

Kimberly Paternoster <kim@wickedcode.com>

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To: DJ Doran

Thoughts

Hi there,

I hope your morning has been a good one and your meeting with Woody went well.

Been thinking a lot lately, as you can probably imagine. I realized this morning that I'm unhappy, not just in my relationship. All this time, I've been claiming my unhappiness comes from my relationship with Chris, and I think some of it does. But, in general, I'm not a very happy person. I've lost touch of myself... I've given everything I had to make Chris happy, and I have neglected myself. Sad realization. Ironically, he's not happy.

I don't think this fixes our relationship, but I think I have to focus on myself for a while here and figure out what I want. I'm going to stop drinking every night, and I'm going to start walking in the mornings. Hopefully that will start me moving the right direction.

kim

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Kimberly Paternoster
Wicked Code, Inc.
<http://www.wickedcode.com>
Ph: 415.779.CODE (2633)
Fx: 877.735.2423