

ALEXANDER GUTHRIE

DAY 0

Thursday
June 13, 2024.

Today is the first day of my first proper break from the regular use crystal meth since Autumn of 2022, a nearly two year period, the former major breaks being off in 2022; February 7 - March 27 (37 days), May 24-June 20 (27 days), and Aug 20-Sept 14 (25 days). I think it's a narcissistic and much needed goal to make this break my longest since I began use on Aug 2, 2021, so 37 days is the record to break. That would put me at July 22, 2022 or after. I've broken so many sobriety pledges since the year began so I really need to make up for the lost time and find clarity before making major life decisions about school and the Grand Trunk apartment.

I woke up today at around 10-11 AM because I had to go see Tania my nurse to get the Wellbutrin prescription refilled. I'd gone to sleep at around 4-5 AM after a pointless embarrassing attempt at filming my load. I'd taken viagra and didn't have anything to use it toward.

ALEXANDER GUTHRIE

This was after, in the early hours of today, I was with Francois. It was a good visit overall,

The Francois visit began sort of off like usual and the Tina likely was making both of us not really sociable on whatever, we went out for a walk and walked through Pitt Park, where I wasn't feeling the moment and we just left. We sat down in a gazebo and smoked and talked about everything, explained my mood, said I'd go home and sleep, and when we got back I gave him my drugs. I felt good and I felt cautious but optimistic about my chances of finishing this break and hitting the 40 day mark. I'd be very proud of myself.

I got home from Tania and started working on creating a font in my own handwriting. What I thought would've been like an hour thing turned into 4 hours and I'm not even sure I like the result. But either way the text is here in the form of written stationary and I can reformat it all at a future date. Now I plan on finishing my model and masturbating again to get things out of my system.

ALEXANDER GUTHRIE

1:53 am, heading to sleep, finished the model
man on less finally.. even though got a few
hours of sleep I'm starting hearing things
and seeing things, things in the corner
of my eye, the blinds moving and opening,
etc, sounds of tapping and crawling —

It's a horrible feeling., accompanied by nausea
and headaches.. just imagining what I'll be
like after 40 days is exciting, I miss
my old self.. though was creative didn't really
accomplish anything helpful today and didn't
follow my daily tasks in notion.. I promise
I will do a good amount tomorrow. It's
Bastille Day I think, which is a nice
mark in the sand.. the next five days will be
hard — as in they'll be busy and on

ALEXANDER GUTHRIE

apathetic or tempting. This is just the beginning don't get ahead of yourself and don't give up..

Alexander Guthrie.

06/13/24 2:08am

ps need to explore adding photos to the journal in an aesthetically harmonious way,
Also: mood rating for day 45%.

It's 5:23am still no really sleep but soon I feel it.

Ended up sleeping at around 6:47am

ALEXANDER GUTHRIE

DAY 1

Friday
June 14, 2024 .

I woke up at around 2:45 PM after sleeping from around 7 AM. I'd stayed awake so long likely because of the crystal meth remaining in my system, the excesses of which I've passed. Spent a couple hours watching Youtube aimlessly until I watched the launch of Starship (its 4th launch), the impressive one that history will remember for its miraculous water landing despite nearby issues. I cried thinking about what I might've been doing if I'd done what I planned and went into Astrophysics, but I now feel determined to make the best of the situation and prove to the world that I'm something. My addiction can be just a ferry for me, I can stop it like it's nothing unlike anyone else. And so I challenge myself to neatly complete multiple tasks today, ones that have been overdue for days or have been on my list for months. I want to find the tasks I have no excuses for not doing, things that are just excusing by the numbers, and just turn my brain off and go down the list. Don't think about the larger picture, just do what AI tells you to, let it schedule your day, let yourself take a break for the day and have ChatGPT be in the driver's seat.

8 pm: Starting to struggle a bit and hit a wall, I tried talking to AI about my tasks and tried figuring out what I could do, but everything feels aimless, to start anything is to stop and look

ALEXANDER GUTHRIE

back and contextualize and I don't know how to do that without being dishonest. All I see are problems, no opportunities, and solutions that feel pointless. If I wasn't able to observe the world around me I would without hesitation end my life. The only thing that stops me is my interest in the future, but in many ways that is and will become too painful to take in as well. The longer I wait and the more of an empty failure I become the harder it will be to enjoy anything. I know I might look back and read this in the future, and maybe retrospectively what I must do right now is obvious, but I am so lost. And I can't seem to get over this problem of the people around me taking over my head, every time I feel optimistic or creative or have a passion or direction all it takes is for someone to put it down for me to spiral. I don't know how much of it is the power of their disappointment that I came about, more so it's the praise I depend on. I've been working on my apartment model for like a week or two now, and am 99% finished, and because Francis didn't come and had nothing to say other than "oh, how does that lead toward anything" I am totally discouraged. I feel excited about Ireland and all it takes is my dad's passive aggression and lack of help to make me immobilized. I haven't done a task in like three days despite every day standing with an "I will finish as much as I can today" attitude. I can't fucking clean my apartment more and finish my closet, I look at all my tasks and 9/10 feel aimless.

The major thing I need to remind myself at least for the first 5 days of sobriety is maintaining sobriety is my first task of

ALEXANDER GUTHRIE

the day and it's the first step towards absolutely any goal. I need to learn to take things easy at first and let time purge my system of Tina doing minor tasks like the closet or things of that nature will free up time and minimize excuses when I'm in a better state of mind to tackle major things.

The time sensitive things like ordering certificates should be worried about but other than that, just be healthy, sleep at the right time, and do rudimentary things.

So what I'll do is this

- go for a walk and take a few photos of the neighbourhood
 - Go get a perfect face mask
 - Get vitamins
 - Do laundry intermittently, count 1x
 - Finish first step with application for Alberta marriage certificate and forget about dad and grandma.
 - organize and clean the closet
 - Watch the Maggie Smith film
 - Figure out the cycling issue with Blenden and produce one test mentem
 - Watch a video on homemade waffles and ask AI about which to order
- 10pm - went out and got vitamins; each day I will take 2 Hair gummy with collagen, 2 vitamin c (500mg), 1 biotin capsule (10000mcg).
- 11pm - finishing a load of laundry, then watching film and sleeping

ALEXANDER GUTHRIE

Sobriety wise I feel alright, although when in the moment of not knowing what to do with myself and feeling discouraged about the 3D model I thought that then would've been the time I'd have used it if I had Tina in my possession still. I deleted multiple contacts and numbers as well, so I really don't have a way of getting it other than through Francois, and I don't think he will give it to me without talking about it first at least. Will certainly go for work with him next week and ask for him to not give it to me no matter what until 40 day are up.
Mood of day: 30%.

Alexander Guthrie Friday June 14th, 2024

PS it's 2:41 am right now, I've just showered, so getting to sleep a bit late.

DAY 2

Saturday
June 15, 2024.

Woke up around 7:30am, then fell back asleep and slept until 1:37pm

ALEXANDER GUTHRIE

Day starting off difficult again. Feel incredibly restless, tried rendering the model in Blender and it's just so slow and not working and I can't figure out why and it feels so stupid and pointless. Also feeling disaffected with this journal, as if it's just making me feel fucking worse. I don't feel better when I "get things out of my system" and write them off down. It's just like expediting off the negativity and making it worse. Even so I want to continue it for the sake of posterior use with AI, being able to feed AI the entire last 40 days of my life to extract patterns and statistics would really be useful. I want to perhaps develop a way for dictating this journal instead of writing it. I'd like to be able to begin dictation very easily, have it not interrupt me, and automatically feed the entry into AI to polish and improve it. Anyways it's 4 PM already, haven't done a single thing today other than sleep take vitamins and shower. Have absolutely no idea what I can possibly do that's productive today other than organizing my closet and I don't really care about that. My only other ideas are cleaning up my computer and setting my apartment's light scene. I feel so bored. I want to go outside but why would I? What do I have to do out there? I don't have a single thing on my task list that'd require me to go outside. My life is so empty. Again, this is another point in time where if I had drugs I'd use them. But I must keep in mind it's *day 2* out of 40 days. I've had these feelings before, the伟伟伟伟 giving motivation and the crystal meth stuff putting me down before it's out of my system. I really should wait until day 5 to make any judgments, and also plan ahead for my tasks to really begin this coming week (Monday the 17th).

ALEXANDER GUTHRIE

I want to mention that yesterday was the first time I've really found out about June Haver and watched the Dick Cavett interview of her and find her delightful.

OK, so I've just spent the evening doing absolutely nothing and trying to perfect my AB Handwritten font. I'm also not eating very healthily or tooth-consciously. I feel I should write more in my journal about current events for posterity's sake, though to be perfectly honest I still avoid the news even since the Trump admin. And even more so after mid-2020/the Covid era because I find the liberal talking heads insufferable and old media is dead. That's one thing I'm looking forward to seeing the most in this election, because it's the first election since old media really collapsed. I hope/suspect Trump will manage to win if they don't either just assassinate him, both of which would just end up martyring him which would perhaps be even better. Biden looks like he's about to die at any given second. It's been interesting to realize how

ALEXANDER GUTHRIE

many gay men are either tolerant of Trump or are at
total odds with modern QIA+ nonsense.

Anyways, I'm going to take my pill and go
for a little walk and sleep. Hopefully on this
time. It's 10:46 pm.

Alexander Guthrie, Saturday June 15th,
2024

Got to sleep around 12:11 AM

DAY 3

Sunday
June 16, 2024 .

Woke up at noon

Went back to sleep and got up at 2:30pm

Just waking up now, feeling a bit lethargic, probably taking two Senoquel
isn't best, should lower it to one.

ALEXANDER GUTHRIE

Good god, note to self for the future, when making blender models do not fucking do what I did with the apartment model. I have like 150 objects off on the plane and it's so slow and the computer is so hot. Set up the general environment first then start adding details. It's nearly 4 now and I've wasted time just trying to fix it. I want to go outside so I'm going to shower.

In 23 days I run out of Wellbutrin according to Pharmatrix, so figure out the date and go refill then. I went and didn't realize I still was supposed to have some at home.

Not doing well today. Can't even do laundry because the maid in front of the door is being weird and I'm fed up with it. Feeling the urge to use substances, looking outside seeing the summer weather, doing nothing with my life.

Extreme depression and suicidal thoughts, have been lying in bed for hours spinning. Feel more lost and alone now than I've ever been. I feel suicidal.

Showering now at 10:44 PM, really low emotional day, likely has to do with the drugs, it's only day three. Just going to sleep and keep going.

Really do feel I'm dead is the way to go, it's the only thing I think of and look forward to. Only thing that makes living feel like it's going somewhere.

ALEXANDER GUTHRIE

In bed getting to sleep at around 11 PM now. Concerned about not having planned the week ahead properly yet, but confident that with time things are going to get easier, especially after the 5 day mark and the 10 day mark. It's been like clockwork that 5 days is a turning point in mood and motivation.

Alexander Guthrie ., Sunday June 16th, 2024

DAY 4

Monday
June 17, 2024 .

Waking up 12:00. By some grace of god I noticed my doctor's appointment was today and it's now 12:35 and I'm in the subway station waiting for the subway which is under servicing right now so might not make it there in time. But still, it's a miracle I'm making it at all. Made it just in time, got here at 12:57. Going to go tanning after this as well. OK so he says what load went down last time he checked, waiting for the nurse right now to do my next blood test. Also doing an old screening. He

ALEXANDER GUTHRIE

says molluscum (sp?) is more widespread, the stuff I thought was rare is actually that. He says not to touch them and try to avoid contact, wear underwear that causes less contact (small undies). And to moisturize your pubic areas because the skin's really dry. Next appointment will be in 2-3 weeks to check the molluscum. At the end of the meeting I started getting really strong urges to see Francois and party, just because I want to talk to someone about it and I feel lonely. But will resist it. I should go walking with him sometime soon though. I'm going to avoid sending him anything until tomorrow or after. Waffel seems to be missing but haven't done a proper search for it.. the molluscum goes way on its own by the way, the sneezing just speeds up the process.

2:54 - heading home now, went tanning and somehow managed to leave with the wrong flip flops? Not sure if they're from the clinic or the tanning salon but I double checked and they weren't there at the salon. Feeling more confident than usual so urges are very strong. But there is lots of time, there is no rush.

3:30 - yes, I took someone's shoes from the tanning salon, I just got the call, so I have to go back tomorrow. Feeling quite hungry but trying not to eat anything. Sent

ALEXANDER GUTHRIE

Francis is a message, just a video of two cats, already feel the urge to say yes if he wants me to come over.

Francis texted me how I've been, I replied after like 30mins and now waiting for his response after like 45mins. I know I said I wouldn't but I really really want to go smoke with him. Whole body feels winded and heart beating very fast.

It's official I've agreed to come see him tonight when he finishes work, so likely in an hour or two. I did make it four days, almost 5, I think there's something which can be said about that. I think 40 days isn't really a realistic possibility for me.

11:47 OKay so he accepted, which I'm sort of relieved about. Not sure if I'll do it tomorrow or if I'll change my mind, but now just going to watch a movie and sleep. Feel better to just relax and stay in bed. This means I'll hit my 5 day mark. Which is good. Anyways I'm off to relax and turn my brain off.

Alexander Guthrie .

June 17th, 2024

Watched the Dr. Phil interview of Trump.

ALEXANDER GUTHRIE

I really think something wild is going to happen between now and the election, something they'll pass off as out of nowhere when it's completely manufactured to stop Trump. War, assassination, riots. I don't think they'll go for a new pandemic because people won't accept it. But they're going to do something beyond just this trial.

DAY 5

Tuesday
June 18, 2024.

I woke up around 9 AM, which is pretty good in terms of sleep rescheduling. And I made it past the 5 day mark around the same time. It's 12:30 now and I'm trying to build up the confidence to call and make a hair appointment. I'm hoping they'll be available later today so I can go return the shoes at the same time and have it finished when I see Francisco. But I just need to build the confidence up first which I'm having a hard time doing. I also want to print out a few sheets from the font building website because I'd like to have a more comprehensive

ALEXANDER GUTHRIE

personal script with multiple stylings. I really should start my entries with the time by the way, and have that accessible in the table of contents. You really need to just be a fucking man and not be scared by these things, it's ridiculous that a 25yo man is still dealing with these feelings that I should've left behind in childhood. Just do it. I'm going right now to do it. His name is Gianni Moser..

Did it, going there at 5:30, perfect.

1:55 - It's too hot to do much of anything., was organizing closet and doing laundry, have to take a break I'm soaking.

7:13 pm - got the haircut, it's nice, was so hot outside today, the height of a heat wave. Right now just waiting for Francois to message me. Probably going to message in 20mins if he hasn't because I really want to see him tonight and smoke with him.

10:33pm - he's not able to play really and has caught something but I think we're still just going to hang out and smoke and maybe zoom.

ALEXANDER GUTHRIE

GROUND ZERO

Wednesday
June 19, 2024 .

I went to go see Francois. It was around midnight that I got there, we talked, I smoked. We both smoked together. Watched a few videos on Telegram. We lied in bed and he was timed and I felt and let him sleep. He said that I could possibly use his apartment in the next coming days because it's so hot and I need relief from the heat. I'm asking him today if he can do it because today is the hottest day until a long time anyways I went home at around maybe 2 AM maybe three and when I got home, I started instantly zooming playing it. I sorted it with somebody on cam I played with my dog. I trashed my apartment and I came around 8:45 AM. It's 9 AM now on the next day (the day after this entry is dated.) I forgot to take my birlarv which I'm taking right now and I'm taking off my vitamins right now and I'm gonna go shower. I'm going to challenge myself, and I always do this, to completely clean everything and make everything exactly as it was a smallest amount of time possible and I'm going to time myself stopwatch on my phone and I'm going to do it as fast as I possibly can making things a game, turns into something clinical thing makes it like I'm competing or gives me a reason to and that's off. I'm

ALEXANDER GUTHRIE

sweating so much. It's incredible. I only took what was in the pipe with me although I put more in the pipe before I left, but still something, and I wanna leave it with him at the end of day as well. If I get to go to his place, I will have a very good time like doing his dishes and kind of just tidying and stuff and that's all OK. I'm gonna go shower now.

PS - when I first use my toy there was blood and so I'm thinking that it's probably the haemorrhoid on hemorrhoids. They stopped bleeding after that incident but it was a good amount of blood so I should check. My optimistic goat for forgetting everything exactly the way it was is doing it before 10 AM OK I'm gonna go now..

6:44 pm - it is so hot. It is too hot to do anything and practically too hot to think. Tried doing laundry for Francis but only got through two bags, don't think I can do another round I am deflated and sedated. I've been using Tina throughout the day, although not very much relatively speaking, and I don't think I'll do anymore unless I wants to do some together.

Alexander Guthrie.

ALEXANDER GUTHRIE

Day 0

Thursday
June 20, 2024 .

So basically I left off the last entry last night while I and I were about to get to sleep, I took quetiapine even. Then it's 30 minutes of him falling asleep while reading me texts and watching porn and then he decides to change his mind and kicks me out in the usual "I don't want to kick you out" way. So I quickly gathered my things holding back tears, left all my drugs there and didn't really even discuss it. Out of nowhere he starts offering me Tina and when I don't answer he's acting like I was asking for it. It's like he forgets completely how he started the sentence. I do this too I'm sure, my issue is he seems to really lack a self awareness with these things and can't even just admit he's confused or doesn't know something or made a mistake. I like that about him but it's I have a limit at some point. So he gives me three pounds and I walk home so I can go jerk off alone. He has something with his dick I realize that it's just can I at least get a sorry for wasting like 4 hours of your time waiting for me to come sleep with you and then last minute kick me out because you want to jerk off. I really need to work on holding people accountable. I make so many

ALEXANDER GUTHRIE

excuses for people because they're working and I'm not, or they're not sober, or they're just shy or misunderstood. But unemployed as I may be and as high as I've ever been I've never treated anyone the way most guys treat me. Should I stand up for myself and get upset once in a while? Maybe. But I know fully well that, contrary to what they'd like people to think, if any of them hear the word no or mild criticism they will drop you like a piece of garbage and walk away from the relationship. It's ridiculous how people can make me nearly believe their projections of themselves onto me. Out of anyone I know I'm the first to admit failure, the first to consider being mistaken or wrong, the first to understand and give benefit of the doubt to everyone around me. And yet I somehow have this "closed minded" description following me around. It's not an issue I can even bring up to any of them because I'm not fucking stubborn or myopic enough to actually argue against them. Even if their behaviour was wrong it's your fault because you didn't take it upon yourself to tell them how they are acting. I feel just very tired and spent and weak and thirsty. It's 11:30 am now on the 20th. Soon I'll have a better diary entry system going with voice dictation. I look so horrible that I'm considering ordering something, if only just to drink. I want so badly slushies and dairy queen ice cream. Like good god more than anything in the world right now. I

ALEXANDER GUTHRIE

feet a headware is a special occasion. Also isn't it Apollo 11's landing date. Either June or July, horrifying that I've forgotten that. If it is today it'd make for a good starting point for sobriety period. I think I have to just realize the first week of sobriety is always going to be bad. Lonely, bored, in pain, lost, scared. They all need to be considered everyday things which don't require drastic measures.

This is getting to your last chance. You have maybe two months to turn everything around. What the alternative is I don't know and am horrified to think of.

Alexander Guthrie.

happy next year