

## Disappointed in myself.

Friday, 14 May 2010

Well, I slept for nearly two days straight. And missed my therapy session this afternoon. I'm also now late on an important payment I was to make today. I'm very disappointed in myself.

I don't know how to get back on the horse, as it were. Before my foot was sprained things were starting to go so well. Nice long walks every day. A decent sleep routine. Less anxiety and depression just because I was focusing on other things. My foot's not better yet and it's been quite a while. I know I can't just start those long walks again. I don't think I can even start with short ones yet because I don't want to set back the healing. I don't know what else I can do though, it was the only thing in a couple years now that really felt like it was working.

I'm also really upset that I can't seem to pick up the phone and call my Grandmother. I wanted to for Mother's Day, but I still can't. It's the phone phobia. I couldn't call my therapist today either, to tell her I wasn't coming, or after I got up to reschedule. I hope she'll be understanding. I don't expect my Grandmother to understand. I'm not even going to give her a reason why I haven't called, when I eventually call her.

Since I called Mental Health after hours to say I didn't want my caseworker sitting in with me with the psychiatrist I haven't heard back from them with an appointment time, but I've heard through my husband's caseworker that the psychiatrist is in town and seeing people. So that has me feeling pretty upset. I think my caseworker might have decided not to bother with me at all now.

Anyway, I'm going to leave my rantings here and go see if I can get my husband up (who was sleeping a lot because I was sleeping a lot). Maybe we can do a short walk even if it is bad for my foot. I'm going stircrazy!

~ Aimmy