



Forum: Gossip ĭ¼ê—è•Šĭ¼‰

Topic: a rough day

Subject: a rough day

Posted by: frankie7200

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Today has been a rough day.

1. Found out today the clinic I've been working part time no longer needs me. Cost cut backs. I can not say it was a total shock, but still is going to make things more difficult. I'm having some side effects from my medication which makes it difficult to type. I never know till the morning if I am needed to work.
2. Found out that I had hurt my feeling by not offering to take see a movie the other day. Offered today but there was nothing showing he wanted to see,
3. Really rough therapy session. When she asked what I liked about myself physically, I said nothing. I see myself ugly. Something no one would want. Some talked about the hurting inside me and my lack of feeling safe.