

## Post TAC Ekurhuleni visit

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This week I met two remarkable people , remarkable for me because they've made it so far and just helped put a bit of perspective on my own situation. I've walked away from each encounter with the thought that Yes I can Luckyboy at TAC Germiston, must say a list of 40 things that I want to do seemed like a lot but then I started working on it, although the details are vague but I'm moving away from bewilderment to item no 12 --- going to Egypt. Sometimes you meet people like that and wish ?if only I had known you at the very beginning? still you were probably not the wise old man you are right now --- There?s a saying about having to get through it to get past it, I'm just stepping into it and I can only hope there?ll be people to pull me back when I step into the mire and Nokhwezi sister I hope we do meet, but I do feel silly about letting myself be scared by the stress-bogeyman who has no form or color . I almost feel like a fraud coz you talked and I listened, I'm trying to play a tape of what I would have said to anyone and it?s full of blank silences? I needed someone to speak to me and you came through, went to see my doctor today and he was quite impressed with the level of optimism--- oh and yes I quit my job. CANT WAIT TO MEET EVERYONE AT MY FIRST SUPPORT GROUP MEETING TOMMORROW --- See I have something to look forward to for the first time In a very long while.

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