

S1 E3

Adele : Look, this is awkward....but I just....I didn't know who else to turn to when....I'm so worried.

David's a perfectionist. And he tends to overdo it at work. He's been trying to get better at it but....he likes to control everything. Always has. When things get a little too much, he....

Louise. He what?

Adele: Gets stressed. And when that happens, he makes bad choices. I think maybe he's drinking too much.

He's home late at night, out before I wake up. He's working way too hard. He's been sleeping in the spare room. I'm sorry to drop this on you. But I'm alone all the time and my mind gets racing and I freak out about stuff.

And I can't talk to him and I have no one else to talk to and you're the only friend I have here.

I don't know why you put up with me.

Louise : It's okay. Hey. Adele... I'm listening.

Adele : Just saying it out loud to someone else feels better. I love David. Nothing changes that.

Louise : And he once ran into a burning building for you. That's a lot of love. Maybe there's a way to remind him of that.

Adele : You're right. Thank you.

Louise: No.

Adele: How are you getting on with the notebook?

Lousie : Pinching myself like a maniac. Yeah, I feel like an idiot. I don't think I get it.

Adele : You will. You have to want to change your life. Do you want to have night terrors forever?

Louise : I really do not.

Adele : Then , promise me you'll keep at it, Louise. Don't give up. You can't.

Louise : Alright. I'll keep that going.

Adele : Mmmm.

Louise : Who is Rob, by the way? I thought the journal was yours.

Adele .An old friend.

Louise: Seems quite a character.

Adele: You have no idea.