



Tess >

Tess, its all I have ever wanted and worked to support with us; I agree this year and the situations occuring in SF were disrupting that, and alcohol for myself and you also caused a major issue disrupting our peace and feelings. Just please try to remeber and know, calm, peace, happiness, health and love is what I strive for in all relationships.

I wish things were different



in what ways do you want a diffrence?

Fri, Nov 26, 12:26 PM

I wish that our relationship
hadn't been so erruntive and



iMessage





Tess >

I wish things were different



in what ways do you want a difference?

Fri, Nov 26, 12:26 PM

I wish that our relationship hadn't been so eruptive and going from zero to a hundred. That we had taken more time to just calmly adjust to such HUGE life changes. Doing more toesies and reading and video games movies walking finding a job rather than drinking.

this is reflective; its better communication which you know I appreciate. in my experience, wishing hasnt been enough but a start. what made it real was the work I put into the wish



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Tess >

toesies and reading and video games movies walking finding a job rather than drinking.

this is reflective; its better communication which you know I appreciate. in my experience, wishing hasnt been enough but a start. what made it real was the work I put into the wish. what felt good was the wish becoming reality. two months no drinking is a start and so good, I know this is hard, but I am proud of you for sticking too it, it matters alot and its so important to health and healthy interactions

You?

You?



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Tess >

You?

I want us to help each other like we promised. I want the abusive situations of our relationship to end forever. I want happiness, love, health and stability to be the constant in our lives. I want the communication to evolve to a state that mostly feels good always. I want that if there has to be a fight about anything, its graceful and handled with care and calm. I agree with what you are wishing as well. I want the time we have worked and suffered to not be a waste of for nothing

Fri, Nov 26, 7:35 PM

Nice ideas. If only it happened

in practice



iMessage





Tess >

Fri, Nov 26, 7:35 PM

Nice ideas. If only it happened
in practice

Saturday 10:05 AM

well this is not the first time I
have sat in the rain with you

I can't stop thinking about you
this morning

in what way?

In every way

[1 Reply](#)

It's raining here this morning

In every way



iMessage





Tess >

5 Replies

please can we help each other through this messed up situation and do good things for each other?

yeah, I didnt expect for you to reach out or call either

How do?

How so?

by doing things that support the best for each other. Making choices that dont cause heart ache, harm or consequences that damage our well being for each other. ending the honeymoon/abuse cycle. respecting that there are feelings and situations that cause anguish. Allowing each other to have and live in happiness. love. health.



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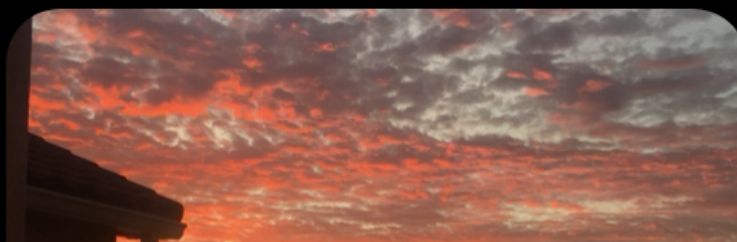
Tess >

How so?

by doing things that support the best for each other. Making choices that dont cause heart ache, harm or consequences that damage our well being for each other. ending the honeymoon/abuse cycle. respecting that there are feelings and situations that cause anguish. Allowing each other to have and live in happiness, love, health, stability, peace and be highly supportive of this.

Yes

Sunday 6:56 AM



iMessage





Tess >

Sunday 6:56 AM



Just woke up

Sunday 8:28 AM

So beautiful



iMessage





Tess >



It's grey here

And rained all day and evening yesterday

I want out of here so badly

Sunday 5:04 PM

It's hard but we would have to talk it eventually

I appreciate the talk and I feel there was alot said and exchanged that felt good; it ok to care about each others well being.

Thank you for being patient enough to try to help me understand you better



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