

I had to go to the immigration office again and it drained me, I did not know why until I got in the taxi to the post-office to do the payment, it was comfortable temperature there, not the cold air-condition. I was out of energy because I was in pain, luckily I had some peppermint so I chewed down a couple and immediately felt better, I could feel my face getting more symmetrical (when I am very tired my left side will sag). I am home now Getting ready to go out for more food or sleep a bit and the song that plays is Rest in pain by vesania

the song is on my laptop but I do not know, I am happy it is playing I needed some dramatic death-metal it makes it easier to relax, I will look up the lyrics now

. I am glad I can not hear them, they are about mental anguish and gore retaliation.

That is not how I feel I feel annoyed by the burocracy, I could not pay at the immigration office I had to go to the post office their system was down so I had to walk to the bank, part I hopped on one leg because of the pain in the leg, But funny looks of bystanders made me act more normal and accept the pain in exchange of being faster and not stared at.

Now I am in my hotel room, still in pain happy with the distraction of the music an finally getting hungry it is past noon and I only had a kooky to go with the medication. I do not feel sleep or hunger when my body thinks I am in pain.

I am quite annoyed now and have to go to immigration again tomorrow afternoon to get my biometrics and a photo and my fingerprints.

4 years ago I was there in my wheelchair they were much more accommodating then,

I use the “hospitaliseing” can’t find a fitting translation for getting used to being pampered or getting treated as a patient which causes people to become more depend and stop them from trying for themselves. It is annoying victim blaming construct by saviourist people who first not accept your denial of aid and when you gve in to it they blame you for depending on them.

Sometimes I use it when I want the easy route, I can do it at a cost to my self esteem so if I have the physical energy I always deny offered help, regaining the physical energy is easier than fixing my self esteem.

It is almost midnight now, I managed to sleep a couple hours and had some fried rise with egg, which improved how I felt, but I still had the nerve pain because of the tense shoulder, tomorrow I will wear a sweater when I go inside.

My day was kinda ruined because of the temperature in the imigration office, my friend asked if I wanted to go to some other persons place, I did not feel like it because of the pain, I went because it is better to have some distraction than to be a bit more comfortable butt alone.

Again long story not too coherent I hope you do not mind it