

Dear Kayla,

9 Sep 2025

This afternoon I told you I didn't want to hear your stupid tiktok joke. However, I sat down for lunch & kept hearing complaints about how I didn't want to hear about Starbucks festive drink blend choices by other men. In a moment of weakness, I agreed to hear a dumb funny story. However, the additional mental bandwidth required to process this social interaction resulted in one hour of intense outdoor walking and one hour of vigorous sloppy dishwashing, in conjunction with processing other material decisions and stressors.

Sweetheart, in re managing your investment portfolio, I was 45 minutes late to a trade I've waited months for worth w/ \$60k