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Daily Thoughts #4
Ruth Rosenstein



notebook

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December 8, 1982

Today I'm going to clean my house because Sunday Eve, Trish, & the grandchildren plus my mother & my family will have a Chanukah dinner here & open gifts - I invited Gene but he doesn't want to upset his apple cart this year with her so he won't involve himself with us too much. I understand but it hurts me so - I have so much to give someone and I'm not sure Gene is the right man for me but I haven't tried to meet anyone new maybe Gene will come back into my life and we'll begin anew - who really knows. I haven't done too well by me in changing my physical image - I still like to eat - too much. Mentally I think I've changed quite a bit - I socialize more, understand more, cope better - I still get highly nervous at nite because that's when I like to eat - I have to go to bed early to stop myself - or if I had a companion at nite to converse with that may stop me from eating - maybe! I've wrapped all my gifts for everyone, sent out all my holiday cards for Gene and myself - I'll clean a little today & tomorrow - SEE Gene tomorrow morning a little - Have dinner and shop with Linda tomorrow nite - I'm always planning!

December 9, 1982

This day starts out strangely - I wake up about 4:30 AM - head all spinning, as usual, and I decided to stay up and fill a couple of Libby's glass Xmas trees with candy for gifts and then I stayed in my room most of the early morning until Linda & Bob went to work & then I saw Kenny early - he was studying for a test in Japan and then I took a hot bath, almost fell asleep in the tub then decided to nap for a few hours before I started to clean house. As I was dressing my "ESP" started to work and I thought wouldn't it be awful if Gene stopped by this morning instead of tomorrow morning and I'm not even dressed! A knock came to my bedroom door "Dad's downstairs now" - I almost "croaked" - "Tell him I'll be right there & I'll bring down his mail" - I fixed my face and hair "went down all smiles - wishing I had lost weight & we talked cordially (almost had a brief moment of confrontation, but I kept my cool and changed the subject) then we talked & laughed & he hung a plate for me from Kenny - did a few things upstairs (I kissed him) but he is a little different - he just doesn't belong to me now - probably only belongs to himself but keeps his company.

But that's OK - I'll see him or someone else someday!
Then I kissed him goodbye & he kissed me and asked
me to take care of myself - I did likewise - I gave
him a Christmas Card with money & he sent me a
few days ago his Xmas check for \$200 - he said he wished
he had more but I said it was fine but a few words
along with it would have been appreciated. As
he left - who came down the street but the
Weekmans in their car - Gene waved but his
face changed from a smile for me to a worried look
for himself - They probably will carry the news
to her that he's visiting me - but who really cares.
This has been one of the most mixed up years
of my life! I hope all I have learned will stay
with me forever & I never experience this again!

December 10, 1982

This whole day has been crummy - I know it's
self-inflicted because thank God we'll all be together
and I should be happy with that thought but
being me I want more - Gene. And then if he
were here would I be satisfied with just
what little he can give me - probably not
and I might argue, wanting more - because
I always feel people can give more to others,
but do I really give all I can give others or do
I keep a lot for myself, always acting the way

Ido - Is that myselfishness and is that comparable to others and their selfishness to me - why can't I accept people as they are and not as I want them to be - what Gene is doing this last year is so devastating to me because of the way he appears to me, which is so against what I want in a man - but would any man I meet have some quality I don't like & would that be comparable to the quality I don't like in Gene? There are qualities I do like in Gene - his kindness to others - his giving of himself - his listening - his desire for other women and their bodies is devastating to me because it shows me what I'm not and could be if I only would try harder but I'm selfish and have a hard time giving this quality to Gene which pushes him away - but yet I want him to be perfect in every way for me without me really trying to be perfect in every way for him. Dieting and keeping thin and Driving have been 2 big things I've held off doing - They are the hardest for me. If I could accomplish these I might be happier with myself & not look for everything in someone else because I'd be busier & not have time to look for inequities in others. Even when Gene was here, I'd talk and talk to him until I became a burden to him & he escaped from me, who wouldn't!

December 11, 1982

Saturday, Nothing really important, Hair - lunch - a little shopping - cleaning a bit this evening because of my Chemikah service tomorrow and that's about it!

December 12, 1982

Everything is ready to go - I've overcooked my dinner, I know - No-one can say that my meat isn't done - It's more than done - A baby could ^{eat} it and probably will. But I got a surprise before everyone came - Gene came in about 1:15 PM. They were to arrive around 2 PM - He had something for Linda's light end upstairs & he gave me a little kiss and I said are you going to stay and he said as he looked at his watch - "Oh about 1/2 hr" and I said "Why don't you stay to at least see the kids open their gifts" and he said he promised her he'd be back to see the football game and I just flipped - I asked him why couldn't he miss part of the football game as he's done in the past & why does he owe her so much and what happened to the so-called family man of the past and how could he believe what he said about the future when he acts this way and how he's lost his family & me & he retorted he hasn't

lost his family. He was very mad & went up to see
Ken & Ken felt he was wrong this time & he
stormed out of the house & I threw his mail
onto the front grass (I got it later) - Linda was
displeased me & asked me to please calm down
before company comes & of course I did. I don't
know this Gene, he's too selfish, I don't like
this man, I liked the man I had before
but because of his lack of physical love for
me, I couldn't stand him at times - I don't
know if we'll ever be together again. It would
sadden me immensely if we weren't because
we both worked together for this house and
four children. I always wanted Gene to be
with me. I know now & I probably knew
then that I wasn't working fully toward
making him happy physically, so I used other
means & he knew he wasn't making me happy
physically either & so he used other means -
being extremely nice to me for all other reasons.
I was angry all the time, with him, the children
& myself. I was grateful didn't want to work
that hard so I never lost weight to see if that
was really a problem. Maybe Gene never liked my
looks or attitude or aptitude or something or
maybe I intimidated him & he hated himself for

not standing up for himself - Some of that is his fault
not mine. I can't get thru one day without thinking
of him - I must be crazy for torturing myself.

We all had a real good time tonight, the
grandchildren are oh so beautiful. Jessamine
like a little baby doll and she's so good now,
had so much fun with her toys, ate her dinner
then went down to start to play again. I enjoy ex-
tremes so but after they left - so much mess-
dishes, wrapping paper, furniture out of place
I couldn't keep my eyes open last night - I kept
Gene out of my mind the best I could - I
miss him so much more than he'll ever
miss me - I just can't understand how
he's changed !!

December 13, 1982

I had an appointment with Dona today, Bobby
came along. She wanted to get his input into our
conversation - What it came down to is that
Dona will believe that Gene is coming back
only when it happens - And then also I believe
this - It will take us a while to get back
together even if we really want to - Because
of all the animosity we feel for one another
especially what I feel for what he's done the
past year. I never want to be as selfish as

Gene has been to me - but then from hearing Kenny
he feels I have sent the past to him and Gene -
The only difference was, I wasn't aware of
the damage I was doing as well as Gene is now.
He says he knows, but because of purely selfish
reasons (G.W.V) he has to continue on this path -
no matter who he hurts or how he's hurt -
he'll make it up to me later. I asked Dona
if it was true that Gene had to leave me to
save himself and she said yes. But he never
made any attempt to solve the situation at
home - It was easier to leave and satisfy
himself with another woman. I must, must
get strong so I can't get this hurt again, but
I always say this and then I hear about
Gene going off to Philadelphia or somewhere
with her and I feel hurt again - and
cry & cry. I know he's told me he would
be living this kind of life till June but
I always feel so inter-connected to him that I
wouldn't have dreamed he would do this. I've
learned so many lessons - "A ounce of
prevention is worth a lb of cure" - how did I
think I could hold him and weigh 270 lbs
- I never knew the importance of sex to him because
he never seemed to make it important that he wanted

it from me - so I kept eating - I was so masochistic
towards myself - I wasn't happy either but
I couldn't get blood from a stone - Maybe Gene
will never be right for me - Time will tell,
but I have to get thin and independent, even
for another man - I like belonging to someone -
I will definitely try again tomorrow to control
what I eat - I must get thin - It makes me
feel good about myself because then I have
everything any other woman has and I won't
be so jealous. I don't know why I can't be
satisfied with just the love I get from my
children & stop looking for Gene's love - He
can focus on his life so much better than me
- He's the most important to himself - I just
can't be that egotistical - I never let myself
get that way even as a child - Gloria is
more selfish than I because she always allowed
people to cater to her - I just wouldn't allow
it - I thought that would make me special in
their eyes - It also made me feel something special
would happen to me and it did when Gene
came along into my life - we had some really
happy times - In case Gene remembers this in
some way or he wouldn't want to come back to me
- someday and try again with therapy.

December 14, 1982

Of the many things I remember about Gene that I loved so much - was how he was always there for me - Anything I asked of him he came thru as I did for him - When it came to us physically loving each other, something got lost - He felt inadequate with me with things I said & I felt inadequate when I put on weight - Everything else about our way of life, seemed beautiful, we both did for each other - I think a year ago, Gene was going thru "change of life" so to speak and didn't see our relationship getting stronger and rather than working at it he fled to someone else to get his last chance in life for maybe something better - The hurt he inflicted on me was very devastating - It made me realize how little I worked on my end - I hope someday Gene comes to the same realization & wants us to be together more than anything - Sometimes I'm so hurt I can't see me ever being with him & other times I see us together forever as before - but we'll have to notice when things are going downhill & recognize them & tell each other without one of us running away - I wouldn't, Gene might.

I also get hurt with people around me, even my children, whom I love very much and I'm sure they love me - They've shown me in many ways - If something social is coming up - I don't hesitate to try to put it together & I work very hard at that - but they don't put as much effort into it - even if it is for them - If their friends were asked to put something together for them they work with them enormously but with me they won't - They say they will and that I make too much of it - but I know that it won't be put together unless I do and then if I don't they say I didn't fulfill my commitment while all along they refuse to fulfill theirs - I'm not really angry I just don't understand other people - I'm very loyal but I expect that from others & I don't get it (in a work-related way) and it perturbs me (wrong word.) If everyone was like me, I may be jealous - but this way, instead of feeling special about me, I get internally angry - My family always says - "I'll do anything you ask, Mother" but when I need them they always have other commitments (and what I'm doing is for them & they do virtually nothing) It's so confusing to me & I always have to cope.

December 15, 1982

Am going to clean the house today for Bob's dinner party tomorrow. I slept very badly, thinking, thinking!! Then Bob comes into my room & shows me a real cute Xmas card he got from his friend & we talked a little. I asked him if anything was new and he tells me he's going on a diet & I was glad - what kind? The Cambridge diet - Liguorford - written up by Doctors & nutritionists as very bad - he talked back to me & left in a huff - my asthma increased - I know Linda once wanted to go on it but I showed her articles against it & now after those people in the office who were on it show off it - she's going to talk to Bobby - she feels he'll never stay on it anyway - too expensive and too boring. Then there is Kenny - I really told him off this morning - quite jabs without having another one - bored and looks for new things constantly then stays on them for about 6 months - constantly getting into deeper debt - turning 25 in another month - I told him to listen to his motivation tapes as he would tell me and to get out of bed & stay with something his room

is a shambles - papers & clothes strewn everywhere
He has such a great mind - but everything going to
waste - He constantly does for others so he won't
have to face what he has to do for himself - It's
exactly what I did - but I stayed with jobs
I was neat - but I never concentrated on me -
I never built a stronger me - but when Gene
left I listened to Ken (who can't even hear himself)
& to my therapist & Linda and I'm trying to
build a better me because nobody is there
when you need them - you must do it yourself -
I'll get them and then I'll learn to drive and
I'll be more independent so no man can hurt
me so again!! It's a little frightening because
I always felt I had Gene - but he let me down -
I was always afraid to leave this spot, worried that
he might die on me - so maybe it was for the
best for both of us - He's learning to live for
himself (ma strong way) and I'll try never
to get back being the old Ruthie. Ken always
preached to me and I listened but he doesn't
hear what he preaches - that's why I
told him like it is - this morning. Get
off your — and get it together - You
can't if your life depends on it - You can
help others but you come first or you'll drown!
The others only think of themselves first!!

December 16, 1982

Just doing odd things around the house, Have to clean a little for Tomorrow's Spaghetti Dinner for Bob's MSB friends and Mr. McNutt, his employee now, but owner of MSB before. The response for the dinner is lessening, we're about down to 6 people now instead of 12.

December 17, 1982

The spaghetti dinner went real well & since everyone had a real good time - what a bunch of dirty dishes I had left over - but it was worth it - Bob was very happy - Ken came over with his date later & he and Bob sang duets for those that were there.

December 18, 1982

A day of so called, rest & relaxation, but tomorrow we'll have the Davis's over for a dinner, Chicken & spaghetti, Salad cake & coffee.

December 19, 1982

We all had a real nice day - the football game was on for Ken & Jack Davis, Angie and Linda & I conversed, Bob went up to MSB to work a little & then we had a real nice comfortable time at dinner. More dishes, but Linda will help me with them later. The evening was very relaxing because we all knew each other.

December 20, 1982

Another dinner party - Linda & her friends
Carla, Anne & Janice and Linda, Bob, Ken & me.
I had the table all decorated as before - Xmas

candles - a glass Xmas tree for the guests filled
with Hershey Kisses - They loved them - Then
they went down to the game room to smoke while
I cleaned up for dessert & coffee - Linda
wanted to open Xmas gifts between us that night
to "cap" the evening - especially she wanted
everyone to see Ken as he opened her gift to him
a "Moe" puppet, about 3 foot tall - Ken nearly
fell off the chair with laughter and with
Bobby & Linda around with their jokes,
it was a hilarious evening. Gene would
have loved it!

December 21, 1982

Nothing really special today.

December 22, 1982

Ken leaves for California and will be "best man" for
Michael Buday - he's spending a lot of money he
really doesn't have but when it comes to his friends
he bends over backwards - I really don't care but he
just isn't making any money now! I also have to make
potato salad for Linda's birthday party her friends are
having for her and also for Bob's Xmas party at work.

December 23, 1982

Yea! Today is Linda's 24th Birthday - We're going to Sisco's for our hair then nails - then I'm treating her & Carla to lunch at Red Bull then she goes to her party with Carla. This should be a real nice day for her.

December 24, 1982

The lunch at Red Bull was very nice. They sang Happy Birthday to Linda over her sundae with a candle in it. Her party was a huge success. Lots of gifts - she got a little tippy - took a few friends up to Ken's unoccupied house - they slept on the floor then went for breakfast this morning - Oh the life! Gene never remembers to call her on her birthday - I can't believe what has happened to him - he's so perfect now - or maybe always has been - without my influence. Bob's party was a success also - they baked my potato salad but Linda brought home so much I added more egg & Bob will give it to Mr Cervi for his Xmas party (Thank God) and I gave some to Sammy & Tony.

December 25, 1982

Xmas Day! Where is everyone? I have to clean & cook again for tomorrow's dinner with the others - I still feel very sad that Gene doesn't feel a need to be with us - It breaks my heart!

December 26, 1982

Our dinner went really well - Of all the others only Betty & Jimmy Dean showed up - But we had a real pleasant time and it was worth it.

My socializing is just about over for this year.

December 27^{28-29th}, 1982

What a day this turned out to be! Kenny was still in California - due back late this evening - I had to greet his guests from Atlanta, Ga, who were stopping off to see Ken on their way to Chicago - They finally arrived about 6 PM and they were supposed to be in early - about 4 PM so I was starting to worry and the food was very overcooked. I really didn't know them except for talking to him on the phone - their names are Harvey & Joey Rounfield - well anyway, they came in the door & we said our greetings & they said, "we have something to tell you & we don't know how you'll take it" - and I said, from the top of my head - "Don't tell me you brought a dog" and they said "Yes" they couldn't find anyone to watch it - I thought I'd die! But I kept my cool because I didn't know what to do! They said he could stay in the garage - I said no because there is no room. So I offered

them the little room off the garage & they said OK - as the nite progressed & I wondered why I deserved this - they kept the dog near them all the time - In my living room, dining room and finally he slept with them in the game room! Thank God he was a wonderful dog - a few whines once in a while but no barking - mostly sleeping. But they always took him out - thru my downstairs door which I never keep opening - finally Kenny came home & they were all his! The next day I fed everyone again and again, which I wanted to do - because of the wonderful new Rock I had to turn into - but that evening when Ken was to take them out - They wanted to leave the dog home all nite (which they didn't do the nite before) I told Ken - no way, am I having a dog to take care of - I'm going to sleep! So they did take the dog & leave him in their car (as they always do) and they went to the movies. The next morning I got up & fed everyone, acting normal as I usually do & when they left, Ken confessed that he knew the dog was coming but couldn't ask them not to come so he left the full brunt on me - I told him never, never to subject me to that again. It was so selfish of him!!

December 30, 1982

Finally, my day! Linda is still on Vacation
were going out for our hair & nails & I'm going
to grocery shop (again!) What fun for a wonderful
woman like me!

December 31, 1982

Finally New Year's Eve is arriving, what
a great way to spend it. I'm glad the
kids are all going out - Bob to an all night
outing with Jimmy Dean - Linda to Ken's party at
his Snocliped House & me in front of the
TV with no one. Gene did call me about
11 PM from work - we talked & wished each other
a good New Year & then I cried to myself
& when the kids called me at midnight
I said good night & went to bed - hoping for
a better year next year!

January 1, 1983

Ken has a hangover - Bob is sleeping in -
Linda went to breakfast - No Gene again -
It's just amazing how he can change his
life so - I'll never understand this man
or even really trust him again - he's too
strange! The only thing he has going for him
is his kindness and helpfulness - but he is
so strange and selfish. - I guess we all have
our oddities.

(P.S. Irene Michelson came over Friday nite - Jan 7th and we had a real good talk over crackers, cream cheese, jelly & tea)
January 2 thru 8th 1983

Just normal things this week - nothing exciting, except Ed is bringing little Annie over for her birthday on Sunday - January 9th - one year old - We'll have pizza and Choc cake! Gene can't come (and I know he wouldn't) he's going to Virginia to a NEC meeting, with her, which I'll never understand, but I guess it's the old Gene, he stays on an even keel until he changes his life style - He needs therapy, really.

January 9, 1983

What a fun party we had Ronite - after the Steelers lost their play off - If I wasn't so busy serving & cooking - I'd have had more fun - but it was great anyway - Anne, getting my more bright eyes and bushy tailed - Jess is a firot and so big for her age (2½) - The pigs all 3 of them were excellent, if I have to say so myself & the chocolate cake was scrumptious - Linda decorated it with Clowns & Eddie ate 4 of it - he thinks it's his birthday cake - The place was a mess when they left & I was so tired but I'll do the dishes tomorrow!

January 10, 1983

I'm probably doing more this last year & the early part of this one without Gene than I did before with him, but that was my fault because now I'm forced into it because of my loneliness and before I had it all and didn't want it because of all my self doubt.

This is our last nite of real eating - we're going to Tullio's B's for 2 for 1 Buffet.

Linda, Anne, Betty, then & myself - we had a good time - I really couldn't eat too much, down it - because my stomach wouldn't let me close enough to the table (I put 20 lbs back on) to enjoy my food - so I ate less and then we went to \$1.50 nite at the movies - "Best Friend" - we had a good nite together, we'll do it again!

January 11, 1983

Gene called me this morning - I was surprised - we did well talk, my until I started to "teach" again & then he got mad & said he didn't want to be me and didn't have to think like me & then I had words & I cried - we hung up - I called back a few minutes & told him to sleep well & that I loved him - He thanked me - Am I a fool for still caring??

January 12 thru 13th
Just normal days - paper work for me & Gloria
Making meals - washing - writing - thinking -
never cleaning - All do that Saturday.

January 14, 1983
Linda and I went to a new smorgasbord -
Duffs - cost \$3.16 for breakfast - what a disap-
pointment, maybe their lunches are better -
but their breakfasts were nothing to talk about -
I think they should have offered some Danish
to pound out the breakfast - all they offered were
Crescents - nothing was really hot - except the
coffee (which you had to get yourself) Linda will try
their lunch with grandma (who won't free Vkt.)

Then I went grocery shopping at Giant Eagle
while Linda got a permanent at Lumbels
- I think I love grocery shopping for 2 reasons
It gives me something to do and in doing it
for my family - The cost today was ridiculous -
\$109 approx - I don't even think I bought
that much - Then Linda picked me up
& then we unloaded & I repacked - finally
got done about 3PM - Then Guiding Light then
Linda went out for the evening. Renny was
working late then going out - Bob was working late -
and I was home with my thoughts & food and they
were both devastating - I cried all night!!

January 15, 1983

Linda went to breakfast with Gene this morning and called me that Gene would be coming over to hang up a few of my pictures - So I got dressed as soon as I could & when he came over he was very congenial and so was I - He told me (as I later learned he told Linda & Kenny earlier) that he was moving to Brown to a little bigger apartment at a little lower rent - He was nervous because he was worried that I'd think he was getting away from us - but he said no - He needed the room, and it would take her a little longer to come over to see him & that may cool off the relationship a bit - which he says he wants, but not a complete breakoff just yet - but he says he's selfish and needs her to help him thru his remaining months in office, etc, etc. I really didn't care because he wouldn't have attempted any reconciliation with me until September at least - What can I say - If I'd lose my weight I could meet someone else - I could say he has to wait for me now - but I don't see that happening for quite a while - He says he wants to come back before the end of this year - we have to see how we hit it off - I must lose weight so I can feel good about myself - I'm feeling inadequate about myself. He's leading his life the way he sees fit for now.

January 16, 1983

I have a lot of work to do today - I'm having dinner for Ken's 25th birthday - a few of his friends over and I have to dust, etc. Gene came over for a few minutes to give Ken a birthday card & money & a kiss, we talked - he wished me well & went, probably to her house, to have dinner & watch TV. Whum! The cake turned out beautifully - I'm really glad to do this for Ken & the others, but I always have a sadness within me from the rejection we experienced. Gene does not feel the hurt we experienced because he has not been rejected - he does the rejecting - I don't like that quality in him.

January 17, 1983

I'm just doing yesterday's dishes, everyone's at work, I was asked to go to the movies with Jack & Anne to see "Footsie" I accepted because I don't want to retain my old "hermit" attitude of the past. Linda got sick at work & she had to call Gene to pick her up, which he was glad to do - He came in for a few minutes - I still feel badly when I look at him - I don't want to be hurt by him again - I'm so afraid of that & the feeling that goes with that rejection.

January 18, 1983

Today was a bad day for me. I didn't keep myself busy enough - Linda stayed home today & she watched TV and washed clothes - I watched it with her, which was a mistake. I always eat more when I'm not busy with chores - So I progressively became downhearted and ate straight thru the evening, I was possessed by negative thoughts of Gene and I cried and cried in front of Linda (again). I know it isn't only what Gene has done but what I can't seem to do - Lose weight!! I know that my weight is the real problem for our break up - my lack of esteem and confidence in myself and Gene's need to be more free from my insecurities - Even if today is bad, I'm going to look forward to tomorrow, the only problem is I'm taking too many steps backward.

January 19, 1983

Nothing special happened today, except Gene was asked to come over & look at something that connects to my kidney that was leaking, he fixed it & then I had a worry on my mind, about her moving in with him permanently and he said it would never happen & asked me not to teach him again, left a little angry, & later we talked on the phone, as before, no animosity. No harm!

January 20, 1983

I've called this morning to ask about the humidifier tube, we talked nicely, nothing about him & his doings, so naturally no arguments. I went thru the rest of the day, looking over Gloria's bills & calling creditors to see if medical assistance came thru yet, and if there is any balance, Kevin is responsible for all medical bills. Ken is renting his house again, just because he's busy with this new job at TGIF he does nothing other than that - If his friends need anything he'll jump to do that - I just want him to write a "Thank you" note to Grandma's friend for 3 loaves of bread she made him for his birthday dinner, he hasn't done it yet, no matter how many times I've asked, but when he needed his pants & shirts ready for work, I was there, right away - He upsets me terribly, I hate when people don't come thru for me - I always have a hostile feeling toward them especially if they don't come thru via material way. I'm going out to breakfast with Angie tomorrow morning & then do a little shopping. Tomorrow Eddie's 28th Birthday, he seems in good spirits, when I talked to him today.

January 21, 1983

I went out to breakfast with Angie and then grocery shopping - It really helped me out - First I was socializing (which I must) also I don't have to bother any of the kids to take me to the store for the few items I needed. Then we came home and I put everything away, watched "Guiding Light" then Linda came home soon - But then it began - I was tired but couldn't sleep - I started to eat & think again - I went to bed, but Irene Nicholson called & then we talked for a long time - Then for sure I couldn't sleep - The kids went to bed, except Bob who was up all night on a typing assignment - Then I stayed up all night, watching TV and eating - Everything negative came to my mind about Gene - I cannot concentrate on me - The other habits are too ingrained in my head - I have too long to see if everything comes up quiet - and then I feel so bad about what Gene is doing - that no matter how much input I had in this disastrous affair - I've acknowledged my guilt, but I'm suffering too much for it - I need Gene to tell me more often how much he wants to come back - but he doesn't need it as I do.

January 22, 1983

Today is Saturday. Linda's out for breakfast, Ken went to work, Bob is still working - he works all night at the Secretarial Service, but he's making \$400 (He's thrilled with that). I'm getting my hair done & then Linda & I will eat at "Eat & Park" - Exciting, huh? I was able to have more with Gene, but I managed to be unhappy with everything - Now that I have less I wish I had more. Don't everyone's thinking like that -

January 23, 1983

Today is the usual Sunday - Nothing much to do - For Gene he can fall asleep on the couch for half the day - I can't.

January 24, 1983

I went to see Dona today. We had an interesting talk - Because she's there to listen to you & give input, she won't walk away as others could - But it's so expensive.

January 25, 1983

I called the social worker from East Suburban and told her I had a "incompetency" paper to be signed by Dr. Hahn, enabling me to become Norris's guardian, she isn't sure he'll do it, because he's not her current psychiatrist but I'll attach a note & maybe he'll come thru.

Nothing special today. January 26, 1983

January 27, 1983
I went out shopping with Ange and then we had lunch at Denny's - It was a real nice day, but I spent money I really don't have - but a real nice lady told me today, that women need that enjoyment, it's "food for the soul" and it's cheaper than psychiatrists.

January 28, 1983
Dr. Valin came there, he signed the papers had them notarized & I sent them on to David Margolis, here on our way!

January 29 - 30th
Saturday and Sunday.

January 31, 1983
Went to see Dr. Saperstein, he's doing a foot cast for me, what pain!

February 1 thru 4th
Saw Gene this week, it's still so unbelievable to be without him - he's really nothing real special as a man, but I'm used to him, I don't trust him as I use to because he's shown me another side of him - but financially he's always there and I appreciate that a lot - I don't know if we'll ever be together again.

February 5, 1983

It's Saturday again - Linda & I will go to Children's Palace - I want to buy another paint by number picture - Pussy cats - for my little grand children - with the frames and all - It will cost me \$18 for 4 pictures & it will be therapy for me also. Vonita Ken is working & Linda & her girlfriends went up to "Friday's" - Bobby is getting ready to leave for Washington D.C. Tomorrow, in behalf of his job to learn about a new Government program that is replacing CETA. We went to Long John Silvers "Vonita for dinner, just Bob and I. He's almost packed to go - he's so efficient!

Sunday - February 6, 1983

Bob left early today. But he told me he had plane going because of the snow until he got to Virginia, but he arrived safely and that's all I care about. My mother went to see Gloria & altho she acts better, she looks very sick - My heart does ache for her & my Mum but I don't let it consume me. Poor Linda lost her wallet or it was stolen on Saturday nite - She lost \$25 & some "IO" cards - I hope that's the worst that ever happens to her.

February 7, 1983

Today is Monday - Haven't heard from Gene for a while - I'm the only one who can't get over the change in him - The rest of the family really don't care if they see him or not - I can't let go of relationships that easily, in fact when it comes to Gene and the kids and my mother I can't let go at all! They are always in my mind even if they are out of the house - Gene may say we are ^{not} ^{as much} ^{close} but I doubt it very much - He is living just for him & he said it feels good - I love to give of myself to my loved ones even if they don't want me to. I'll never be able to count on Gene again to be at my side, if I need him, if he feels it's too much burden for him, he'll walk away - I wonder if I can count on anyone again. Bobby called me tonight & said nothing is really happening today, which disappointed him, He's a little bored, it's snowing heavily in Arlington, Va - I hope he has no trouble when he comes home Wednesday. Linda is still pouting with the loss of her wallet and Ken is working a long shift today - he should be getting normal hours soon. He's so stubborn, he thinks everything he does & says is right, but he should know it isn't. Boy do I have to cope!!

February 8, 1983

I always feel much better in the morning. I guess it's because I'm rested & if I lost a lb I'm happy. I have a long way to go to lose my weight, I can only blame myself, but it is oh so hard to stick to 800 to 1000 calories a day. Even when I worked, I would eat in the evening, even after Gene & I would have supper - It wasn't fair to him, that I would eat after he went to work. I knew he always wanted someone thin on his arm when he went out, but I was selfish, as here now, and I only have myself to blame - I may never get back what I had - I thought I could play with fate - but I lost - now I'm paying for it.

February 9, 1983

Bob came back today from his conference. He had a wonderful time with the people there once it got started. He's real excited about the program the government will be offering the students financially, he'd like to work with that primarily in the future.

February 10, 1983

Gene came over and worked on his Income Tax, we got along well, but he is so strange to me, not like the old Gene I loved before. I guess he's gone thru a lot also.

February 11, 1988

Today's our 32nd anniversary, I don't feel as badly as I did last year, things are clearer to me now. I still long for a continuation of our marriage, but we'll see what the future holds. A heavy snow came in last nite, the roads look bad, but Linda took off to get her driver's ~~license~~ license re-issued to her, since her wallet was stolen, so we went to breakfast & then to a few stops for her & me & then we came home, safely in good time to say. I knew Gene was coming over to finish working on his income tax but because of the heavy snow he didn't arrive until later in the afternoon & much to my surprise & happiness, he gave me a Valentine's card (not long, but nice) and a pair of gold earrings (love knots). He said he can buy me earrings now because we pierced my ears instead of always candy, because he knows I want to lose weight, I kissed him and thanked him a lot, his voice broke when he said he knew it was our anniversary but decided to encompass it into a Valentine's gift. Well at least he remembered me this year, I hope next year brings us back to normal. If we both work out, I can, I have the most to do, I let it go too long.

February 12, 1983

Gene and _____ went off to a meeting in Philadelphia & New York today. But the weather up there has turned terrible, I don't know what he encountered till he gets home on Wednesday. I wouldn't mind if he went places, but having her with him breaks my heart - It's so unbelievable! I went to Dr. Dyrasza today to have my "root-canal" completed - Linda's visiting Grandma & then we went to lunch, then to my hairdresser. I can't wait until I can look nice & go out with someone again.

February 13, 1983

This is turning out to be a nice Sunday. Bob & Linda are home today - They gave me beautiful Valentines (Ken never buys cards) got a Valentine from Jesse & Annie (I sent them also with a few dollars). Then I made Bob french toast, Linda went to breakfast, Ken made a drinkable concoction - Then I made fried chicken, mashed potatoes, corn & chicken gravy - We loved it (not the dishes) Ken went to work & ate there. I still miss Gene - I gave him a nice card before he left Saturday - I signed it - "I still love you!" (I hope he does me!)

February 14, 1983

Valentines Day! In 32 years of marriage, this is the third Valentines Day I've missed spending with Gene. One in 1972 - one in 1982 - one in 1983 only this one in 1983 - I did get a nice card and earrings. Things could be worse - I've learned a lot about coping and accepting and not always wanting and getting what I want. I'm glad I have enough insight into the problems not as my sister, who is too mentally ill to recognize hers.

February 15, 1983

Today is a gloomy day - overcast outside - I'm missing Gene - I haven't lost enough weight - I tried again today until "Guiding light" came on & then I watched it again - then I ate some more later - It made me so depressed I wrote - I couldn't sleep - so I went down to the game room and needlepointed a little on my plastic sheets - I must make that goal - It will allow me to do so much more - then I won't go so crazy in the head - I always need things to do and think about - I can't expect Gene to be everything I want if I'm not everything he wants. Why should he work hard at pleasing me all the time and I won't work hard to please him. I can't be that unfair I believe in fairness - or I feel very guilty.

February 16, 1983

No matter how I begin the day feeling positive. I eventually end the day feeling negative - I know it's because I can't stay on a diet - The taste of food brings me such happiness for the moment and such unhappiness for the majority of the time - I'm also so depressed about how my marriage has worked out - Mostly because of the way Gene has openly been seen with Emma for throughout this year has broken my heart and I don't know if I can ever go back to him - I don't feel the real love I had for him before, or the admiration for him being my husband and the children's father - I can remember past performances of his in the same manner he is now & I don't really know if that isn't really him & the rest a face just to get thru life - We never been so hurt by anyone before - I still cry at night & try to find strength to go on But the disappointment is so great. What he is doing to me now is so devastating. my chest hurts me when I think about it. He wants to continue doing what he wants until he's thru and if I'm not there, he says it's his loss, but he will still go on. I want to be loved more than that, enough for him to come back to me sooner, or maybe never.

February 17, 1983

Today I'm going to lunch with Betty Athens, then we're going to see "Tootsie" - for the first time - or for the second - I want to hear again what I missed the first time. Gene called me just before she arrived and I told him I couldn't talk to him too long because I had to go - he said he understood - just wanted to say hello, since he just got back yesterday from a trip to Philadelphia & New York.

The weather was bad in the inner cities but not on the highways - I try not to even think about her being with him - but I'm still so hurt! Later that evening, just before he left his apartment for a dinner being held at the "Home" for their third anniversary - I called him to tell him I was glad he got home safely from his trip - he was very nice to me - why not - he's doing everything he wants to without any commitment to me - what happened to the love I felt we had for each other all these years - I don't think he ever really loved me - just needed me.

Just like a son needs his mother - he never had any sexual desire for me - he only has that for women that are wanted by other men.

February 18, 1983

It's Friday - I have to keep busy, otherwise I'll go buggy - I have to try to stop thinking my thoughts all the time - I feel partly responsible for what has happened to me because of the way I left myself up to pat - but I'm so embarrassed by what Gene has done with another woman in front of everyone I know, that sometimes I don't ever want to see him again - Maybe someday I'll feel so good about me, that I won't even want him anymore, and I'll go on with my life in another direction - He never ever missed me when he took her to all his functions or if he did - He did a good job of hiding it - Some nites my heart just hurts me terribly when I think of how much I loved him even if I didn't get him - He was always number one with me.

February 19, 1983

I didn't know when Gene talked to me last, that he was going to Philadelphia again today - with her probably - probably an affair - I just can't accept what he is doing to me - I know he isn't doing it to me personally, it's what he wants for himself - but the hurt is so bad - Sometimes, even now, I cry so much at nite - He doesn't feel any regrets - He's so selfish - I'm his wife - doesn't he know how it would hurt him - If I did the same

February 20, 1983

How do I feel my day - Shopping for groceries
making supper - washing dishes - Don't I deserve
to have a companion for me - I'm not that bad.
In fact, I'm a pretty nice person - I shouldn't
have been hurt this badly - He was as responsible
as me for our breakdown of relationships - Why
should he be happy with someone else, leaving
me and our home & family & then come back to
me when he feels it's regret and leave
happiness again - He's counting on that -
Sure he'll make it up to me - But I'll never
be able to love him again, like I did -
he robbed me of that too! I don't know
what to do - I'll always be fearful of him
leaving me again in the future - because
he'll never worry about my hurt - just his
happiness. To protect myself, I may have to
give him up for good - and try to build
my own life, by myself or maybe with a
good man, who has feelings beyond his
own. But how well I ever know if
anyone is that good - Gene was always
so good to me in the past - What is truth
and what isn't - Why must I live my last
years in doubt - I know I deserve more
than that - I have such goodness in me!

February 21, 1983

Linda is home on holiday today - we'll have breakfast - Then to Doris for a shower session - (haven't seen her in about a month) She's money will be put on Gene's name so he can build his \$150 deductible for the year - Then Linda will take me to see Dr. Liu - I have a consultation with him about my asthma, my lack of sleeping and I have a letter for him to fill out. Otherwise, nothing is really new.

February 22, 1983

Linda took off again today. She and Kenny went looking for a new car, mostly for me to drive, 4 door - air conditioning - etc. - her Camaro is very low inside - makes me feel insecure to drive it. Then we went to lunch - Later in the day Gene called - teasing me that he tried to get me earlier, but I was out with Linda - but I can hardly accept that as a complement. It just takes more guilt off of him - thinking I'm having a wonderful time - I'm having a pretty good time - but he's happier than me because he thinks he has everything now - men on pocket - her in another - the only difference is I know how deceptive he is and was with me - I've lost a lot of respect for him.