“Don’t ever leave me forever,” he sobs. “You’re a good dude,” is all I can muster. I sob too and feel like a child, releasing all this tension. I don’t have to hold it in any more. I can let it out. I can accept this relationship rupture. I can give this ground. There is no way ahead and that is fine, leave the past behind.

I was just kidding he had said…I was just kidding is the explanation and defense of many an abuser. Did right wing media normalize this kind of rhetoric.

06/13/22 YOu have to put your love around that. Make your love bigger that that. Later he hugs me from behind. Arm kind of uncomfortably around my neck. He makes some emotional speech and getting tears in his eyes at night grieving our broken relationship. When he letws go and stands up. I stand up too and embrace him and we hold each other for a long time and both kind of sob for a mintue. He sobs more than I do, a real catharsis. I am happy for his big catharis, I have a small one, that feels right. I don't hate him, but I am tired of his dynamiuc. ANd his obliviousness to the dynamic, in fact his doubling down and lack of reflection on the dynamic is disappointing and disturbing. I think he is an extremist. He won't acknowledge that he is an extremist.[edit](http://127.0.0.1:9292/edit/note/addendum/note/442)

06/13/22 Stretching--- one brother attempting to find an intuitive way into his body. Overcoming the deleterious affects of sittting for long ours in an office chair tensely pouring off coding text books and notes and web sites and code bases. Slowly, slowly adatpintg my bdoy and my mind to this new mode of being. This new appraoch to problem solving and learning. Performance Brother has an massing impact gun. It has am app that guidces you through. "I just want to be told what to do" he says, kind of self-deprecating, but with the conviction that his app and his impact gun are the overall best way for him to proceed. A man who understands his beliefs and convictions and who acts from within their fold.[edit](http://127.0.0.1:9292/edit/note/addendum/note/441)

06/13/22 Bit your tongue and shut your mouth-- back tracking, he was kidding, it is his sense of humor when he is called out on it a year later. I called "Fucking Abuse" and you said it is a case of your sense of humor coming out differently than it seems in your head. What is that process of thinking of something and then processing it and then deciding to say it-- sharing one's heart? What is the heart? Instinct? Conviction? Impulse? Inspiration? Intuition?[edit](http://127.0.0.1:9292/edit/note/addendum/note/440)

06/13/22 Lost in Sam's Club parking lot in his 15 passanger van.

5/20/2022 Hide ability or you are showing off, you are showing arrogance. You are full of self. Beating brother as a child. Flipping risk boad. Throwing gaming system. At younger brother. Kicking basketball at me. Mocing and egging me on. Won’t go to therapy. Just needs forgiveness. Prefers to do and ask forgiveness later.