

**18/07/09**

**The bus** took a diversion today. It caught me by surprise – I haven't been back too long, but the length of absence is telling. Not a day has passed without being side-winded by some unexpected change. In a way, they're helping to prepare me: a gradual change of climate is infinitely preferable to the plunge-pool. Historically, drastic change rarely bodes well for those swept up in the storm. I'm at least grateful for this bit-part revelation.

Relationships with friends, family, social acquaintances, have flattened to a wafer – mere tracing paper between what once was shared and the pretence to hold it up. It's like relearning to ride a bike. Apparently, you never forget, but that doesn't account for a gulf of unfamiliarity, and the accompanying anxiety.