

~37yr.
21-OCT-81

PHYSIOLOGICAL STATE:

HAVE BEEN WORKING AND PLAYING HARDER THAN USUAL OVER THE LAST COUPLE OF WEEKS. CONSEQUENTLY, MY BODY IS SORE IN SEVERAL PLACES, MY LEFT LITTLE FINGER IS FINALLY RECOVERING FROM BEING BENT BACKWARD 3 WEEKS AGO AND I HAVE BEEN MORE TIRED THAN NORMAL. I HAVE BEEN SLEEPING AS MANY HOURS AS USUAL, BUT THE SLEEP HAS BEEN FITFUL. (THIS SITUATION HAS IMPROVED SLIGHTLY THIS WEEK WITH THE COMPLETION OF THE SPRINKLER SYSTEM AT MY RENTAL HOUSE AND WITH THE REFUSAL OF A JOB OFFER. BOTH OF THESE WERE PRODUCING A FAIR AMOUNT OF ANXIETY WHICH WAS MAKING SOUND SLEEP DIFFICULT AT BEST.) DESPITE ALL OF THIS, I FEEL GOOD ABOUT MY BODY IN THAT, ALL THINGS CONSIDERED, IT HAS PERFORMED WELL BOTH STRENUOUSLY WHILE DIGGING THE TRENCHES FOR THE SPRINKLER, AND ATHLETICALLY WHILE COMPETING AT VOLLEYBALL.

PSYCHOLOGICAL STATE:

I AM EXPERIENCING A "DOWN" MOOD RIGHT NOW. BY "DOWN" I DO NOT MEAN "DEPRESSED" SO MUCH AS "UNENTHUSIASTIC". SOME OF THIS IS LET-DOWN FROM REFUSING A JOB OFFER WHICH - IF EVERYTHING ULTIMATELY SUCCEEDS - COULD HAVE REWARDED ME EXTREMELY WELL FINANCIALLY. I HAVE EXPERIENCED SOME REMORSE ABOUT LETTING THE OPPORTUNITY GO BY. AT THE SAME TIME (AND PERHAPS INSPIRED BY THE REMORSE), I HAVE BEEN FEELING BOTH UNPRODUCTIVE AND UNAPPRECIATED AT WORK. SOME OF THESE FEELINGS HAVE REAL BASIS IN FACT, HOWEVER, I BELIEVE THAT MY MENTAL SET IS MAGNIFYING THEM AS WELL.

OUTSIDE OF WORK, A VACANCY IN ONE OF MY TWO RENTALS IS PUTTING A MODERATE STRAIN ON MY FINANCES AND I AM FEELING IT EMOTIONALLY AS WELL. NOW THAT THE HOUSE IS READY AND IS ON THE MARKET, THIS WEIGHT IS LIFTING AT LEAST TEMPORARILY.

I AM MORE AND MORE DESIRING TO FIND A LADY WITH WHOM I CAN DEVELOP A STRONG EMOTIONAL AND SEXUAL RELATIONSHIP. I HAVE BEEN MAKING DIRECT EFFORTS IN THIS AREA AND FEEL GOOD ABOUT THAT EVEN IF MY EFFORTS HAVE NOT YET BEEN REWARDED.