

PREFACE

In *Diary of Emotions*, I delve into the depths of my heart to give you a detailed account about my inner turmoil as well as my mixed feelings about my mother. Having forgiven my mother a long time ago, I strive to make her happy while trying to protect my own heart and soul against the challenge that is a mother suffering from mental illness.

July 20, 2018

It is weird that my mother can leave me and I can still forgive her. Or have I really forgiven her? That is another issue, I guess. I feel like maybe I have forgiven her. Pretty much for years, I had *totally* forgiven her. I did not blame her for anything. However, now I have met her and it appears she actually did not want us.

Seeing that she does not want to be with us, I feel like I should place some of the blame on her. I know she was not capable of raising us, but even knowing that, it still makes me want to accuse her of something. I feel like, "How does a mother just abandon her children and not want come be with them when they find her?" Well, she has a mental illness and that is how she can do that.

Still it hurts that my mother has mental problems to the point where she does not want her children. Yet she seems so alert, like she understands life.

Her mental illness has been diagnosed so obviously it is real.

Still, I do not know how to feel about her. I sent her some things, and I guess that is all I really want, is just to be able to send her some things when I feel like it. A part of me wants to do things for her all the time, to take care her. It seems she sees me as like a friend I guess; or maybe she sees me as more than a friend. I do

DIARY OF EMOTIONS: THOUGHTS AND FEELINGS
Grace LaJoy Henderson

not know. It is hard to fathom how a mother could not want to be close to her children. Like if I do not call her, we do not talk. If I stopped calling her, I would never hear from her again, even though she has my phone number. Then again, it may be for the best.

August 11, 2018

I called my mother today and she did not come to the phone. It has been a few weeks since the last time we talked because I had been feeling like she would rather be to herself. In the past, it seemed like she wanted to say she did not feel like talking, but she never said it. She always came to the phone.

This is the time when I least expected it and this is when it finally happened. I just hope she is ok. Perhaps she has not been taking her medication, and that could be why she did not want to converse with anybody. That would be my only concern, because she always acts like she wants to talk when I call her.

She may just be more comfortable not communicating with anybody since she has been on her own for so long. I have always suspected that, but every time I called, it seemed like she was happy to speak with me, happy that I called, so I did not want to *not* call her and leave her wondering, “Why isn't anybody calling me?” However, if she does not really care to hear from anybody then, I am okay with not calling her.

The last time I called, she came to the phone. She was saying she had to get off the phone for some reason, which was unclear. However, a couple of moments later she said, “I enjoy it when you call.” I felt like maybe that might have been her way of saying, “Even though I enjoy these phone calls, I just do not care much for being on the phone.” Furthermore, whenever we are on