

Hello! Sorry for dragging you out to the website again, it's just that I need to communicate something that I find I otherwise couldn't.

I get upset by stupid things that shouldn't upset me. I also feel the need to explain *why*. I'd like you to know all of this, and then sit with it for a little bit, and tell me how you feel about all of it. You are by no means required to do this, but it would make me feel better.

For the past two weeks, you've given up a few hours of our time together to hang out with someone else. This causes me to become irrationally upset.

The reason I don't communicate this with you is because I have a hard time communicating that irrational anger without *expressing* it. I don't want you to think I am upset with *you*, so instead I typically adopt a "mask" of sorts and lie about being upset entirely.

However, it's happened two weeks in a row, and my "mask" has more-or-less shattered. I could not accept your apology today. I don't know why that is. I suspect it is simply because it happened two weeks in a row, and that's setting me off internally for whatever reason.

I do not *want* to be upset. There is not a single part of me that wishes to feel this way towards your actions, but I can't deny that that's what's causing me to become irrationally upset.

The question in my mind is "is it irrational?" The anger itself I don't believe to be entirely unjustified. However, if I were to actually put that on you- that is, if I actually wanted to blame you, I think that'd be insane of me.

I practically refused to tell you up until it boiled over for me. You cannot be held responsible for what you didn't know would happen- for what was *actively being hidden from you*.

So please, I do not want you to feel like I am blaming you in the slightest bit. However, I want you to know that I am made upset when things like this happen, and I am curious how you'd like to continue.