Taken from the notes on my phone: 10:10 pm

(I was talking about the times that Claudia has chosen Andrew over me and why I need her right now, I was planning on talking to her about some/all of this)

possible summer trip to WA —> not seeing me in WA

washington in fall —> camping

thanksgiving + every other weekend in summer —> nothing

there practically every night —> never see me

hung out basically not at all just us this quarter

hung out basically not at all winter/spring last year

even told me she feels like she’s losing her friends and me but still nothing is changing

I’m concerned about how often she complains about him because it makes me wonder why sacrificing my friendship is worth it

* cried a lot over the past year about our changing friendship, at times gave up on it in frustration but then tried to mend it with kindness and compassion and understanding
* overall haven’t been transparent about how it makes me feel though

I need her right now because I am

* going through depression again
* just as severe as before
* I feel like I don’t have anyone to talk to about it (therapist out of town, not as close with Yeng anymore, Sam doesn’t really understand this stuff as much)
* problems with using drugs (both weed and adder all) and inability to have control
* constant negativity and fear for the future, huge inferiority complex for my field and what I want to do
* very big loneliness in general, something that I can really only solve with girl friends or a boyfriend, not with guy friends

I want to be there for her but I want us to be there for each other. I do feel like my needs as a friend have been put on the back burner entirely… I want to feel like I care about the friendship as much as she does. Then we can truly be there for each other.