

5.21.15

Today's counseling session with ____ was one of the most important in a long time. I was finally open with him. I told him a lot that had been weighing really heavily on my heart – that I had been afraid to share even with him.

And we talked for just as long as we normally talk, but made it further because I took us to my hopelessness, I guided him over to my doubts and major concerns, we looked together at the most troubling questions of my life, and he said, "that's really depressing."

He reminded me that I made a commitment to Nina and that to "love with an escape hatch" is incredibly dangerous – Percy Strickland told me that same thing maybe 3 years ago when we were dating in the yearlong internship.

Clearly, there is a trend that I daydream about escape and it hurts my life, steals my joy, removes my sense of agency. I don't SHOW Nina I love her when I'm in a state of escapism and hopelessness.

____ told me I'm selfish. I didn't disagree.

And he also told me if I don't share my experience with others it's going to get worse.