Sad moments

Use words singular pronouns (I, me, myself)

Lonely, miserable, sad

Absolutist words – big magnitudes (always, nothing, completely)

Black & white view of the world

1. What did you do today?
2. Are you feeling better?
3. You forgot to call me back
4. Did you remember to pay the phone bill?
5. I just want to go home

**What did you do today?**

I didn’t do anything.

I slept the full day.

**Didn’t you have school today?**

I did but I slept through my alarm.

By the time I woke up my class had already started.

I’m going to fail the class now, why even try to go anymore.

**Did you email the professor?**

And say what?

Sorry, I missed your class-

I’m too miserable to wake up.

**You need to set more alarms.**

Like I don’t have like 20 set.

I just sleep through them all-

Adding more isn’t going to help.

**Didn’t you have work today?**

My job hasn’t given me anything to do in weeks.

They must have realized what a fuck up I am.

**Have you talked to them?**

I have a bit.

They said it’s just going to be ebb and flow from now on.

I think they’re phasing me out.

I feel like I’m being punished.

This will screw me when it’s rent time.

**Maybe it’s time you start looking for something else.**

Obviously.

But today, I slept okay.

I know I need to be doing other things.

But I fucked up.

**Are you feeling better?**

I don’t know.

I just feel sad.

I don’t think it’s a bad thing-

I’m just sad.

**You forgot to call me back**

I’m sorry.

I didn’t forget.

I just didn’t know what to say.

Plus, I figured you wouldn’t want to hear from me anyway.

Like you asked me to call you back just to be polite-

But you didn’t really want me to.

**That’s not true**

I’m sure.

I know I’m annoying and a pain to deal with.

Sorry, I just don’t feel like I’m in a good place to talk right now.

**Next time I’ll call you**

Sorry if I’m over exaggerating.

Sometimes I just get in my head a bit too much.

All I can ask is for you to please not take it too personal

If I get a bit reactive lately.

I’m really trying to get out of this.

**Did you remember to pay the phone bill?**

No.

I know you sent me your half.

I had all the money for it too.

I don’t know why it’s so hard to just login and hit the damn button.

**Is there a late fee?**

Maybe, I’ll be honest I haven’t even logged in yet.

Anytime I open the page I get afraid.

I missed bill isn’t going to kill me-

But even though this one is so small.

It’s the tiny splash that’ll cause the tub to overflow.

**Poetic**.

It’s just beautiful what stress does to your verbiage.

My novella will be released at the end of this summer.

**You just making it harder on yourself.**

Yep that’s just me being a horrible person.

Let me just turn that part of me off.

Blip, there it’s all going to be better now.

**You need to get it together.**

**I just want to go home.**

I feel like I’ve lost everything since coming here.

But I still love it here.

I’ve also never felt so much at home before.

But I still miss my home.

I just want to go visit and say hi to everyone I left.

Remind them that I am still existing, still trying my best.

I just want to go home.

**You’re too hard to deal with right now.**

**Let me know if you need to be alone for a bit.**

Happy Moments

1. Last night was fun
2. What do you want for dinner?
3. That new place (restaurant) just opened lets go
4. How was your day?
5. Did you remember your umbrella?

**Last night was fun**

Yes! Thanks again for getting me out of the house!

I think I just needed to do something out of the norm yesterday!

Between work and school there’s just been waaaay too much routine.

**A little fresh air can solve a lot**

Last night was so pretty!

All the lights from the other side of the water-

It’s just so beautiful!

**Being together last night…**

It was so nice.

I really missed being able to hang out like that.

**Remember that lady?**

That was such a weird moment!

But, it kinda felt like we were in a movie right?

She basically told us we reminded her of her and her dead husband.

But in a cute way?

She said that it really seemed liked we cherished each other.

It was nice.

**Glad you had fun, let’s go again soon**

It was so nice.

I really missed being able to hang out like that.

When my next break hits let’s go again!

**What do you want for dinner?**

Ahhhhhhhhhhhhhhhhhhh

Something yummy?

Maybe beef?

NO!

Lasagna!

Okay, just kidding that’s way too much work.

How about spaghetti?

**You sure?**

Ahhhhhhhhhhhh

We have had spaghetti a lot.   
 We can have something else, but you should cook it!   
 Send me a grocery list and I’ll buy whatever you need on the way home.

**We always have spaghetti.**

I know, but I love it!

And you love me, sooooooo

We’ll eat spaghetti and be happy.

**That new place (restaurant) just opened lets go**

Have you seen that new bakery?

It’s been all over, they have super cute desserts!

One of them looks like a cute little plant that you can water,

But it really is cheesecake covered in cookie crumbs.

**->Sounds cute!**

I wonder if they have any birthday specials…

Although probably not…

It doesn’t make sense that a place specializing in dessert would give a discount to someone on the one day a year they are almost guaranteed to eat cake.

**-> We should still go on your birthday**

But maybe we should go somewhere with a birthday special.

Like you can only take advantage of free meals, or free dessert specials once a year.

Granted you’ll still have to pay for your share-

**-> It’s your birthday, anything you want is on me.**

Hehe I may have been fishing.

I figured it’d be rude to directly ask.

Buuut it is my birthday and I want to feel special.

So, thank you!

**-> You mean you’re not going to treat me!**

I know I’m so cold.

The barely employed, asking the 9-5er to take care of their own meal.

Honestly, the decision to even invite you kept me up at night.

Anyways, I’ll set a reservation somewhere!

See you soon!

**-> Maybe we can go when they’re having a special**

Don’t worry, I’m already signed up for their emails.

I’ll let you know!

**->Let’s go when your free!**

Panic

Happy?

1. Fortune Teller

Wow! You will not believe what I did last night?

* You didn’t?

Don’t even pretend you like you know!

There’s absolutely no way you’d guess this right!

-ok ok! Tell me already

- I bet you…

I GOT MY FORTUNE READ!

-!!!

I know!

I’ve only been talking about doing it forever.

-What kind of fortune?

I got a tarot reading.

It was wild, I felt like the reader knew my soul.

-Where did you go?

Since I’m out of town this week, I went exploring near my Airbnb

I found this cute bar that also would provide readings!

-That sounds perfect

-Wow, I’m so jealous

-What did it say?

* Did you finally go out with your coworkers?

Uff, I didn’t think you’d bring that up!

Think a little bit more out of the box.

-I thought I was!

-Okay Tell me already!

I GOT MY FORTUNE READ