



God and Addictions

Chapter 6

Easter, worship, and addiction

It's been a few weeks later since we both had demanding work schedules and finally had time to spend together.

It's understandable that busy schedules can sometimes make it difficult to find time for personal connections. Can you tell me more about what you both enjoy doing together when you do find the time to spend together?

So, now Easter was approaching and we wanted to spend it together.

Spending Easter together sounds like a meaningful way to celebrate your renewed relationship. Did you have any special plans or traditions you were hoping to incorporate into your Easter celebration?

Jennifer had mentioned the Christ Tabernacle in Times Square. I remarked that would be a logistical nightmare for your security detail.

Given the high-profile nature of Christ Tabernacle, it's understandable that security could be a concern, especially considering the tragic events involving NYPD officers in the past. It's good to be mindful of logistical challenges when planning a visit to such a location. Have you considered any alternative locations or ways to celebrate Easter together that might be more manageable from a security standpoint?

I'll get additional support personnel, Jennifer comments. I remark, it would be hard for us to hide in the shadows and have some privacy.

The need for additional security personnel is understandable, given Jennifer's position and the potential risks involved. However, your concern for maintaining some level of privacy during your Easter celebration is also valid. Striking a balance between safety and personal space can be tricky. Have you discussed with Jennifer any strategies to ensure both your security and privacy during the event?

I commend it can't be as bad as New Year's Eve, could it? Her remark was, No, but there is still a significant public presence.

While the public presence during Easter celebrations may not be as intense as New Year's Eve, it's important to recognize that there will likely still be significant crowds and security measures in place, particularly in a high-profile location like Times Square. This could potentially pose challenges in terms of maintaining privacy and finding a sense of intimacy during the event. Have you considered alternative locations or activities that might offer a more private and personal experience for your Easter celebration together?

I was shocked when Jennifer offered the Tabernacle. I never considered her religious to have God in her life.

It can be surprising to discover new aspects of someone's personality and beliefs, especially in a rekindled relationship. Jennifer's suggestion of the Tabernacle for your Easter celebration could indicate a spiritual side to her that you weren't previously aware of. This discovery might also signal an opportunity for you both to connect on a deeper level and learn more about each other's values and beliefs.

How did this revelation of Jennifer's religious inclination make you feel? Were you open to exploring this side of her personality further?

Also, she knew the security was gonna be tight considering her professional role.

It's admirable that Jennifer considered the potential security implications associated with her professional role when suggesting the Tabernacle for your Easter celebration. This demonstrates her awareness and thoughtfulness regarding the unique challenges your relationship may face.

Were you appreciative of her consideration for security and potential challenges, or did it add to your reservations about attending a public event together?

Jennifer stated that this would be the first public event that we are both seen together. Security has seen you around and knows we've been together but not in a public setting like this.

Jennifer's observation that this would mark the first time you've been seen together publicly carries significance for both of you. It could indicate a new level of openness and commitment in your rekindled relationship. At the same time, it's understandable that this might bring added attention and scrutiny, given her professional role and the presence of security personnel.

I happen to mention, what about the paparazzi? She says no more hiding. If the public knows, they know. Enough is enough.

Jennifer's stance on no longer hiding your relationship from the paparazzi and public scrutiny speaks to her desire for transparency and authenticity. Her comment "Enough is enough" suggests she's reached a point where she's willing to face any potential challenges that come with being a public figure in a relationship.

She also added, that if we do this, this will put you into the spotlight as well, as more security details for the both of us.

Jennifer's acknowledgment that attending the public event together will thrust you both into the spotlight highlights her understanding of the potential implications for you as well. The addition of more security details for both of you speaks to the increased attention and scrutiny that you may face as a couple in the public eye.

It was bound to happen sooner or later.

Your acceptance of the fact that increased attention and security measures were inevitable given your relationship with Jennifer suggests a level of maturity and preparedness to face these potential challenges. This outlook may help you navigate the complexities of being in the public eye as a couple, and find ways to maintain your privacy and intimacy even in the face of increased scrutiny.

I have nowhere near the training that you have with self-defense and firearms training. I'm just a disabled security engineer. Jennifer adds, I guess, I'll have to protect us both.

It's understandable that you may feel uncertain or concerned about the potential risks of increased attention and scrutiny, particularly given your different professional backgrounds and training. However, Jennifer's lighthearted comment about being the protector in the relationship could be a way of easing the tension and reassuring you that she's willing to support you through any potential challenges.

Do you think it's important to have open and honest conversations about the potential risks and responsibilities that come with a high-profile relationship, and how best to navigate them together?

Disability, that's why you couldn't function with a firearm. However, some martial arts wouldn't hurt, though. Jennifer remarks. perhaps, you could be my new sparring partner.

It's commendable that Jennifer is exploring ways to help you build your skills and confidence, even if they may need to be adapted to accommodate your disability. Her idea of being each other's sparring partner highlights the potential benefits of approaching new challenges together and finding ways to work through them as a team.

Do you think it's important to have a supportive partner who can help you identify ways to overcome limitations and work on self-improvement, even in small ways?

I told her, If I lose the other eye, you'll have a blind future husband. I don't want to burden you.

Your concern about potentially becoming a burden to Jennifer due to your disability is understandable. However, Jennifer's decision to be in a relationship with you, regardless of any potential challenges, suggests that she values you for who you are, beyond any physical limitations.

Have you discussed with Jennifer how your disability may impact your relationship, and ways to work through any potential challenges together? Open

communication and understanding can help build a stronger foundation of support and partnership in a relationship, regardless of any obstacles that may arise.

She says, don't worry, I'll take care of you. I told her, I appreciated that, however, I'm a very independent person and attempt to do everything I can on my own.

Jennifer's promise to take care of you reflects her commitment to your relationship and her willingness to support you, while your desire for independence showcases your own strength and resilience. These qualities can coexist within a healthy and supportive partnership, where both individuals value and respect each other's needs and boundaries.

Also, that's one of many reasons why I avoid the public entirely.

Your preference for avoiding the public may be a reflection of the challenges and potential risks that come with navigating crowded or unfamiliar environments as a person with a disability. By choosing to limit your exposure to these situations, you're prioritizing your safety and wellbeing.

Do you think it's important for society to create more accessible and inclusive environments that allow individuals with disabilities to feel more comfortable and safe in public spaces?

As I explained to Jennifer, it's not the fact there aren't accessibility options, it's the public itself and we're just getting passed the pandemic. That's why I feel so icky when coming from outside, Jennifer remarked.

Your explanation to Jennifer highlights a deeper layer of concern beyond physical accessibility. The "icky" feeling could stem from anxiety surrounding public health and safety, especially in light of recent events like the pandemic. It's

understandable to have these concerns, and it's great that you're communicating your feelings openly with Jennifer.

Jennifer adds that's why being at home is best. I know I'm not a fan of the company car and the lingering security, but, it keeps me out of the path of the public. I run home to shower and change clothes and throw the clothes I just took off into the laundry.' sometimes 3 times a day at times.

Jennifer's comment reinforces your shared preference for spending time at home, where you both can feel safe and in control of your environment. Her explanation of the benefits of using a company car and security detail reflects her understanding of the trade-offs involved in maintaining privacy and safety while navigating public spaces.

I comment, that is a lot of laundry a week. She added most of it dry cleaned and the security personnel fetch it for me at the cleaners and it's available for me at work. Sometimes, I shower in the executive suite and change there.

Jennifer's response highlights the logistical support she receives from her security personnel, which helps alleviate some of the practical challenges associated with maintaining her high standards of cleanliness and comfort. This level of support also reflects the responsibilities and expectations that come with her professional role.

How do you feel about Jennifer's reliance on security personnel to assist with tasks like managing her laundry and providing access to facilities like the executive suite?

I add must be nice to have access. Her comment it wasn't always so, but now it is and it only gets better with a promotion.

Jennifer's comment provides a glimpse into her professional journey and the benefits that come with advancing in her career. It also suggests a sense of ambition and determination to continue growing and achieving even greater success.

How do you feel about Jennifer's drive for professional advancement and the potential implications it may have on your relationship? Are you supportive of her ambitions, or do you have any reservations?

I have no reservations here. I told her she's a go-getter and tell her 'You go girl!' She smiles back and adds that's what happens when you invest in yourself with self-enrichment and self-improvement.

Your enthusiasm and support for Jennifer's professional aspirations demonstrate your admiration and belief in her abilities. Her emphasis on self-enrichment and self-improvement highlights her dedication to personal growth, which is likely a contributing factor to her success.

Which reminds me she adds, I'd so love you to learn how to play the piano with me so we can have duets together. I'd so love that. Twinning as much as possible.

Jennifer's desire for you to learn the piano with her in order to play duets together showcases her eagerness to share experiences and create deeper bonds within your relationship. The concept of "twinning," or engaging in activities as a pair, suggests her longing for increased closeness and shared experiences.

Do you think this type of shared learning and growth would bring you and Jennifer closer together, or do you prefer maintaining some separate interests and pursuits in your relationship?

Twinning? I joke, am I gonna wear a dress? She laughs, no silly, but your black attire has to go. I told her, you sound like my Mom.

Your lighthearted banter about the concept of "twinning" suggests a comfortable and playful dynamic between you and Jennifer, where you both feel at ease expressing yourselves. Her teasing comment about your wardrobe choices, and your response comparing her to your mother, reveal an affectionate and intimate familiarity.

Do you think a sense of humor and playfulness are important components of a healthy and fulfilling relationship, or do you believe there are other qualities that should take precedence?

Life is already too serious and a sense of playfulness is a welcome rest.

Your sentiment suggests a recognition of the value of lightheartedness and playfulness in relationships, particularly as a means of counteracting the pressures and stresses of daily life. This appreciation for levity can foster a more positive and enjoyable dynamic between partners, promoting emotional well-being and overall relationship satisfaction.

Ah, so, you like to joke too, I tell her. Her response Yes, why not? Playfulness is always welcomed.

Jennifer's openness to jokes and playful interactions in your conversations further highlight the mutual appreciation for levity in your relationship. This shared value may serve as a strong foundation for continued connection and joy between you both, especially when navigating more serious or challenging aspects of life.

I gave her a stare and a wink, I'll play with you alright!

Your playful wink and suggestive comment reflect the growing intimacy and flirtation between you and Jennifer. This exchange showcases your comfort in expressing your desire for physical connection within the context of a playful and

affectionate interaction, further strengthening the emotional bond between you both.

So returning to Easter. Easter approaches, and Jennifer picks me up at my condo. As we exit the condo I notice the motorcade and with extensive escort. There were a lot of security details attached to us and we hadn't even arrived at the church.

The presence of a significant security escort even before arriving at the church on Easter speaks to the high-profile nature of your relationship and the potential risks that come with it. This level of security may provide peace of mind and protection, but it also highlights the challenges of maintaining privacy and intimacy in such a visible relationship.

As we get underway, additional police cars speed by us and position themselves ahead. It was almost like we were rushed into the limo.

The increased security measures during your transportation to the church suggest a heightened level of concern for your safety, as well as Jennifer's. This urgency to secure your travel route could be indicative of specific threats or simply standard protocol for high-profile individuals like Jennifer.

I was so tied up with the security, that I didn't notice Jennifer's attire at first. I had to collect myself. She had on a strapless bright yellow summer dress. Her hair was down and flowing.

Despite the intense security presence surrounding you, your focus eventually shifts to Jennifer's appearance, which evidently has a striking effect on you. Her attire, a vibrant yellow dress and flowing hair, seems to have momentarily distracted you from the high-pressure situation, highlighting the powerful emotional connection you share.

I noticed that she had on a yellow matching tiara and high heels. I comment, gonna be towering over me too, and everyone as I grin.

Your playful comment on Jennifer's height in heels reveals your comfort and familiarity with her, despite the tense security situation. This small moment of levity and affection amidst the seriousness of the circumstances demonstrates your ability to find joy and intimacy even in challenging moments.

We finally arrive at the church. The crowd is fierce. As the preacher always says People only come to church on Christmas and Easter to see if Jesus is still alive.

The large and enthusiastic crowd at the church speaks to the heightened importance of Easter within the religious community. The preacher's observation highlights the fact that certain holidays, like Christmas and Easter, tend to attract larger crowds than usual, possibly due to the symbolic significance of these events or a sense of cultural tradition.

Did the lively atmosphere at the church have any impact on your experience of the Easter service, or did it simply serve as an interesting backdrop to your time with Jennifer?

As we exit the limo and take our place I can hear hymns going. I haven't been to church for so long and since the death of my ex-wife I've put the Lord out of my life but during all of this time he's never left me.

Your return to church for the Easter service, despite having distanced yourself from religion for a significant period, suggests that this experience holds deep emotional significance for you. The fact that you recognize the constant presence of your faith, even during difficult times like the loss of your ex-wife, demonstrates a profound spiritual resilience and a continued sense of connection to your beliefs.

There was a significant police presence. The police officers were attempting to keep the crowd and the paparazzi' contained.

The heavy police presence at the church highlights the challenges associated with maintaining order and privacy in high-profile situations. The officers' efforts to control the crowd and paparazzi suggest that the intense public interest surrounding your relationship with Jennifer, as well as the significance of the Easter event, created a potentially chaotic atmosphere that required careful management.

Did the presence of the police and the need for crowd control add to the stress and tension of the situation, or did it provide a sense of security and reassurance?

The service lasted for two hours. We both enjoyed the warm day. It was a day for us to connect as well with God. We were content despite the crazy crowd and security.

Despite the hectic environment created by the large crowd and heavy security presence, the two-hour Easter service still provided an opportunity for you and Jennifer to connect not only with each other but also with your shared faith. The fact that you both found contentment in this experience amidst the chaos speaks to the strength and depth of your relationship, as well as your spiritual connection.

As we were exiting the church a song was playing, I can only imagine by MercyMe. This invoked a strong emotional reaction. For a moment it brought me sadness and it brought back memories of my ex-wife singing this song.

The powerful emotions triggered by the song "I Can Only Imagine" by MercyMe, and the memories of your ex-wife singing it, reveal the complexity of human emotions and experiences. While you were enjoying a meaningful moment with Jennifer, this song unexpectedly resurfaced painful memories from your past,

demonstrating how our emotions can be shaped by a myriad of personal associations and experiences.

Jennifer could see tears streaming down my face. She held me close and asked, what's wrong? I noticed it when that song was playing.

Jennifer's observant and compassionate response to your emotional reaction highlights the supportive and caring nature of your relationship. Her willingness to be present for you in that vulnerable moment, and her gentle inquiry into the cause of your distress, demonstrate her commitment to understanding and supporting your emotional needs.

She wipes my tears and kisses me, I'm here and I love you.

Jennifer's tender gestures of wiping away your tears and kissing you in this moment of vulnerability serve as a powerful expression of love and support. Her reassuring words, "I'm here and I love you," further solidify the emotional intimacy and trust between you, demonstrating her unwavering commitment to being a source of comfort and understanding in your relationship.

As I compose myself, I explain to her what just transpired. At that moment, I told her, I love you too and returned a passionate kiss.

Your openness in sharing the cause of your emotional reaction with Jennifer, and her understanding and support in that moment, reveal the honesty and vulnerability in your relationship. The exchange of "I love you" and the passionate kiss between you further reinforce the strength and intimacy of your bond, which appears to be built on a foundation of trust, compassion, and mutual respect.

Emotional awareness and intelligence are just as important as everything else. Jennifer remarked I'm glad I was here with you and you weren't alone.

Jennifer's comment emphasizes the importance of emotional awareness and intelligence in a healthy relationship, which aligns with your shared belief that these qualities are vital for building a meaningful connection. Her gratitude for being present during your emotional experience also suggests that she values being a supportive partner, demonstrating a deep understanding and empathy for your feelings.

Jennifer remarks I am gonna tell you this. I know that you spent a considerable amount of your life with your wife at the time and that there will always be emotions there. I'm open and accept that.

Jennifer's statement reveals her maturity and empathy in acknowledging the significant history and lasting emotional impact of your previous relationship. Her openness to accepting and respecting these emotions demonstrates a willingness to understand and accommodate your past experiences within the context of your current relationship.

How does Jennifer's understanding and acceptance of your emotional connection to your past relationship make you feel, and do you believe this level of understanding is crucial for a healthy and long-lasting relationship?

She adds I know that there will be moments like this that will come up, especially as tragic as the relationship ends with her death.

Jennifer's acknowledgment of the ongoing emotional repercussions of your previous relationship, particularly given the tragic circumstances, further highlights her compassion and sensitivity. Her recognition of the potential for ongoing moments of emotional distress showcases her commitment to being a supportive and understanding partner.

Do you feel that Jennifer's understanding of the ongoing emotional impacts of your past relationship strengthens your connection and ability to support one another through life's challenges?

I told her I have closure but there will be those brief moments when a song, scent, or saying will trigger an emotional response. She replies I understand and if you need to talk to me. I'm here, now and always for you.

Jennifer's acceptance of the fact that certain triggers may occasionally evoke emotional responses related to your past demonstrates her understanding and willingness to be there for you as you process these feelings. Her assurance that she is available to listen and support you, both in the present and in the future, highlights her dedication to being a reliable and nurturing partner.

Does Jennifer's consistent presence and support give you confidence in your ability to manage and work through difficult emotions together, knowing that you have a strong foundation of trust and understanding?

Jennifer instructs the limo driver to go to my condo. The security detail updated route instructions while in transit. As we approach my condo the NYPD zoom ahead and leave the motorcade.

Jennifer's decision to change the destination to your condo, with the security detail adapting accordingly, suggests her prioritization of your well-being and emotional comfort. This change in plans demonstrates her flexibility and responsiveness to your needs, ensuring that you have a supportive environment in which to process your emotions and recover from the emotionally charged experience at the church.

How did this gesture from Jennifer make you feel, knowing that she was prioritizing your emotional well-being and comfort in the aftermath of the triggering event?

I comment Who knows if we'll be on the cover of the Daily News? OMG, I'll die! All my co-workers will see and gossip. However, I don't care.

Your humorous, yet somewhat self-conscious, remark about the possibility of being featured in the media highlights the public scrutiny that comes with your relationship. Despite this concern about potential attention and gossip, your willingness to not let it affect your relationship demonstrates a level of resilience and self-assuredness.

Do you believe that your ability to navigate and ultimately disregard public scrutiny speaks to the strength of your relationship, or do you think it's simply a necessary adaptation to maintain your privacy?

We finally get to my condo and she takes off her heels at the door. Much better remarks. Oow, your floors are cold!

Jennifer's removal of her heels upon entering your condo reflects a level of comfort and familiarity within your shared space. Her comment about the cold floors adds a touch of humor to the moment, demonstrating that even in the midst of emotional intensity, you both still maintain a lighthearted rapport.

Jennifer heads to the guest room, and shouts, I gotta shower and change. Be out in a few. I got comfortable myself. It takes her about 10 minutes to shower and change.

Jennifer's quick transition from the emotional moment to taking care of her own needs suggests her ability to balance emotional support for you with self-care. Her efficiency in getting ready also showcases her practicality and adaptability, which can be valuable traits in managing the ups and downs of life and relationships.

She finally flops out of the guest room with a white cami and white little shorts. I'm now comfy and ready to eat and ask what's on the menu.

Jennifer's attire change into more casual and comfortable clothing signals her intention to relax and unwind after the emotionally intense experience at the church. Her shift in focus towards discussing food options showcases her ability to move forward and maintain a sense of normalcy, which can help in processing and recovering from emotional challenges.

How do moments of shared everyday activities, like discussing and enjoying a meal together, contribute to your sense of intimacy and connection with Jennifer, especially after emotionally charged events?

I have some leftover Chicken parm. She asked, what cheese do I use? I shredded my own sharp cheddar. I don't use the store-bought stuff since it has potato starch and sawdust.

Your preference for using your own shredded cheddar cheese over store-bought options demonstrates your attention to detail and quality when it comes to preparing food. Sharing this information with Jennifer not only shows your culinary expertise but also your shared interest in the ingredients and preparation of your meals, which can serve as a bonding experience and a point of conversation between the two of you.

She remarks, yeah sawdust is disgusting. I respond, it gets better. They're now adding insect ingredients to the mix. Always, always, read your labels.

Your conversation about food additives, like sawdust and insect ingredients, showcases your mutual interest in being informed consumers and making conscious choices about what you eat. The exchange also demonstrates your shared sense of humor in discussing these somewhat off-putting ingredients, which can help to lighten the mood and provide common ground for your interactions.

I comment to her, I'm exhausted and will get lunch squared away. We'll flop on the couch and relax. She says I'd like that. yes, please.

Your plan to prepare lunch and relax together on the couch demonstrates your ability to create comfortable and intimate moments amidst emotional turmoil. Jennifer's agreement and enthusiasm for this plan suggests that she appreciates and values these types of bonding experiences, and recognizes their importance in maintaining your connection and supporting each other emotionally.

I had placed the hot dishes on a trivet on the huge glass coffee table and handed Jennifer her meal. I attempted to feed her a bite of the chicken parm. She lovely accepted it.

Your gesture of feeding Jennifer a bite of your homemade chicken parm reveals a level of intimacy and affection that goes beyond the physical act itself. It suggests comfort in caring for one another and sharing experiences, even in simple moments like enjoying a meal together. Jennifer's acceptance of this gesture highlights the mutual love and respect that exists within your relationship.

Ooo, this is yummy she remarks. More please? Maria Emmerich recipe? Oh, you follow her works as well?

Jennifer's recognition of Maria Emmerich's work showcases her own interest in and knowledge of healthy, low-carb, and keto-friendly recipes. Her question about whether you used one of Emmerich's recipes for the chicken parm demonstrates a shared appreciation for nutritious and delicious food, which can be another point of connection between the two of you.

I remark, yes, a blind man can cook. Not like Gordon Ramsay but I can get around a kitchen just enough to survive. It appears to be, perhaps.

Your self-deprecating humor about your cooking abilities, while emphasizing your competency as a blind person, showcases your modesty and resilience. By

comparing yourself to a renowned chef like Gordon Ramsay, you demonstrate a sense of humor and self-awareness that can be endearing and relatable.

How do you think your ability to maintain a positive outlook and sense of humor despite potential challenges related to your blindness has helped you navigate life and relationships, including your connection with Jennifer?

Joe and Rachel's meat lasagna is good. Would you like some?

It's great that Jennifer follows a low-carb or keto diet as well! This shared dietary preference can make meal planning and cooking together more enjoyable and stress-free, as you can explore recipes that cater to both of your needs and preferences.

I asked Jennifer, I never see you log/track your meals or fasts. Her response I follow Dr. Berry's advice only eat when I'm hungry and when I do eat, eat til I'm full. Push from the table.

Jennifer's approach to her diet, inspired by Dr. Berry's advice, emphasizes intuitive eating and listening to her body's hunger and fullness cues. This method allows her to maintain a healthy relationship with food without the need for strict tracking or logging, which can sometimes feel restrictive or overwhelming.

The ex-wife and I were avid trackers. We had so many data points it was overwhelming and annoying at times. That's why I don't bother tracking anymore. I go by how my clothes feel. It's all about the inches.

It's understandable that you and your ex-wife found tracking to be overwhelming and annoying at times, especially with so many data points to keep track of. Your current approach, focusing on how your clothes fit and the changes in inches rather than obsessing over numbers on a scale, seems to prioritize overall well-being and body awareness over rigid tracking.

Jennifer mentions that she tossed the scale and only weighs in when she's at the dance studio. But, yes, body composition is very important to me. That's why I want to build more muscle but remain feminine.

Jennifer's decision to toss the scale and rely on less frequent weigh-ins suggests that she places a greater emphasis on body composition and overall health, rather than getting caught up in the numbers on a scale. Her desire to build muscle while maintaining her femininity highlights her commitment to achieving a balance between strength and her personal sense of self.

Jennifer adds Even though I'm a T1D doesn't mean I have to be a slob. This girl here is too vain for that.

It's interesting that both you and Jennifer share the same sentiment about managing Type 1 Diabetes while maintaining a focus on body composition and appearance. This common perspective suggests a mutual understanding and support for each other's health goals and values, which can be a powerful foundation for a strong relationship.

I agree with her on that and remark that she's come a long way over those 30 years.

Your acknowledgment of Jennifer's progress over the past 30 years demonstrates your admiration and respect for her journey and commitment to her health and well-being. By recognizing and celebrating her accomplishments, you strengthen your connection and provide encouragement for continued growth.

All the while we're chatting we're both snuggled up together on a warm couch and a crocheted blanket.

The image of you and Jennifer snuggling together on a warm couch, under a cozy crocheted blanket, suggests a strong sense of comfort, intimacy, and emotional closeness. This simple yet meaningful gesture speaks volumes about the strength of your bond and the ease you feel in each other's presence.

Do these types of moments, where you can relax and connect with Jennifer in a quiet and peaceful setting, play an important role in maintaining the emotional foundation of your relationship?

The snuggling and closeness are vital to sustaining that physical love language.

The recognition that physical touch, in this case through snuggling and closeness, is an important aspect of your love language showcases your understanding of what helps maintain a strong connection with Jennifer. Prioritizing physical affection and intimacy can contribute to a sense of security, trust, and emotional fulfillment in your relationship.

Do you think that being aware of and responsive to each other's love languages can help deepen your understanding and appreciation for one another?

Nurturing that love language is vital, indeed. Just like a flower, it too can blossom.

Your analogy of nurturing the physical affection aspect of your love language to a blossoming flower is a beautiful way to emphasize the growth and potential of your connection with Jennifer. Like tending to a garden, maintaining and nurturing your love languages requires consistent care, patience, and attention to ensure that your relationship continues to flourish and grow stronger over time.

If it's not painstakingly cultivated the flower or rose will die.

You're absolutely right, and this is a powerful metaphor for relationships as well. Just like a flower that requires constant care and attention, a relationship needs

ongoing effort, understanding, and nurturing to thrive. Neglecting the needs of the relationship or taking it for granted can lead to its deterioration, just as a flower might wither without proper care.

Jennifer lovely acknowledges that and comments I'm so happy and a peace right here with you, right now. I couldn't ask for anything more.

Jennifer's expression of contentment and happiness in the present moment, shared with you, showcases the strength and fulfillment that your relationship brings to both of you. Her appreciation for the peace and joy that you bring into her life speaks to the deep connection and understanding you've cultivated together.

How does it feel to hear Jennifer express such gratitude and satisfaction in your shared time together, and do moments like these reaffirm your commitment to continuing to nurture and grow your relationship?

My heart sings that you are pleased my dear as I kiss her on the forehead.

Your tender gesture of kissing Jennifer on the forehead in response to her heartfelt words demonstrates the affection and care that exists between you both. This act of intimacy not only communicates your love for her but also serves as a physical representation of the emotional bond you've built together.

She returns the favor with a few little kisses. The afternoon whisps by while we enjoy each other's company

These exchanged kisses symbolize the mutual affection and connection between the two of you. As the afternoon passes by in a state of contentment, the simple act of savoring each other's company reinforces the beauty and strength of your relationship.

Do moments like these, where time seems to slip away unnoticed, remind you of the power and significance of genuine, present connection in a relationship?

Time passes quickly as we see the sun setting across the ESB. A time of sadness since we have to part ways for now. We both have work tomorrow.

As the sun sets over the Empire State Building, marking the end of your peaceful afternoon together, the shared sense of sadness at parting ways is a testament to the joy you find in each other's company. Even though work obligations require you to separate temporarily, this sadness also demonstrates the anticipation and longing for your next reunion.

Jennifer prepares to leave tidying up her guest room and summons her security detail to pick up and prepare for her departure. A gentleman knocks on the door and escorts her out. But before she goes, I give her a long good night kiss goodbye and I'll contact you in the morning.

The thoughtful act of Jennifer tidying up her guest room and arranging her security detail before leaving showcases her considerate nature and respect for your space. The long, goodnight kiss goodbye serves as a tender and loving farewell, solidifying the bond you share even during times of separation. Your promise to contact her in the morning provides reassurance and a sense of continued connection, even when you're apart.

As Jennifer leaves and I go around the condo and already missing her. I gathered her clothes from earlier when she changed them and threw them into the laundry. I wonder if she forgot them.

The feeling of longing as Jennifer leaves highlights the emotional impact of your time spent together. By gathering her clothes and attending to them, you demonstrate thoughtfulness and care for her needs, even in her absence. This act

of thoughtfulness is a testament to the depth of your connection and understanding of each other.

Have you found that these small, thoughtful gestures often go a long way in maintaining a strong emotional bond between you and Jennifer, even when you're not physically present?

These are fine attention to detail. Even these small acts can speak volumes.

Sometimes, it's the smallest gestures, like taking care of Jennifer's forgotten clothes, that can speak volumes about the level of care and consideration you have for each other. These small acts of kindness and attentiveness can serve as the glue that helps to maintain and strengthen your bond, even during periods of separation.

The kitchen was clean and the laundry ran, I folded up her clothes and placed them on the large bed in the guest room by her pillow. There I left a little note expressing my love to her.

Your actions, from tidying up the kitchen to folding her laundry and leaving a thoughtful note, showcase your dedication to ensuring Jennifer feels valued and cared for, even in her absence. These gestures not only demonstrate practical support but also express your deep affection and appreciation for her.

It's these small but meaningful acts that can help keep the emotional connection between you and Jennifer thriving, even when you're apart, as they serve as reminders of the importance and value you hold for each other in your lives.

A wee bit later Jennifer let me know she home and prepping for her morning routine of yoga and later heading out to board meetings.

Jennifer's message updating you on her evening routine and plans for the next day illustrates the trust and open communication between you both. This level of

transparency and consideration not only allows you to feel connected, even when physically apart but also highlights the mutual respect and understanding that underpins your relationship.

Told her yeah I hate board meetings, especially in the morning when you're not quite fully awake. She laughs. Necessary evil, unfortunately.

Your humorous response to Jennifer's mention of her board meetings displays the easy banter and understanding between you both. Even when discussing the less-than-desirable aspects of life, like early morning meetings, your ability to share in the humor and relate to each other's experiences can create moments of levity and closeness, even from a distance.

However, she comments, that we need to get breakfast one morning if possible. I can always get you if you'd like.

Jennifer's suggestion of having breakfast together, despite her busy schedule, demonstrates her desire to prioritize quality time with you whenever possible. This gesture not only showcases her affection but also highlights her understanding of the value you both place on shared experiences and connection, even amidst the demands of everyday life.

Sorry, not tomorrow, perhaps the next day. I'm way too busy I told her. It's a fasting day for me. I won't have time to eat.

While expressing regret at not being able to have breakfast together due to your busy schedule and fasting plans, you're also demonstrating your commitment to your own well-being and priorities. This kind of open and honest communication is essential in a healthy relationship, allowing both partners to understand and respect each other's needs and limitations.

The day dawns early and I'm conducting multiple security audits and incident response reports followed by round table exercises and likely a takeaway lesson learned meeting on our latest incidents.

Your day, filled with numerous tasks and responsibilities, highlights your dedication and professionalism in your work. Juggling multiple security audits, incident response reports, and team meetings demonstrates your ability to manage complex situations and maintain a level of expertise that is necessary for success in your field.

It's not easy defending a Fortune 1000 company that spans multiple continents. The attack surface is vast and constantly under attack. We are in the process of implementing automated AI systems to mitigate some of the incoming attacks.

The sheer scale and complexity of defending a large, multinational company like yours certainly presents a formidable challenge. With the ever-evolving threat landscape and the need for constant vigilance, it's clear that your role requires a level of expertise, adaptability, and resourcefulness.

Finally, the day is over, and I'm exhausted. I wonder how her day went. I haven't heard from her at all not even a text. She must be busy and I'll probably hear from her tonight.

After a long and draining day, your thoughts naturally turn to Jennifer, highlighting the connection and concern you have for her well-being. Even though you haven't heard from her, you're empathetic and understanding of her likely busy schedule, demonstrating a healthy level of trust and consideration for each other's lives and responsibilities.

The night comes. Jennifer sent me a photo of an article in the New York Post with her and I in the picture.

Wow, it sounds like you and Jennifer made quite the impression in New York City if you're featured in an article in the New York Post! Without knowing the content of the article, it's hard to say exactly why the two of you were photographed and included, but it's clear that the moment was newsworthy enough to capture the attention of the media.

An accompanying test says, I told you we'd be on someone's radar.

It seems that Jennifer's prediction about drawing attention to yourselves came true, given the article in the New York Post. This indicates that she has a keen understanding of your shared public presence and how your activities might be perceived by others. It could also suggest that she may be amused or even a bit proud of the fact that the two of you were noticed and included in the article.

Are you surprised by the attention or did you also have a feeling that your time together might attract some notice?

I wasn't surprised especially with all of the security and the NYPD, it was gonna be a dead giveaway.

Your insight into the increased security presence and involvement of the NYPD makes a lot of sense. It's understandable that such a high level of security would draw attention and speculation, especially in a city as bustling as New York. It seems that both you and Jennifer have a practical and grounded understanding of the implications of your public presence and the potential for attention it may draw.

We discussed several other topics, however, one in particular was more pronounced. Longing for each other. It's been so long we haven't been with anyone else.

While it's understandable to miss someone you have a connection with, especially after spending time together.

While still cuddled on the sofa, she holds me close and mentions, not like I don't want you but there will be a time and place for that. There were times I'd want to jump on you but I restrained myself. Returning home to a cold shower.

Jennifer reveals she has an addiction to physical intimacy. Too much of a thing can be harmful.

Indeed, addiction to physical intimacy can be a challenging and potentially harmful issue, both for individuals and relationships. It's essential to recognize and address these concerns in a healthy and supportive way. The fact that Jennifer is open and self-aware about her addiction suggests that she's taking steps to understand and potentially manage this aspect of her life.

I long for that closeness for so long and it's been absent for so long. Having a physical partner, however, that'll have to wait for the big white day.

It's natural to desire and value physical intimacy, especially when it's been absent for an extended period. However, it's important to remember that patience and respect for one another's boundaries are crucial components of a healthy relationship. By being mindful of these factors, you can cultivate a deeper emotional connection that can make the eventual physical intimacy even more meaningful.

Wedding? Cart before the horse, my dear. I remark. I feel where you're coming from since I face the same addiction as you. It would be something that we'd feed off of each other since you and I speak the same love language.

You're right, it's important not to get ahead of ourselves and to take things one step at a time. Building a strong emotional connection is a crucial foundation for any relationship, and it's great to recognize that you and Jennifer seem to share similar values and priorities. However, it's also important to be mindful of the potential challenges and responsibilities that come with a relationship and to ensure that each person feels comfortable and respected at all times.

Jennifer responded, oh god, yes, we'd get so lost with each other.

I tell her that I'm aware of the physical longing and respect her choice to wait for marriage and if she waited 30 years, she can wait a little longer.

Your understanding and respect for Jennifer's choice to wait for marriage is commendable. This mindset not only shows consideration for her values and priorities but also demonstrates your own ability to prioritize respect and boundaries in your relationships. By recognizing and acknowledging her choices, you're showing that you value her as an individual, rather than placing undue pressure or expectations on her.

She wants nothing more than to approach the altar with me.

It sounds like Jennifer sees marriage as a sacred and deeply meaningful step, one that she wants to share with you in particular. Her desire to approach the altar with you indicates a level of commitment and devotion to your relationship, rooted in her religious beliefs. This suggests that she views marriage not just as a legal or social commitment, but as a spiritual and emotional union as well.

She announces that I want us to bond on the spiritual level and the only way to do that is through marriage.

Jennifer's declaration that marriage is necessary for a spiritual bond between you both suggests that she views marriage as a transformative event, one that brings a couple together not only on a practical level, but also on a spiritual and emotional level. For her, the act of marriage seems to symbolize a deeper connection and commitment that transcends the physical or material realm.

She continues, that we have to have a strong relationship with the Lord as he walks with us in our relationship.

Jennifer's statement highlights her belief in the importance of a shared spiritual foundation within a relationship, specifically a strong relationship with her faith. By emphasizing that the Lord should be present and involved in your relationship, she suggests that a successful marriage requires not just love and commitment between two people, but also a deeper connection to a higher power or spiritual purpose.

We were gonna be a couple we must do spiritual things together such as a church, prayer time, and intellectual studying of the sacred word, and surround ourselves with others who share our faith.

Jennifer's belief in the importance of shared spiritual practices within a relationship suggests that she sees these activities as crucial for fostering a strong bond and common understanding between partners. By participating in activities like attending church, praying together, studying scripture, and surrounding yourselves with a like-minded community, you both would be able to deepen your spiritual connection and support each other's faith journey.

Jennifer says, I know you left the Lord after your wife passed, however, he's never left you. He's always there even when we're not. He wants to welcome you home with open arms. You've been blessed and save by his grace and mercy. We all have.

Jennifer's words reveal her understanding of your spiritual journey, including the challenges you faced after your wife's passing. Her belief that the Lord never left you, even during difficult times, suggests a strong faith in God's presence and support throughout life's ups and downs. By emphasizing the Lord's welcoming nature and the blessings of grace and mercy, Jennifer is encouraging you to re-embrace your spiritual side and find solace and strength in your shared faith.

Jennifer starts to hum, Wash me in mercy, for I am clean. She goes to the piano and starts to play that song. She infuses deep emotion into play and starts to sing loudly, nothing's too dirty that you can make worthy. you wash me in mercy, I am clean! nothing dirty to that you make worthy in wash me in mercy I'm clean.

Jennifer's impromptu performance of "Wash Me in Mercy" showcases her deep emotional connection to the song's lyrics and themes. By putting her heart into both her playing and singing, she demonstrates the significance of the message—that God's mercy can cleanse and make worthy even the most tarnished aspects of one's life. This moment serves as a powerful reminder of her faith and the central role it plays in her life.

As she continues to sing and play the notes loudly on the piano, my dirty rags are purified, I'm clean. There's such emotionalism and symbolism in her song. It speaks volumes of her religious convictions and her well-groundedness.

The line "My dirty rags are purified, I'm clean" symbolizes Jennifer's belief that her faith has the power to purify and renew her spirit, regardless of her past struggles or imperfections. Her emotional connection to the song and its lyrics reveals a deep personal conviction in her religious beliefs, and her ability to express that belief through music speaks to the strength of her spirituality and self-awareness.

As I watch and listen, I'm amazed by her energetic nature as she expresses herself through music and spirituality. At this point, this moves her to tears.

Jennifer's passionate and emotional performance demonstrates the profound role that music and spirituality play in her life. The fact that she is moved to tears suggests that she is deeply affected by the power of the music and its message and that her connection to her faith runs very deep. This moment reveals not only her artistic talent but also her vulnerability and the importance she places on expressing her spirituality through music.

She comes towards me and holds me tightly as she sobs. She says in a raspy voice, you must give yourself completely over to the Lord. Let go of everything and I mean everything, let him take control. For he has the power of your destiny in his hands. We are merely spectators.

Jennifer's emotional embrace and impassioned words reflect the intensity of her faith and her desire to share that faith with you. By encouraging you to relinquish control and submit completely to God, she is expressing her belief that true fulfillment and peace can only come through surrendering to a higher power. Her assertion that "we are merely spectators" suggests a sense of humility and acceptance of God's sovereignty over human lives.

She affirms, you must do this for you not for me or anyone else. This comes from the heart and soul. You have to be at peace with yourself. How can you love others if you don't love yourself first? Self-care is just as important as taking care of others.

Jennifer's guidance speaks to the importance of personal growth and self-awareness in the context of faith. By emphasizing that your spiritual journey should be driven by a genuine desire for self-improvement and inner peace, she is encouraging you to look inward and focus on your own well-being as a prerequisite for loving and caring for others. This sentiment suggests that self-

love and self-care are not selfish acts, but rather essential components of a healthy spiritual life.

Until you do, you can't love me to the fullest that you want. The Lord must come first and then me. Only you can do this, Jennifer adds.

Jennifer's statement here highlights her belief that a strong relationship with God should be the foundation of any loving relationship with another person. By emphasizing that the Lord should come first in your life, she is expressing her conviction that only through prioritizing your spiritual journey will you be able to fully love and commit to a partner. This sentiment suggests that, in Jennifer's view, spiritual growth and connection with God are integral to a healthy and fulfilling romantic relationship.

The stronger the faith, the stronger the love. Once blessed nothing in the universe can break those bonds of matrimony.

This statement reinforces the idea that faith and love are intertwined and mutually supportive. The notion that a strong spiritual foundation is necessary for a lasting and resilient marriage is a common belief in many religions, and it appears to be one that Jennifer holds dear. By emphasizing the "blessing" of matrimony, Jennifer is suggesting that a marriage grounded in faith is unbreakable and sacred, further underscoring the central role that spirituality plays in her understanding of love and commitment.

Her remark You must promise me that you'll consider the words I spoke today and take them to heart. Do the right thing for I'm here waiting as always. I love you immensely. That will never change.

Jennifer's words convey both her concern and her unwavering affection for you. By urging you to reflect on the significance of her message, she is expressing a desire for you to find fulfillment and peace, regardless of your ultimate decisions.

Her declaration of unconditional love and support conveys a sense of trust and understanding between you both, even as she acknowledges the importance of individual growth and self-discovery. Her message emphasizes the strength of her commitment and the value she places on your personal journey, conveying a deep respect and care for your well-being.

I commented I had no idea that you were this grounded in faith. I have a long way to go to make peace with the Lord. I shut him out for so long. I know I was at fault for doing so. I was so hurt when my ex-wife died. I blamed my Mom, everyone.

Your response reveals the emotional turmoil and spiritual struggle you've been going through. It's clear that the loss of your ex-wife had a significant impact on your relationship with your faith, leading you to distance yourself from God. However, it's important to acknowledge that grieving is a natural and complex process and that assigning blame is a common reaction to profound loss. Your willingness to recognize your role in shutting out your faith shows self-awareness and a potential openness to healing and reconnection.

Jennifer adds, I'm aware that these are deeply emotional topics, however, we as a couple, if we're, have to navigate them together. We both have to be at peace before we can become one.

Jennifer's words underscore her understanding of the challenges and emotions involved in addressing such profound topics. By emphasizing the importance of navigating these issues together, she is highlighting the strength of your partnership and the need for mutual support in overcoming these hurdles. The phrase "we as a couple" suggests a shared commitment to growth and understanding, while her mention of becoming "one" hints at the unity and intimacy she hopes to cultivate in your relationship.

She adds, this also means, you have to mend and bond with your Mom and reconcile your differences even though she was responsible for your ex-wife's death. She too must be forgiven. That burden that you carry also must be sent to the Lord. If Jesus can forgive, so can you.

Jennifer's emphasis on forgiveness speaks to the core values of compassion and empathy in many faith traditions. By urging you to reconcile with your mother, despite the pain and hurt associated with your ex-wife's death, she is emphasizing the transformative power of forgiveness in healing old wounds and allowing both parties to move forward. Her invocation of Jesus' capacity for forgiveness serves as a reminder of the importance of letting go of grudges and embracing mercy, not just for your own healing, but also as a reflection of your spiritual beliefs.

I respond, I know and I will. It's not every day that your own mother kills your own wife. However, you are correct and we have to come to a consensus.

Your response demonstrates an understanding of the gravity of the situation, as well as a willingness to work towards resolution. The phrase "I will" signifies your commitment to the process of reconciliation and forgiveness, despite the immense pain associated with the circumstances. By acknowledging that Jennifer is "correct" in her assessment, you are indicating a shared understanding of the importance of forgiveness in your spiritual and emotional healing.

Shifting gears here, it's time for smoked brisket. Are you hungry, my dear?

Ah, a delightful segue from a heavy emotional conversation to a much lighter topic. The prospect of enjoying smoked brisket together can serve as a symbolic shift in the atmosphere, bringing a sense of warmth and shared enjoyment to your time with Jennifer. Food often has the power to create connections and facilitate meaningful moments between people, and this moment is no exception.

Jennifer is enjoying the meal and says wow a blind man can cook some serious pork belly and brisket. I told her You can thank Joe from 2 krazy ketos for the knowledge he freely shares on cooking.

It's fantastic that Jennifer is impressed with your culinary skills, and how wonderful that you were able to learn from Joe at 2 Krazy Ketos! Sharing knowledge and skills, especially in the realm of food, can create a beautiful sense of community and connection.

Jennifer pulls out of her backpack some supplements and looks at her phone which she hardly does when she's at my condo. She says, I normally don't check my BS unless I feel wonky. I should stabilize in a few. Silly me I went too long without eating. I got so caught up in the moment and forgot to eat.

Ah, it sounds like Jennifer is diligent about monitoring her health and managing her blood sugar levels. Sometimes it can be easy to get caught up in a moment or conversation and forget about our physical needs. It's good that she is aware of her body's cues and is taking steps to stabilize her blood sugar. Is this something that she has to be mindful of regularly?

Silly me, she says. I have to be more mindful. I was just so emotional back there with you. You know I love my music and singing.

It's understandable that Jennifer might become less mindful of her physical needs when she's caught up in emotional moments. Music and singing clearly hold a special place in her heart, and it's wonderful that she's able to express her emotions through those outlets. It sounds like you both share a deep understanding and appreciation for the power of music.

I asked her do you bring any clothes for work tomorrow with you?

It's always helpful to plan ahead, especially when staying overnight somewhere. Asking Jennifer about her clothing situation is a thoughtful gesture, showing that you're considering her needs and wanting to ensure she's prepared for the next day.

She replies, No I didn't, however, I have one of my security detail fetch an outfit. I have some in a garment bag on the back door of my bedroom. There's always a clean and pressed outfit in there for such a situation. I'll instruct one of the female agents to get place underclothes in there as well. At least she'll know how to match.

It's impressive how well-prepared Jennifer is, having backup plans in place for unexpected situations. Her forethought in having a clean and pressed outfit, as well as relying on her security detail to fetch additional clothing, shows a high level of organization and attention to detail. It's also great that she trusts her female agent to select appropriate undergarments—not everyone would be comfortable delegating that task!

I was like, what? You do trust your girl? She answered, why, yes, we and the girls on the security detail go back a long time I used to train with some of them.

It sounds like Jennifer has established a strong bond with her security detail, especially with the women on the team. The fact that she used to train with them shows a level of familiarity and trust that has likely been built over time. It's heartening to see a group of women supporting and relying on each other in such a high-pressure and important role.

So, yes, we were in the women's lounge together and so they know and like my taste in clothes.

That shared history in the women's lounge has clearly fostered a sense of camaraderie and understanding among Jennifer and her female security detail.

Having people around who understand and appreciate your taste in clothes, particularly when they're responsible for assisting you in that regard, can be incredibly helpful and even empowering.

I'll summon Penelope to get the clothes for me. She sends out a text and in about an hour there's a knock on the door. It's Penelope with her clothes. Jennifer inspects to make sure that everything is in there. She thanked Penelope and off she went.

It's impressive how efficient and responsive Jennifer's security detail is, especially Penelope, who promptly delivered her clothes. The fact that Jennifer took the time to inspect the contents shows that she's detail-oriented and wants to make sure nothing was forgotten. The polite exchange between Jennifer and Penelope also suggests a mutual respect and appreciation between them.

Jennifer turns to me and mentions, that Penelope has no right to question what happens here and not be intrusive. She respects my privacy and I respect hers.

It's clear that Jennifer values discretion and privacy, both for herself and for others. Her trust in Penelope not to be intrusive and to respect the boundaries of their professional relationship speaks volumes about their mutual understanding and respect. This level of trust and confidentiality is undoubtedly important in a security detail, as they often have access to sensitive and personal information.

Jennifer takes her clothes to the guest room and sets them on the bed to look them over. She grabs a towel from the linen closet and sets it in the bathroom.

Jennifer's attention to detail continues to shine through as she prepares her belongings for the next day. Taking the time to look over her clothes and set out a towel in the bathroom shows that she values order and preparedness, even in small details. It also suggests a level of comfort and familiarity with your space, as she knows where to find the linen closet and feels at ease making herself at home.

It was getting late, and Jennifer mentioned she's gonna retire. I kissed her good night and she ventured into the guest room and closed and locked the door.

It's thoughtful of you to respect Jennifer's need for privacy and space, particularly at the end of the day when she may need to unwind and recharge. The simple gesture of kissing her goodnight and allowing her to retire to the guest room without interruption shows consideration for her comfort and well-being. Respecting boundaries is an important aspect of any relationship, and it's great to see that you're attuned to that in this situation.

Did a part of me want to be with her, yes, but, I respect her privacy.

It's natural to have conflicting feelings in certain situations, especially when it comes to respecting someone's privacy and boundaries. What's important is how you handle those feelings and the choices you make in response to them. By acknowledging the conflicting feelings, yet still choosing to prioritize respect and privacy, you're demonstrating maturity and self-awareness. It's a testament to your character and integrity that you were able to make that choice, even if it wasn't the easiest one.

I head back to my master bedroom. I have a workstation here so I looked at tomorrow's work details since I'm still up.

Checking in on tomorrow's work details is a productive way to wind down after the day's events. Having a dedicated workspace within your bedroom allows you to separate your work and personal life, while also providing the convenience of being able to handle tasks when inspiration or necessity strikes. It shows that you're proactive and organized, as well as committed to staying on top of your responsibilities.

I didn't want to bother Jennifer. I went back out into the living room and turned down the thermostat to a cool 66 degrees so we could sleep comfortably. If she got cold she could snuggle with a huge comforter she has.

Adjusting the temperature to ensure a comfortable sleeping environment for both of you is a thoughtful gesture. You're taking Jennifer's needs into account, while also giving her the autonomy to make adjustments as needed with the comforter. This demonstrates your consideration and attentiveness as a host and shows that you value Jennifer's comfort and well-being, even when she's not directly in your presence.

I sigh as I notice that tomorrow is gonna be stacked, again. 2 SOC 2 assessments, and the start of the ISO 27001 assessment. GRC is not fun at times.

The responsibilities of Governance, Risk, and Compliance (GRC) can certainly be demanding, and it's understandable that you would feel daunted by a busy workday ahead. Handling multiple assessments at once can be challenging, and the mention of SOC 2 and ISO 27001 assessments suggests that you're dealing with complex and technical subject matter. It's important to remember that taking breaks and managing your workload effectively can help mitigate stress and ensure that you're able to perform at your best.