

- Odd sense of self. View myself as divided. There is a biological me, which is driven by biological needs. E.g. hunger drives me to go eat, thirst, ... to drink etc. The real me is fighting the biological me. The real me, namely thinking me does things not because I'm programmed to, but b/c I choose to. The latest battle I lost was when I finally succumbed to falling in love. Evolution, the biological program's coder is very difficult to fight.
- Can't fall asleep when I want to fall asleep. Sometimes my legs and arms will twitch involuntarily  $\approx$  1 per month. Much more common is having to adjust sleeping position  $\approx$  10+ times a night b/c of physical discomfort.
- Random, no apparent cause stabbing back pain. More typical is throbbing aching lower back pain.
- Hair pulling. First was back of head at "hall 401" - 10th grade, when someone mentioned it was going to be a switched location. Sudburns - like high school and then peak early college. Under then and just late college. Most recently eyebrows and eyelashes.
- The obsession for kill. Since I was a kid. With age became more and more significant. Started as