

My Frustrations

by

David J. Thompson

To Susan Yee:

Well, Susan, I was not sure if you meant frustrations from my job(s) or in my everyday life...so I am going to tabulate a bit of both for you.

1. My major frustration comes from offering help after being asked for it then having the option cast aside. This has occurred a few times since I became Peer Support here and Team Leader at the *Other Place*. The aggravation caused here actually of ten makes me *angry*...which solves nothing and is detrimental to *my* mental wellness and often cause rifts between me and other individuals at both sites. I am working on this with some success...although, my new position is only around two weeks old.
2. Another is that some people feel I must be quick to serve them refreshments whenever they drop by my apartment; sometimes for peer counseling, other times for more obscure reasons. In the latter case, there's not much conversation, just drinking of coffee or soda. However, don't think I'm stamping all visitors as this type: some bring something for me.
3. Dual-confidentiality has discomfited me a great deal but I'm basically turned to the the two phrases: "I can't tell you" or "I don't know". I no longer care if this upsets the person asking or not.
4. Finally, unrequited love has actually caused me to lose sleep. A month and a half ago, I think it was, my feelings towards another almost made me ill enough to go to Johnson 3. I was able to pull myself back from the brink by using logic (I guess that's the term): things are as they are and all the wishing in the world will not change them. By the time I had my requested visit with Dr. Prahbu, I was feeling much better.

Well, I hope this missive was what you wanted from me. Of course, you can let me know your feelings on it on October 9th.

Yours truly,
Dave Thompson