of pain for about 8 months - He asked me how everything was and I had to comment that Gene left again & he said he was sorry to hear that & shook his head - He asked me how many times can my ego take this & hoped that Gene would grow up this time. He said sometimes men looked on their wives as mothers who would always look the other way but he said if ever we got together again, I should be sure to get what I wanted this time. He said every case is so complex that therapy had to be the answer. It was odd to hear all this from him because I had read almost the same thing in Joyce Brothers' recent book. When I left he wished me luck.

August 7, 1982

Linda stayed overnite at Janice's & they came this morning to pick me up so I could get my allergy shot & have my hair done. On the way home we passed Gene in the car, he apparently stopped for his mail - he doesn't want to run into me - he knows how badly he's treated me. I don't think I can forgive him this time - It's just so humiliating! Just to think that he can stay away from all of us and be friends & good friends to virtually strangers is so unforgivable to me. He mentioned to Ken that therapy is helping him to know himself. Then this evening I just couldn't cope with Lenny - I mentioned that he should have taken medicine last nite for his cold. Because he still had it & was going out tomt & tomorrow he's suppose to drive my mother, sister & me to Exeter for Janice's party - and I know his cold will be worse & he'll probably take Contac tomorrow so he'll be half asleep - & he started to tell me that he didn't need my mothering

& indirectly made me feel that was a lot of what was wrong between Gene & me and I got very hysterical & couldn't stop talking against Gene & his women friends. Then Ken kept telling me I had hated my heart & that was always my problem & we went on and on & I just couldn't stop crying. Then he took a shower & his boyfriend came & I went upstairs. I asked him later why his friend's mother could tell him many times during the week what shirt & tie he should wear & he never disrespects her by telling her to stop mothering him - Then Ken said he was sorry he put me down - But I always feel so bad - like I've always been wrong because I've always been so verbal while Gene hid everything from all of us with his quietness - He was always looking to leave me at the right opportunity & let me go on and on with my inner unhappiness until the right moment arrived and now that all the children are grown decided to leave me in the middle of my life.

August 8, 1982

It's Sunday, a very quiet morning - we'll be getting ready soon to go to Jessica's Birthday party this afternoon - Gene is going, taking his sister Helen because she wants to go - and Kenny will take me & my Mother & Sister - Bob is taking Jimmy Dean and Linda has Carla and Auntie. About an hour before we were to go, I was so surprised that Gene drove over & he sat on the porch and asked me if we were having the party at our house, because the other day I suggested it to Ed because it may rain and we had a lot of facilities, but he said "no" so there was no need to call Gene, because nothing was changed. He looked very good to me, rested & a little heavier - It made me so sad that he seemed so well, much out me, I know that sounds selfish but he didn't seem to need me. I asked him how he liked his therapy with Dona & he said he liked it very much but wants me to go every week & he'll go every other until about January when he'll get his deductible in & can go more often - I really don't know what this all means because I don't want to appear

too anxious - In fact I'm not even sure I can
actually, really be close to Gene again - I have a
lot of dis-trust at this time & I cry a lot ~~to~~ not
really knowing if he is a really honest man or
one who uses people to his advantage! He got a
cover from his new GUV directory that he is
putting out & showed it to me - but my heart
was heavy because he mentioned the word
"we" when he said he had a lot to put together
& she was helping him - I said I could have
been helping him & he said, maybe next year
I could be doing that. I hate being told "maybe"
like I have to wait to see how things turn
out for him - What kind of love can he possibly
have for me - to be putting me thru such turmoil.
I'd like to be able to say that I want to be
on my own & I never want to be with him
again - but I always remember what a big
part I had in sending him out of the house.
He wasn't happy with me for so long & it was
always beneath the surface, just as I was
unhappy but I couldn't leave him. He is
so close to the other woman because of GUV
that he'll always remember her - how much
he remembers me. I'll never know! - We all had
a nice time at the Birthday party!

August 10, 1982

Today Ange and I went to Oakmont to see a quilting demonstration & their little shops - we had a small breakfast in a very cute coffee shop & then went on to Verona for their little Quilt flea market. It certainly was a different day than I would have spent last year - I can see how important this life will be for me - I don't wait for Gene to make me happy everyday. But I love him so, that I wanted to be with him always - but that wasn't healthy & he seemed to know it, because I seemed to devour him. I never got that much physical love from him so I was always craving. - Then Ange & I had lunch at "Sweet Williams" It was a real nice day & I thanked her for wanting me with her & she did the same.

August 10, 1982

Today is my day for Therapy - Bobby is going to take us for a Donut & Coffee & then to the therapist - we're a little early for my appointment so we stopped at Eddie's and picked up the table we loaned him for the

party & a few misc. items & then to the therapist.
Donna is so good - she lends such insight into
our problems but I always have this longing
for him & such deep hurt from what he is doing.
Maybe I'll meet someone & I'll be able to
realize Gene really isn't the right man for me.

I'm meeting Annie for a movie and lunch -
the new me - I feel so odd - but I know this
is what I must build into my personality -
a feeling of doing something just for me - because
it is healthier - (It gives your husband some
space in his life for him) I'm watching
my weight again - I must reach my goal -
or I feel that I can't accomplish anything.

I'll take one day at a time again - I can
never look too much into the future -
I seem to get disappointed - I'll take one
day at a time!

August 12, 1982

Today the Sears repairmen looked at our
dryer - it needs a new timer - I went to
get my new lenses then Linda, Carla & I went
to Tullio's for a sandwich - a great warm
corned beef one - I can't help but miss Gene - I
went everywhere with him - even tho I know it was
wrong now - I really didn't know it then!

August 13, 1982

Gene called me as usual from his apartment to see what I wanted deposited from his check - I felt so sad when I talked to him because this was the man I talked to almost every day for 3 yrs. And now he's living away from me and seeing another woman & it just devastates me. I started to cry on the phone - I felt so stupid and told him so - I told him not to think I was begging - and he got angry & told me he never thanks that - I told him I can't believe how he can live away from me & the family & not even think of us - and he cried & said I have no idea how much or how little he thinks of me or the family but he just can't handle me at this time and hopes the therapist can help him - I asked him if he loved the other woman - he thought awhile & then said he didn't love her but considered her a very good friend - I said he was bound to - sleeping with her so often - I just couldn't hold back & told him I have no use for her because she pulled him out of his own home by giving him her body. I'm not excusing myself for my inadequacies but he could have tried to let me know what he truthfully wanted years ago - he said I was right.

We talked a lot more & he didn't act like he never wanted to come back but he had to understand himself better & if he ever came back it would be for good.

August 14, 1982

Ken is taking me to the handressers while he goes to the Racquet Club - Gene came over for the mail while I was gone - no messages left for me or anything - I just know he is happier out there enjoying another woman & her company than I am at home without anyone taking me out - I feel so left out of life without him - but I know things were pretty bad between us about a year ago - but he made no effort to resolve things then - I guess he just was waiting for the right time to leave. I also feel that maybe if I meet someone real nice I'll be able to forget Gene - altogether.

August 15, 1982

The day started out reasonably well - Linda is away for the week-end - Bobby is working - Ken is going out for part of the day - and I'm feeling a little depressed - as usual - It's a long day for me and I'll try to find something to do - other than cleaning.

Normally last year, Gene & I would be together on Sunday,
me complaining and him going along with it - I
never realized how unhappy he was - I was always
complaining about my unhappiness putting it all
on Gene instead of myself. I would like to have
a chance with him again just to show him the
new me - someone who can understand if the
other partner is unhappy - as long as another
woman is not involved. I can't be that
understanding! Well anyway, that note and
was sitting across from Ken at the supper
table - He asked me how my day went and
I was feeling so blue - I just couldn't lie -
and then he got into it - again - about my
negative thinking - and it felt like my
head couldn't hold it all and later that
evening I called Gene and I cried - again!!
He seemed annoyed & wanted to talk to Ken
and later I got on the phone again and told
him how much I disliked the woman he
was going with - and he said it didn't
matter what I thought about her he thinks
she's a very nice woman - and I said that's
because he's not living with her & I said
a few more very derogatory remarks & he
was very angry - & Ken was very angry at my
lack of coping.

August 16, 1982

I definitely decided today that I must try with all my life not to cry to Gene again - I'm going to try again to live my own life without him & if it means never to be with him again - so be it! He's hurt me enough - I don't know if I can ever get over what he's done to me this year - It didn't only involve him & me and the family but it hurts!!

August 17 - 18 - 19 - 1982

Went out with Ange one day - Linda & I went & did grocery shopping - Just 3 more days I got thru - I've been a little negligent with my diet but I'll get going much better tomorrow.

August 20, 1982

I went out to Greensburg today with Betty Athens, an old friend from my early days at Pitt and also the mother of Bob's best friend. She's very nice, has problems in her own life because she's been a widow for about 10 years, we had a real nice lunch at Kaufmann's there & a real good talk. I arrived home about 4:30 PM and made a supper for Ken & his friend Tony and then everyone went out & I went to visit Ange, but I did dreadfully on my diet the last couple days.

August 21, 1982

Went to get my allergy shot today and then to get my hair fixed - my spirit is sort of deflated because I haven't kept my goal with my diet - Linda picked me up and then ~~where~~ we arrived home. Gene was there talking to Ken - I don't know what they were talking about but when he saw me in the house - he had tears in his eyes & he kissed me - whether he misses me or not, I'll never know - but every time I see him all the old remembrances of him then come back & it makes me so sad! Everyone went out tonight & I was all alone - I cried again in my room - and then without caring - like a self punishment which I'm so good at - I ate and ate! I was deathly sick when I went to bed!

August 22, 1982

It's a beautiful day today - I don't feel like getting out of bed, but I must. Angie was Phaulkner's great-nephews over - so I went over to visit - stayed about $\frac{1}{2}$ hr. & then Jack told me that Gene's car was in the driveway - I wondered what he wanted - I should have known it was for him - a special tool he needed to put together his State directory

He came out on the porch and saw that I was sitting there with Linda - My hair must have looked nice to him - because he said I looked pretty! Then we talked about J WV and then he said in jest - "Have to go - work to do - place to go" and I ended up with my snippy "People to see!" He said - "I thought we were going to be friends" - and I wanted to say - "Screw You!" But I didn't answer him. Then he left & I gave him a half-hearted wave. Everytime I see him - I'm angry - He acts like everything is all fine and dandy - He's allowed to date anyone he chooses because we're separated & I should feel great about it - Oh how I hope I get a ~~chance~~ to go out someday - but I just have to get thinner - I must concentrate on this goal but it is so hard with the long days and food in the house.

August 23, 1982

Nothing really special today, just the normal.

August 24, 1982

I got a call today from the previous adjutant for the state & he was very concerned, because the rumor in Philadelphia is that Gene is very ill. I told him this was untrue that all Gene had was a bad cold. But I told

him that Gene would call him sometime this week - So I thought I would call Gene and tell him what was going on and he seemed genuinely happy to talk to me & I said a few funny things in reference to what Philadelphia was led to believe about his illness, such as "I said to Ira that the only illness Gene could possibly have would not be physical but mentally" - Gene laughed at that, then at the end he said he would be in touch & we said goodbye. Ken was in the living room & overheard my conversation & thought I was improving each day & if I could keep everything light in my life, instead of so heavy, everything would work out well for me and anyone could live with me! I bet!!

August 25, 1982

Went to see my therapist, Dona, today, she seemed pleased with me as I did with myself - no crying - just discussion - she felt that the discussion I had with Gene the other week - may have vented my anger. Bobby had the senior citizens over to Lizza's theater this morning & my mother had a marvelous time. Gene also called me this morning about a letter that on my desk for him & we had a wonderful talk about our children. A good day in all!