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Journal July 07

End of June to July 7

Trying to adjust to the demands of work. New changes have gone into effect during my absence. No status quo different standards for each individual. Feeling anxiety about management. Huge strain between Brian & I. Unsure what is real and what is the consequences of my complaint in 2007 regarding Bob. Maybe everyone is stressed

and I am interpreting it as if I am the cause in reality maybe it's the economy & circumstances of depression I have been doing

summer saults & back flips trying to hear job well done. I have worked through lunches & breaks and pushing myself. I had a conflict with Brian unrealistic expectations and he is confusing me with poetry & guidelines.

Do I follow what he says or what was emphasized by John during meetings? Brian is not who he was. I again have the fear that management is directing the agenda of retaliation and Brian is assigned to execute.

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I come home exhausted. In bed by 4:30 or 5:00 and wake at 4 or 5 in the a.m. too tired to exercise, clean, do anything. The