11-2-23 – I am on day three of the medication and I feel confused and weird as in I can’t focus and that seems worse. I feel happy but just don’t know what to think of it all. I am scared imma change and obviously for the better but will I recognize myself with out the fog of depression? I feel like I will be a better wife and mom because of it. But everything makes sense but doesn’t at the same time. Did a lot of my actions and pain in my marriage happen because of it? How will everything be better when I was always telling myself already that I did have a perfect life and everything I have ever wanted. Will I not have random outburst anymore or will sam’s chewing not bother me anymore? That would be awesome because it’s something silly to be upset about. I have so many questions going on in my mind but when it comes time to remember its like I cant. I also have more energy and I find that weird. If I knew I had depression why didn’t I get help sooner? I also feel like everyone hates me right now and I hurt my family and friends so much by not getting help. Could a lot of this been prevented?

11-3-23 – My mom reached out and invited just the girls and I to my dads 50th birthday party and olson side thanks giving. I had called her after laying everly down for a nap and got callie watching a movie and just confirmed that it was only us girls invited and told her that if I am working on my marriage it needs to be all of us invited or none of us go. She seemed like she understood and said she will always extend the invite and they aren’t trying to take jabs at me and my family. I feel a lone. I am trying so hard and keeping my boundaries but its so hard. Im scared sam won’t do the same for me. I am afraid that when we go see his family everyone is just gonna attack me and imma have no family. I am proud of myself though for making my own decisions and keeping my family together. A plus side for today is we get our gardyn today for the hydroponic plants and then we can grow our own produce! I am grateful that we can feed our family and that we are all healthy.

6-27-24 – I miss my parents and siblings and wish they weren’t so close minded. I don’t want to live life knowing they are so close but we are so far apart. I miss their hugs and laughter. This feels worse than them actually dying because they are still here on earth. If they were so worried about me going back to sam then why don’t they check on me see if im ok and if the girls are. They must believe in their hearts he really isn’t a bad person if they can’t even check on us. I need to focus on work but I just feel sick about if something happens to them or me and this is where it is being left. Life is short but my family is sam callie and everly and the happiness of everyone else comes third. Cutting out toxic family has been the best thing I have ever done for myself but some days I feel like the heart ache could kill me.