

Friday, September 5, 2003 – 3:26 a.m.

Today is my 26th birthday. I am feeling a lot of emotions tonight as I write this. I feel a sense of pride for all that I have accomplished in the last year. In some ways it seems as though this past year flew by in the blink of an eye. I can remember my last birthday very vividly. I was so depressed and frustrated with life that, after working lunch at Ruby Tuesday, I came home and cried myself to sleep. I didn't even have the energy or motivation to go to dinner with Alison. I was determined to make this birthday better than last, especially with all that I had experienced in the last 12 months. I can't remember the last time I had a birthday party. It's been at least 12 years. When Grandpa passed away on August 3, 1991, I stopped wanting to celebrate my birthday, because he was no longer around to celebrate it with me. The last few years have been very trying, and until this year, I found no reason to celebrate my life with a party.

I've grown and changed so much since my last birthday. I am in the best physical shape I've ever been in my life, and despite the circumstances, I'm certainly the happiest I've ever been. There's a lot that I am truly grateful for in my life. Over the last year, I have developed many new friendships, and have a lot of people who care for me. I have a job that allows me the opportunity to express my personality and talents each and every day, and employers who love my work ethic. I own my house now, even though the mortgage has been a month behind for almost 3 months. I can definitely see the yin and yang in my life.

I am feeling more tension than usual in my neck and shoulders. Something of great significance must be about to take place, because my experiences have shown that when I feel this tension, something major happens. The tension doesn't always precede a "bad" experience, but it does usually signal a transition in my life. I don't feel depressed, but I also don't feel as alive as I have felt in the two weeks past.