

# Therapy

Therapy

## Preparation for Lauren Choe

General

- Empathy
- Validation
- Rejection therapy
  - I let rejection define me/bring me down.
- Alexithymia
- Too much in mind

Relationship

- Sex
- NP

Work

- Need to be productive
- Mental changing gears
- Sets the bar arbitrarily high for myself & others

Are there other ways to bring in life mode to work mode. How does being silly in my day to day impact my happiness?

## March 4, 2022 - Lauren Choe

- My process is I need to take a step back first in order to dive back down into it
- However, I sometimes don't action on this
- Taking a step back isn't a delay...it's an integral piece of allowing myself to be most

productive for work

- When I have a present state of mind → that makes me the most content with life
- When I'm in flow state, I can push through shit right when it happens. When I'm not in flow state, it takes me awhile to take a step back.
- **What supports flow states**
  - **What happened in previous 24hrs**
- **What support jumpy states**
  - **What happened in previous 24hrs**
- HW: what contributes to my flow states or what pulls me out of them?
  - Interactions w/ people
  - Coffee, medication
  - People pulling me into different interactions

## Notes for March 15th 2022

1. I'm thirsty specifically for water all day including the morning
2. The flow state pretty much propagated into all other activities
3. I had a lot of work to do, but was able to strategize and wasn't stressed
4. I had just a few meetings. Most of them were impromptu pop ups on things I wanted to learn.
5. I woke up pretty well rested, though I did wake up to alarm and did stay in bed for awhile
6. I worked in a we-work
7. I packed a healthy lunch, ate relatively healthy all day
8. I had my brain supplements
9. I did not work out
10. I had a bunch of coffee
11. I was sitting down most of the day
12. Had a few hours in the enclosed call booths
13. Had a window outlook and sat in comfy chairs
- 14.

## March 11, 2022 - Lodovica

- What has been helpful in Lodovica sessions for me? What's actually provided value?

- Open mindfulness
- Brainspotting → somatic approach that helps me get out of my logic brain.
- I tend to stay in my mind brain and I need to get into my somatic system
- I run things through my logic mind first and if I don't think it warrants an emotion, I kind of quash it
- A lot of my life happens completely unaware to me. The unconscious is the iceberg → 90% of life is unseen to me
- Want to break into my unconscious
- Lauren might not be trained in brainspotting but trained in EMDR

## **Why open**

- No sex
- Feel sexy → resurfaced
- Explore

## **What are needs**

- Alex needs
  - To minimize energy
  - To be not scared acceptance
    - Feel like hiding some parts of my sexual self → judgement, not energy loss
- Lauren needs
  - Safety → trust and honesty
  - Connection & communication
  - Empathy
  - Acceptance

## **What went wrong**

- Didn't meet in the middle in terms of communication
- Felt I was being judged so held back info

## **How can they be met**

- When to communicate what's going on?

# **March 14, 2022 - Lauren**

I like novelty because it reinforces the fact that life possibilities are endless - I need to live them

to a small extent to reinforce this.

Super low motivation over the weekend. Makes me pretty depressed and anxious.

Causes:

- Things feel stagnant
- Weekday decision fatigue

Solutions:

- **I like Fridays a lot because I'm able to switch back and forth in between work and life mode.**
- My work intensity, low productivity, fatigue might be a function of depression coming from other parts of my life.
- When you try to push through depression by doing things you don't want to do, you should prescribe yourself the things you really do want to be doing
- Relationship might impact rest of my life. Might have a deadening affect because relationship isn't quite what I wanted it to be.

## April 8, 2022 - Lauren

- Need to slow down my reaction time a bit when processing actions to emotions
- Need to ask myself where I feel something and what I'm feeling
- It's not that I quash emotions down, it's just that I don't really notice them unless they are large enough
  - Need to do a body scan → this will help me get into touch w/ how my body is feeling
- Find experiences where I activate all my senses

## Aug 14, 2022 - High Notes

Main reasons I'm unhappy with the company:

1. Impact - a lot of work is being canceled halfway due to misalignment of leadership goals, and resources aren't being put where they need to be. Another way to phrase this is as internal impact
2. Quality of the team, especially the boss, who is a boss and not a mentor, leader, or manager. His biggest value add happens to be domain knowledge, not strategy or ML expertise. A good question to vet this is to ask:

1. What 3 main skills should a great manager have
3. Mission - I don't really know what the mission anymore is, or alternatively what the company really values. This is important to me, because my work translates into accomplishing these values. Another way to phrase is this at external impact.

I think posing personal questions as “what 3 skills should a great \_\_\_\_ have” is a better way to phrase “how would you describe your \_\_\_\_ style? ”

Asking in the first way gets the more direct ideals of the person. I think generally, people try to act out their ideals. When you ask the 2nd way, I think people can freeze up a bit and/or talk about the more superficial things.

When I ask myself how would people describe me? Vs what are 3 qualities a great SDS should have, or what 3 qualities make me a great SDS I answer easier to say

1. Collaborative
2. Strategic
3. Self starter

I also don't want to come off as too philosophical or authentic in an interview. It is an interview after all. Answers should be straight and to the point and well rehearsed.

So that leads me to why Netflix and I think first and foremost it's really this idea of a dream team which I want to get back to. I feel that I was on one at BCG and this is immensely important for me not only because of what it provides to me but also the feeling of accomplishment that I get. When I give back to such a team and one of the main things that I give back is being able to distill concepts in such a way that not only are they simplified but they're simplified in such a way that it motivates whoever's receiving them in the largest way possible

Also, I do think that I have a unique ML background. Specifically, I studied topological data analysis came up with a completely novel approach to computer vision. It's like I see it less as being built on existing methods and coming up with something completely new itself. So I'd like to think that it's fundamental and groundbreaking, but you know it could easily not be. It hasn't gotten that much attention unfortunately, but whatever

And finally something some aspect that I think is part of a dream team and I don't know that Netflix necessarily mentions this. So I don't mean to go off script but it's the idea of being an authentic genuine self while being a high performer. Like I feel that this is something that I learned throughout my time at BCG like we can really be our true selves in a professional work environment and still be professional at the same time. And kind of you know merging the professional viewpoint that we put forward with our actual self. There's just a lot of learning

both personal that I receive and can give to others

our actions don't exist in a vacuum, they are all linked.

who i am right now is a reflection or consequence of who i was a minute ago or the actio i took a minute ago and all the actions that came before that

our world is no bigger than the pets we live with. every being is in this together. Our worlds are different, but in the grand scheme of things, they are both infinitesimally small.

movies seem to increasingly come out direct to stream rather than in movies first. I think movies are going to be a thing of the past soon.

## **September 6, 2022 - Megan Wilcox**

Purple = practice

1. Buddha group could have helped me stop alcohol because it depersonalized me from it
2. What is the story I am telling myself about coffee? What is the general thought process here? Once I have my coffee what do I tell myself? We can reduce these automatic thoughts with mantras:
  1. Before coffee: I need this coffee in order to feel myself, but I'm learning other ways to feel myself
  2. After coffee: This feels good, but too much of this will feel bad
3. When practicing gratitude, you can strengthen the connection by:
  1. Doing so in the 3rd person: Alex, I am grateful that I live close to the ocean.
  2. Pairing with something bodily

## **September 21, 2022 - Megan Wilcox**

Purple = practice

1. I'm an opportunist. There's pos/cons to this, but at least for right now, I can practice gratitude towards what it does actually provide me. Can call this part of me "the striver".
  1. Gratitude: Thank you striver for getting me to where I am & for pushing myself
2. When I get sad, offer some words of encouragement that I would offer to someone else.

# **September 27, 2022 - Megan Wilcox**

Purple = practice

1. Start tracking chest tightness
2. Dealing w/ anxiety:
  1. Smell essential oil
  2. Gratitude journal but pair with something bodily
3. I'm too much in my limbic system = lizard brain. When I'm anxious it's harder for me to have empathy.
4. I've been anxious for so long and I've gotten good @ adaptation

# **October 4, 2022 - Megan Wilcox**

1.

## **Mind Map**

### **Environmental Factors:**

1. Sleep: Caffeine, Nicotine, Diet
  1. Sleep translates to low motivation
2. Similar environment every day
  1. Have made strides to improve this
  2. Hard when it isn't required for job
3. Job
  1. Boss
  2. General environment
  3. Fulfillment
4. Interviews
  1. Insecurity
  2. Putting things on a pedestal

### **Internal Factors:**

1. Insecurity
  1. Job satisfaction
  2. Salary
2. Anxiety
  1. Need to feel productive
  2. For instance, right now there's an internal tension of "I should always be doing job search stuff" with not actually doing it
  3. I'm not good at mentally changing gears or habits, so the 1hr thing per day I haven't really been successful with
  4. I don't like the mental gear changing
  5. Scaled of the interviews because they don't really mentally grab me. Did interviews where my mind basically just goes blank.
3. Existentialism
  1. We do things then we die

## Lodovica Values

1. **Ownership of life.** We are not responsible for each other's happiness. I'll do what I can, when I can to help fulfill you in your life. I of course want to help fulfill your life, but I have my own issues, my own energy limits, my own limits on stretching my empathy. Some days I'm going to be better at empathizing and jumping in, and some days less good. Can say "I notice you're suffering right now, but I don't have the capacity to soothe you now. Is that alright?"
2. **Novelty:** I have a need for new experiences in general, with myself and with you. To me this is living life, and without it we go through the same notions everyday then we die. Without novelty, life is existential. Spontaneity → Lauren can help drive this.
3. **Light heartedness & don't take life too seriously.**
  - Lauren doesn't feel like a priority a lot of the time, which is why Lauren brings up quality time a lot and physical touch. Finding time to prioritize our relationship, especially if I take the time to do that, that would mean a lot.
  - Lodovica can help us deal with conflict
  - Things that L likes but needs some time in advance:
    1. Doing something with plants
    2. Hiking
    3. Exercise
    4. Zoo

## 5. Aquarium

# October 10, 2022 - Megan Wilcox

- High performer
- Anxiety next to perfectionism
- Apathy and engagement
- Had some level of autonomy and agency as a kid because:
  - Couldn't rely on dad as a kid
  - Mom gave me some amount of trust
- We have to be regulated in order to have empathy
  - If we think of us as talking to little kids in us, then
- Discomfort is a message to us to pay attention
  - We are beings and something is off & I need to pay attention
- Sadness can come with heightened awareness, but it can also come with empowerment. Empowerment is hard for A to come by because answers to these self help questions seem nebulous...possibly by connecting with the body, we can get just one answer rather than what my mind brain is saying. Psychedelics can help provide clarity, which can be empowering.

**- The why we can never really know. But the who, what, when, where can be important**

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## Tapping

- Reframing: Even though there's anxiety, I trust myself
- Talking: Tap and just tell the truth

# October 17, 2022 - Megan Wilcox

1. Current job is **stifling**
2. What is my current dissatisfaction motivating me to do:
  1. At current job: lower output

3. What can I do on a day by day basis to have a moment of resistance:
  1. You don't get to have my full performance
  2. You don't even get to have a report of half my performance
  3. Trusting my own professional intuition sometimes
4. I don't have the autonomy I deserve
5. Expressive arts therapy
  1. When I'm feeling stifled or apathetic, shut my computer and mime out an exaggerated response with rage quitting or with being stifled or being apathetic
  2. I'm trying to communicate this with exaggerated motions to an audience without words
  3. This lets yourself metabolize some feelings that you're having
  4. Act out the heaviness of the sadness or of the apathy
  5. Putting on music might help with this
  6. Psychodrama is very good at getting in touch with emotions
6. Being with emotions and being self compassionate and being with my body are all means to being ok with things
7. I'm on my way to sticking it to the man
8. We have to tend to something
9. Reframe for my boss
  1. This guy's an idiot → It's hard to work for someone that you don't respect, anyone in my shoes would have a hard time working for someone like this.
    1. If I were to say "oh actually he's not that bad", it invalidates the feeling. I should try
    2. This work is pointless → I'm someone who would like to feel more impactful at their work. This is temporary.
    3. Someday I'm going to be a different kind of boss
10. **Self compassion → I have to show up in an authentic way to myself**
  1. **Validate without judgement (don't try to convince myself what I'm feeling isn't try):** It's hard to have a boss you don't respect
  2. **Common humanity:** Anyone in my shoes would feel this way
  3. **Kindness (What would I say to the 8 year old walking their dog?):** I'm so sorry you have a boss like that, you can come talk to me anytime you want. Touching myself can help these words come.
11. After **Self compassion** 3 steps, can step into some future thinking

12. **I could've been at Netflix if I performed better** → Performing in an interview is hard, anyone in my shoes would have some regrets, I'm sorry it went that way. Next time it might go better. Next time, I'll do all I can to be prepared.
13. I'm feeling crushed by debt → it's hard to feel crushed by anything. Anyone in my position would feel similarly. I'm so sorry this is something I have to go through.
14. I have a spending problem →

## Nov 15, 2022 - Megan Wilcox

### 1. India Trip

1. Had a great 1st week → felt open to new experiences
2. As I was going through, I felt more taken advantage of which was hard for me.
3. Constant dread and anxiety for the 2nd week made me really not enjoy things. This feeling is somewhat just constant for me.

### 2. Self compassion

1. I do think Self Compassion is one of my biggest blockages → intrusive thoughts (which are anti-self compassionate pop into my head multiple time each day, they're typically the same loops that replay)
2. Netflix
3. Being scammed
4. Self-compassion vs dwelling vs batting things away
5. What do I do from here? I'm not sure that I notice a fundamental shift in anything. The thoughts are still intrusive (like everyday)

### 3. Interviews and Prep

1. Prep
  1. In the past, I think I pretty much stay in between growth & panic zone, which is tiring, uncomfortable
  2. Currently, I'm kind of just like fuck it, I'll stay in the comfort zone
  3. How do I keep myself in the growth zone?
2. Interviews
  1. How to deal with apathy? Go over apathy triangle
  2. Will an exposure hierarchy help out?

### 3. Walk through [mental fortitude](#)



- Meditation hasn't been lowering the dread for me, but it has been helping me wade through it and increasing my ability to do so.
- Batting things away can be self-compassionate. Putting "self-compassion" thoughts aside can be helpful. It's compassionate to feel our way into things - is this a bigger feeling that I need to give space to, or can I bat the thought away?
- Think of these things as a medicine cabinet or fridge - we have different tools we reach for when we need them. Self-compassion vs batting things away can work in different circumstances.
- If our mind is a park, we have benches everywhere. There is a sadness bench, an apathy bench, a happy bench, apathy bench, purposelessness bench...all the benches belong.
- These zones can change - panic can decrease, comfort can increase
- Meditation decreased panic zone or increased growth zone.
- When I'm anxious I don't have access to prefrontal cortex. Wizard = prefrontal, lizard = limbic. Get into my body in order to help out with this.
  - One thing you see, touch, feel,
  - Getting into my body in a safe way is telling my brain we're safe, which lets up the grip on limbic. Wizard brain isn't present when we feel like we're not safe.

#### **Assessments to keep in mind:**

1. **How much of my body have I dipped into the career pool am I?**
2. **How much into the panic zone am I? Don't want to step too much into panic pool. If I'm too far into panic pool, I'll probably drop down into comfort pool.**

**To help with interviews themselves. During interview prep, you can practice the following. My real prep is in being able to sit with apathy and anxiety and not have them be paralyzing. Anxiety for me is physiological, apathy is a story I tell myself. I can find the right reframe, I can try different things out.**

#### **1. Thoughts:**

1. **Self-compassion**
2. **Bat thought away**
3. **Reframe = remember, anxiety and apathy shows up for me**

#### **2. Body:**

1. **Practice being in my body**

## **Nov 20, 2022 - High (Sherb Mintz J)**

I'm still doing the absolute optimal thing to be doing given my current situation. Mainly, depressed, anxious for the future, feel constant dread. The optimal path I'm taking includes:

Therapy

Psychadelics

Generally trying to be more self compassionate

The various exercise I do

My new meditation practice

Me stopping drinking

These are all things I am proud of. They are all optimally what I should be doing, and it so turns out that I am doing them. Taking a step back to realize the situation I find myself in, and how I'm choosing to act in it, rather than just focusing on the latter, I can really see the big picture for my actions. Even when I felt like I was kind of on autopilot, or maybe I kind of had the feeling that my actions were what I needed to do so survive in my current situation. My thinking this way, I am taking away my self credit - it isn't just necessity driving how I'm acting. I personally see my actions as the only action out there to do in the first place, but that's not true. There's millions of other ways I can act, and I am now starting to give myself the credit for honing on directly to the optimal actions. My honing is so precise and quick that I forget that me, Alex, has to thank. I am not living out of necessity, I am living out of choice.

## **Nov 28, 2022 - Megan Wilcox**

1. Meeting needs vs not

    1. Boundaries to self

- I'm sad right now
- I don't want to be social
- This isn't really important for me, this is important for others
- If I can't be fully engaged, it's not worthwhile for either them or me
- I'd rather spend my time doing something else right now, that's more important to me

- In a moment of crisis, I would reach out to:
  - All my direct family
  - Lauren
  - Bob

#### Micromovement novelty

- Friends
- Dog walks
  - Somewhat of a suffer mentality. Just got to get through this
  - When do I feel like this script is flipped
    - Next time I notice the mindful presence, try staying with the feeling a little bit longer. When I notice my mindful presence start to shift, have a bodily reaction as well. For instance, if I was watching a bug walk by, then mimic the bug after mindfulness breaks.
    - Our bodies are access points to our thoughts our feelings, to being safe in our nervous system

#### Macromovement novelty

- Hotel
- Open relationship
- Not working from home
- Traveling or work
- Work from boat

What am I hopeful for? Another way to phrase is what will make me happier? What's something that would improve my life?

1. Better job
2. Put time into surfing, boxing
- 3.
4. Sadness
5. Intrusive thoughts

**Dec 12, 2022 - Megan Wilcox**

1. Dysthymia
2. Intrusive thoughts
  1. We have 10s of thousands of thoughts each day
  2. The thoughts that hook me are very career oriented
  3. What are the other thoughts I have, and what are the other strategies I use to thought stop these?
  4. **Idea #1:** I can also try scheduling what is problematic. For instance, schedule a time to worry about my next career step daily. When intrusive thoughts come in, I just tell myself **nope, it's not my worry time.**
  5. **Idea #2:** Pair push ups to every time I have intrusive thoughts.
  6. When we're looking at behavior modification, we need to figure out *what is in my control* and *what isn't in my control*.
    1. **Not in my control:** intrusive thoughts, what those thoughts are about
    2. **In my control:** actions when they come in
  7. If we track what we want to reduce or we want to have more of, this drastically improves the likelihood
3. Sense of purpose
  1. Physics → what is life all about?
    1. I'm good at it, I'm better than other at it, I'm meant to do it
    2. I like doing it
    3. It's important and noble → it's somewhat of a spiritual pursuit
  2. BCG → what is business all about?
    1. In the business of studying business
  3. Gemini
    1. No sense of purpose
  4. Themes
    1. Broader perspective is important
4. Three strategies that I'm going to set for this week:
  1. Thought tracking
    1. In the moment: What's the thought, what am I doing
    2. Next day: Review it
  2. Pair push ups to intrusive thoughts

# **Dec 28, 2022 - High**

I think a significant portion of my current sadness is due to my dad's situation. The thoughts that go around my head are:

1. How did he get this bad? No other person his age is anywhere near close to his health decline.
2. It's sad to see him. It's almost like it isn't him...he's behind some wall of suffering and depression. He knows it and we all know it, but it really isn't acknowledged. It's sad to see him not living to his full potential is another way of saying it.
3. You know what, I'm not living to my full potential, I think people can see it, and this probably has a negative impact on them.
4. We need to live to our fullest potential. My job makes me so depressed because I'm limiting my potential.
5. I think neither Lauren and I are living to our fullest potential.
6. What does living to the fullest potential mean for each of us?

Maybe a way to find my passion is to find where I'm able to live to my fullest potential. I like to:

1. Think broadly
2. Think creatively
3. Don't get too into the weeds, but be weeds tangential
- 4.

# **Jan 1, 2023 - Ketamine**

1. I'm going to hard on my little heart. Modafinil, coffee, stress, anxiety → I place all these right in that little guy, and it's tired. Because of that, it can't feel other things. I'll find my passion if I find something that makes my heart smile.

# **Jan 3, 2023 - Therapy in a Nutshell**

<https://www.youtube.com/watch?v=V3vhXQy48jo>

I am a person that experiences thoughts and emotions. Thoughts and emotions are experiences that I'm having. They aren't necessarily reality, they're just something I'm experiencing. You can have thoughts without buying them.

DBT gives us a way to challenge mental distortions

ACT gives us a way to help us w/ cognitive defusion (the practice laid out below)

I think ACT is better than DBT for me. What is ACT vs DBT vs RAIN vs ....

Intrusive Thoughts:

1. Netflix
  1. **I notice I'm having the thought that** I could've been at Netflix if I performed better
  2. **I notice I'm having the thought that** Tian is so lucky to be at Netflix
  3. **I notice I'm having the thought that** If I were at Netflix, things would be so much better
2. Current job
  1. **I notice I'm having the thought that** My boss sucks
  2. **I notice I'm having the thought that** My company sucks
  3. **I notice I'm having the thought that** I'm making zero impact
3. Career
  1. **I notice I'm having the thought that** I want a job that I'm passionate about
  2. **I notice I'm having the thought that** I'm scared I won't be able to land a job that I'm passionate about
4. Life
  1. **I notice I'm having the thought that** I have no passion in life
  2. **I notice I'm having the thought that** My dad and his situation make me depressed

## Jan 8, 2023 - Ketamine

1. I have no passion or purpose in my life
2. My passion is learning
3. Career LaunchPad: A platform that helps us get to our career goal by helping us with the journey. If you want to become a data scientist: here's what you need to know, here's how to do DS interviews. If you want to become a boxer: here's what you need to know, here's what you need to do. A step by step story/guide to bring you along. Courses in how to actively construct the career you want. A step by step guide for how to take your career into your own hands. Pretty damn close to [scaler](#).
4. I had space in grad school whereas I don't now
5. It's a giant waste of time to be jealous. It is misplaced energy in getting what you want. You can never better yourself if you're latched onto this.
6. Really jealous lately.

7. Exhausted because it feels like I have to keep proving myself.
  8. Fear of failure
  9. I feel like I'd be lucky to pass the interview. I know that I'd be a good asset to a company.
  10. I did feel a lot of relief when I first started taking antidepressants. Ketamine gives me that relief just that day.
- My insecurities and faults are my greatest gift. They have pushed me to where I am today.  
Moobs → weight training. Leggy → connecting w/ body.

## Jan 9, 2023 - Megan Wilcox

1. I had space in grad school whereas I don't now
  2. Jealous lately
  3. Fear of failure, unknown
  4. Worst time in tech to be transitioning
  5. Doing things we don't want to do is highly correlated to unhappiness in life:
    - My life
    - My dad
  6. Boundaries are expressions of needs, wants, and desires. I don't get to have that with my dad. I have that with my mom, I have that with Lauren.
  7. We tend to think of boundaries as between us and another person. It's better to think of boundaries with ourselves. When we do the things we don't want to be doing, you are numbing the connection to your own needs and desires. Even when I'm not working, it makes sense that I'm not able to connect to my needs and desires because I've been numbing myself to them.
  8. Passion & Purpose
    - **System and macro learning is my passion**
    - Passion = something I can lose myself in
    - Purpose = I need to have something I'm passionate about
    - This is why I'm conflating passion & purpose
    - However, there could be more behind purpose I'm missing
- DBT and ACT are branches of CBT.
    - DBT = broken down into a prescription of 6 buckets
    - ACT = what are my values, how are my behaviors aligned w/ my values

## Jan 17, 2023 - Ketamine

- I think we should live with our parents
- They are going to die soon

## - I love my mom so much

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## Jan 19, 2023 - Therapy in a Nutshell

1. Tell my emotions “bring it on you fuckers, let’s do this.” I can handle them, I can sit with them. I’m allowed to feel them. This feeling is just a feeling, it won’t hurt me.
2. Reasons why I ruminate:
  1. I feel like I’m righteously punishing myself
  2. If I think about the bad stuff more, I can prevent it in the future
  3. Attempt to regain control over something I have no control over - the past
  4. It feels vindicating to wallow in “how bad I am”. It feels bad, but somehow it’s a bit reward to say “I’m a failure.”
3. **Values:** [10mins here](#)
4. **\*\*All** or nothing thinking:\*\* convinces you that something is hopeless, when it’s not. Does thinking this way help me achieve my values? All or nothing thinking is an attempt at self-protection - it keeps us from taking risks or being vulnerable. One of the ways this translates into behavior is, we lean into **the opposite** behavior we intend - for instance, I do bad on a interview, I think “what’s the point of interviewing, I might as well not interview any more”
5. **Catastrophizing:** it serves two purposes (1) it protects us from rejection because we close the door on ourself, (2) motivation through fear
6. **Worrying about the future**

[Iterative Learning](#)

[Highlights](#)

[Exercises](#)

[Future Topics](#)

7. **Comparing myself to others:** “Have a great swim friend.”

## Jan 25, 2023 - Ketamine

- I need to live big. I need to be big
- I need to be a sailor and live on the ocean. I need to sail the world.

## Jan 27, 2023 - Megan

- Stoicism
  - What can we control, what can't we control?
- In the morning, here's another practice:
  - What am I worrying about? Can practice writing this down in the morning for 5mins, then burn it. This is called "taking out the trash". Then after that, take a minute to practice self-compassion.
- In the morning, here's yet another practice:
  - Remind myself of mortality. "If today were my last day alive, what would I do differently?"
- Avoidance is a lie from anxiety. Anxiety tells me, "you can't handle an interview at Netflix", which is a lie.
- Issues from early on: perfectionism, avoidance
- Later on issues: all or nothing thinking, catastrophizing, worrying about the future, comparing to others?
- Stimulation
  - Part of it is the chance to be creative. Creativity doesn't even need to come from things I'm producing myself. Creativity can also be giving my mind the flexibility to absorb new and diverse information. There's a component to creativity that's rooted in growth.
  - A key factor that is conducive to stimulation is having people around that I can engage with.
  - **Going w/ the idea of stoicism, does stimulation fit into things**
    - **I can control:**
    - **I can't control:**
  - **How can I get to know my stimulation more?**
- Help uncovering values
  - Learning, which covers:
    - Curiosity in my surroundings and new things
    - Novelty

- Academic pursuits
  - Adventure
  - Silliness
  - Hyperopic viewpoint
- How am I currently living them
- How am I currently not living them

## Jan 29, 2023 - Ketamine

- Do I always need to think through everything?
- Left feeling sad
- I left feeling sad, I just want to continue my day
- Ego death
  1. Getting there w/ higher doses
  2. Still haven't completed let go → I'm scared. Have you experience this?
  3. To change my mindset, I should maybe just be curious instead.
  4. Next time I experience near ego death, be curious and lean into it
  5. I know it requires courage and energy, but the other side has so much learning
- I've been thinking of myself as being not very courageous. However, I am always pushing for self-improvement...this growth can be scary for some, but I usually just plow through it.
- Values
  1. ~~Self-direction~~ Self-improvement
    1. *This is the path*
  2. ~~Courage~~ **Curiosity**
    1. *Let's take a step. Putting even just one foot on the path is an act of courage*
    2. I can strengthen courage through ego death
    3. It takes courage to be vulnerable.
    4. Vulnerable = "That unstable feeling we get when we step out of our comfort zone or do something that forces us to loosen control"
    5. Avoidance is the opposite of courage
  3. Growth (which is an act of courage & self-direction)
    1. *What did we learn from that step?*
    2. Being vulnerable leads to growth.

- Applying to jobs take **a lot of courage**. It takes courage to:

1. Submit an application
2. Network with people
3. Interview for the job
4. Make yourself vulnerable

## Jan 31, 2023 - Lodovica

- There is our core self, then there are also numerous parts around us
- These parts were developed because they were necessary at some point
- However, they might no longer be necessary
- We are offering all these parts a chance to take up a new role if they're willing to
- Parts
  - Cognitive part → Notion of musty library, drive of knowledge. I like it, its more innocent, noble.
  - Existential part
  - Buddhist part → my emerging emotional self. This is my present self.
  - Tired part → I feel this in my face. I don't really like this part of me. It provides a barrier.
  - Productive part → I feel this in forehead. Been judging my Buddhist part. This judges my tired part because it gets in the way of doing things. It has its pros/cons → it's given me a lot of what I have now, but it has been taking away from buddhist part.
  - Critical part → Contains self-doubt, perfection, black or white thinking
  - The other parts might try to sabotage the buddhist part because it's growing. Their response is to act that way because of their stories. The first step is to acknowledge each part, thank them, get to know their story, enter in conversation with them as they show up.

## Feb 1, 2023 - Ketamine

1. I love my sleepy self. He's like my inner snoopy.
2. What part am I afraid to loose?
3. Personalities don't change, perspective changes
- 4.

## Feb 5, 2023 - Ketamine

1. Keeping ketamine in mouth for longer → ping wondermed
2. Eating beforehand
3. How long will I need it for? Until my brain is rewired enough?
4. How will it fit into my busy schedule when I get a new job. Probably won't have time to do weekdays.
5. Does it need to be spread out? Or can I do like Sunday, Monday?

## Feb 9, 2023 - Ketamine

1. **Intention:** Why do I still have Netflix regrets? Why do they hurt so bad? Why won't they go away? Why can't I just go with the flow and be at peace? Why won't Netflix take me?

## Feb 13, 2023 - Megan

- Being judged is a significant source of anxiety for me...why?
- Unconditional positive regard = opposite of feeling judged
- Lack of unconditional positive regard was not met in certain settings, possibly from other people
- I surround myself with courageous people. What I see in courage in other people is openness to new idea and new things.
- I need to get to know the fear of judgement
- I'm only acceptable or safe if I'm a high performer → puts me into lizard brain. But when I'm in lizard brain, it puts me at a lower performer (because I'm not in prefrontal cortex). The oxymoron is that I need to believe I don't need to be a high performer in order to be a high performer.
- When I don't experience direct judgement, I feel like I have the space and freedom to grow → which is at my highest performing. I can reframe direct judgement as being **exactly a space for freedom and growth.**

## Feb 19, 2023 - Ketamine

1. Letting go
2. Ketamine is just a tool, it's not doing the work - I'm doing the work
3. amanda@wondermedclinics.com

Not much career growth for DS, especially the bigger ones

What is my growth?

## **Feb 27, 2023 - Megan**

1. Broaden emotional distress
2. The main way I show envy is through my career, it's not really there in other parts of my life.  
This kind of points at career being so linked to identity.
3. What other parts of my identity are important for me?
4. Fiber, mindfullness

## **March 2, 2023 - Ketamine**

1. Stories I'm telling myself:
  1. I'm not good enough for the job
  2. I'm ashamed about my performance on the last interview
  3. I wasn't good enough on my last interview
  4. The partners are idiots
  5. I didn't perform as I should have
  6. It's going to take me so much energy to perform again
  7. I'm tired
  8. I'm scared
  9. If I ruminate on what I did wrong and the solution, I'll be better prepared for the future
  10. I'm not going to have enough energy for the next interview
  11. I'm not going to be happy enough for the next interview
  12. Why don't I have any energy?
  13. Why can't I just take things more lightly and go with the flow?
  14. Why can't I be happy?
  15. I am so sad
  16. Why do I beat myself up so much?

## **March 3, 2023 - Ki Sung**

1. For activities that I do, I won't be good at all of them
2. For the ones I'm bad at, it's much easier for me to accept losses
3. For the ones I'm good at, I link more to my identity

## **March 12, 2023 - Ketamine**

1. I'm still adapting to life. The first stage of my world was elementary → jr high → high school → college → grad school → industry. The bubbles of each of these and the connections I've been making have changed along the way. I think the bubbles were bigger in the beginning, and they've shrunk as time has gone on. The size of the bubble is determined by randomness and more meaningful/different connections. When I was younger, I connected with people to have fun, so my sphere was much bigger (it's easier to have fun with random strangers). When I was older, I connected with people to grow in the direction I want. How I connect is really driving the size of the bubble. Are fun vs growth mutually exclusive? Why can't I have my bubble be as big for growth as it was for fun? Or maybe the young to old transition is more environmental: when we're young there's more consistency in environment (see the same people everyday), and as we age, there's less consistency in our environment. Not only that, when we're younger we have structured consistency and growth. When we're older, we have to make that for ourself.
2. I think that this consistency piece has been hard for me. I've entered a new world of my life, and I'm still finding myself in it. The thing that's hard for me is the overall new-worldness. I do appreciate the fact that I can make what I want out of it, but it does feel overwhelming at times.
3. True motivation comes from the subconscious. By understanding my subconscious, I can understand what motivates me. By connecting with my subconscious, I can alter my motivations.

## March 13, 2023 - Megan

### 1. Post interview

1. **Rumination script.** When rumination shows up, how do I deal with it.
2. **Post-interview action to help me get back into my body.**

### 2. When I'm back at square one:

1. Beneficial
  1. Find a better company (Silver lake 7/10, RH 6/10)
  2. More time to not work
  3. More networking
  4. Curiosity is met in learning about new companies

### 2. Tough

1. More time to not work
2. More networking
3. Self-judgement

- 4. More ambiguity
- 5. Too much avoidance → not really meeting my self-direction value
- 6. Guilt from avoidance
  
- 3. What I'm currently doing itself is a job. There's some beneficial components and some tough ones, just like a normal job. However, comparing current tough to last tough (Gemini) I prefer this current tough. If I start self-judging, think about how it was working for Toby.
- 4. Block out schedule
  - 1. Does it change how I feel about things generally? Depression wise, fatigue, etc...
  
- 5. Accountabilitabuddy
  - 1. **Phase 1:** I prepped enough for interviews, that the missing piece is finding jobs
  - 2. **Phase 2:** Need to find accountabilitabuddy for this?
  
- 6. Schedule
  - 1. Reach out to gemini people
  - 2. Be curious about other companies → learn about companies
  - 3. Find out good recruiters from colleagues
  - 4. Ask Maziyar if he had PnL interview
  
- 7. Ego death
  - 1. Ketamine
  - 2. Non-ketamine: big wave day, hard workout, meditation. Basically extreme stuff.
  
- 8. Brainstorm what possibilities there would be an end goal for me. In terms of how I might want my life to look 10 years 30 years, etc...

## March 23, 2023 - Ketamine

- Envy. It makes me feel like I'm not where I'm supposed to be career wise.
- Envious of:
  - Colleagues salaries
  - Colleagues roles
  - Colleagues companies
  
- I have a sense of just wanting to swap with them - or just being in exactly the role they're doing at the company they're doing it at with the salary.
- It makes me feel like a failure because I'm comparing what I have to them as less than. My salary is less than, my company is less than, my role is less than.
- It's also frustrating because I know I can do what they do. My inability to pivot into their role

feels frustrating.

- It's also frustrating to not know entirely what I want & still be envious. I'm not entirely sure that I want their specific role.
- The envy makes me depressed for two reasons:
  - The envy itself makes me wanting
  - I don't want to/shouldn't feel this way. I want to be happy for them, and leave it at that. I feel like their status diminishes mine to an extent.
- There's generally just a lot of judgement here. By considering things as less than, I'm setting myself up for envy.
- I want to get there but I also don't want to get through the hassle of getting there.

## March 25, 2023 - Google Keep Notes / Random

It's really important for me not to be perceived as superior

It's really important for me not to be perceived as

Superiority and are my shameful tendencies.

I don't have to feel any way about the thoughts I have. My thoughts are independent from my emotions - they don't have to elicit an emotion. By not being afraid of thoughts or emotions, I can do more.

Try something new each time I go surfing.

Wrote out what other people might envy in me or how they see my life.

Where do I place my gratitude?

Schedule with lodo

My depression right now is crushing and feels hopeless. It's probably coming from hopelessness

If you need something let me know, I'm not an interpreter.

If there is something left unsaid, I need to interpret, which means I will always get it wrong. This is where miscommunication comes from.

There are 2 ways to think about self.

1. Self conceptualized self (in which I assign myself labels)
2. Experiencer self (in which I put distance between my thoughts and self definition)

These are the labels I put on myself. They are all self limiting and restrict my freedom. I should step back from these and instead move to experiencer self.

- I'm depressed
- I'm lazy
- I'm kind of a bad person
- I don't deserve the best career
- I don't perform well in interviews
- I get stressed by interviews
- I am broken
- I'm better than

The labels I **should assign** are my values:

1. Self-direction
2. Stimulation
3. Universalism

Failure provides me novelty

You gotta fail to get it right

The more you're outside your comfort zone, the more failures you're going to have, but also more successes. It's a tail driven world - the small handful of successes were only possible because we've tried so many different things.

I used to have a sense of purpose when I was younger with physics, but that has increasingly gone away.

Now that I'm in industry, I really don't have that sense anymore.

My sense of purpose might be to get to the lifestyle I want to live. In order to get there, I need my own company. In order to have my own company, I need to get better at product.

## March 27, 2023 - Megan

1. Depressed
  1. Job

2. It feels kind of crushing and hopeless
3. Envy
  
2. Gratitude
3. Rather than envy, I'd rather feel:
  1. Ocean helps me go with the flow and forget about envy. How can I access
  
  4. Schedule w/ Lodovica, reschedule dinner
  5. If I use a word other than envy, does it help out at all?
  6. There's a sliding scale between envy and admiration. With envy there is some component of "them or me". I would be off pulse if I didn't have some level of a feeling that it's a competitive feel out there. Rather than "envy" this is the feeling of "competition" and this is systemic to my industry right now.
  7. Can I fit envy into one of my values somehow? Try to think of it as admiration/competition/systemic. I don't see myself as envious, so maybe this isn't the right word - flex it into something that does fit with me.
  8. Some of the envy rumination, dislike of competition. Do these have roots in my childhood shame? When I was a kid, I felt shame for, about....
  9. Self-direction, curiosity, growth

## April 4, 2023 - Lodovica

### Summary

- Last time we chatted about parts: cognitive, existential, buddhist, tired, productive, critical.
- I really liked that framework → haven't really thought much about it beyond a trip I had.
- "I love my sleepy self. He's like my inner snoopy."

### Envy

- Envy
  - I don't like it
  - The main way I show envy is through my career, it's not really there in other parts of my life. This kind of points at career being so linked to identity.
  - It's a big part of general sadness/depression for me
  
- Envious of:
  - Colleagues salaries
  - Colleagues roles
  - Colleagues companies

- I have a sense that I've worked so hard to build up where I'm at in my career...grad school research then preparing for and getting the consulting job.
    - **Colleague 1:** They're getting roles I can't get & they have no experience
    - **Colleague 2:** They're getting roles I can't get & they have experience
  - My inability to pivot into their role feels frustrating. Envy is wrapped up into hopelessness.
  - The envy makes me depressed for two reasons:
    - The envy itself makes me wanting
    - I don't want to/shouldn't feel this way. I want to be happy for them, and leave it at that. I feel like their status diminishes mine to an extent.
1. What is the kind of job or position I'd like to have?
    1. Satisfy curiosity, freedom to be creative/self-directed, close to ML, close to strategy, around high performers, make an impact biz/user, big picture thinking, deep divey state of the art ML, broad understanding of making a successful business
  2. How many of the jobs applied to have enough of these characteristics or elements
  3. Three paths:
    1. ML + engineering
    2. ML + research
    3. ML + strategy → least of these
  4. Unfairness, envy, hopelessness
  5. I have an expectation that with more experience you get the job. Is there a different kind of assessment that's just not the years of experience. What does it mean about these years:
    1. Unfairness, hopelessness
    2. Confusion. I'm trying to give meaning to that historical time given my present experience. Who is it to say that this current experience is the ultimate measure of those 10 years, hence those 10 years were useless. I'm giving the hiring people the power to determine how valuable/invaluable the past 10 years have been.
    3. It's understandable that we put ourself in the position of putting their judgement on our professional identity.
    4. Not getting a job is one thing, deciding for me what those years meant is another thing. Outside of what they think, how do I think about those 10 years. What kind of knowledge did I build that still feels valuable regardless of the current situation.
    5. I would rather approach this with curiosity into how is this knowledge or can it serve me. Where can it be seen/accepted/welcome. Ok, what other skills do I need to pick up to sell this knowledge.
    6. Thinking this way really redirects the attention to myself and what I want to do with my

knowledge, rather than what **they** are doing. It's really direction the attention to my wants and needs.

7. It's very hard to keep a curious stance in this environment. In my environment there's a lot of competitive energy, where there is ranking wrapped up into career identity. There's issues with ranking in the first place, because the measures are biased themselves. Don't give my power away to let other people rank me.
6. Instead of fighting envy, can we accept them for their legitimacy. They are there for a reason. I can still be happy for those people and experience envy. I'm happy for them and I'm unhappy for myself. I want it too.
7. My vision is bigger than their vision.
8. Don't let anybody define my worth, if you do that critical voice shapes you rather than you shaping yourself. Whatever you do, don't give them that power.
  - What skills did I pick up the last 10 years that I'm still happy with or proud of & what do I want to sell. Be super proud of it, like I was the only one on earth that had it. Try to be gentle here and also take this as a process and allow myself to be ok with revising and re-editing. It doesn't have to be perfect right away. Think of it as spiral learning.
  - Define a little bit better what an ideal role means to me. Come up with ways on how to best sell my skillset for that role.
  - Tag on a mantra to my cognitive diffusion that speaks to my future worth. Aligns with values, preferences, hopes and aspirations. Next time envy shows up, try not to judge it, just say "ok, here's envy". I can experience and I can be happy for them.

Could do some parts work on just this.

## April 14, 2023 - We are all sane insane people (smoked weed)

Maybe my mantra is "how is this funny?"

Future: how is the funny

Past: no loops

It's so easy to buy into the stories we tell ourselves if they're on loop. They can be complete lies, yet we end up buying them because we hear them 10k times a day. **It is insanity that "sane" people lie to themselves on a daily basis** then keep going on with their lives. Your loops can convince you of anything.

If they come from somewhere dark or somewhere negative, there's no knowing what place they'll take you. They might convince you your life is shit. They might convince you made a mistake which is an absolute catastrophe. They might make you think that anything short of perfect is failure. They might convince you that there's no issue when there is one in plain sight.

The opposite of these loops, let's call them more positive ones, can convince you of the exact opposite. Life is awesome. I accomplished something great today. I am a great person and I'll successfully navigate life.

When you have those negative loops going, it is so hard to shift them over to the positive ones. We've been telling ourselves the same lie 10k times a day. If the loops have been running for 20 years, we have heard the same lies 73M times! These aren't things you've told yourself just a few times. **You would be insane if you didn't end up insane by the end of this.** So perhaps it is completely **sane how insane we become.**

Given this framework, I can empathize with most of the range of human experience and behavior, possibly even murder. We are all prisoners to our minds in an unexamined mind. **It takes examination and meditation to see these loops. It takes time to understand what they are. It takes diligence to understand them for the lies they are. It takes dedication to change them and live free** - not prisoners.

### **Further addressing the paradox:**

- It's insane we call ourselves sane → the loop is insane
- It's sane how insane we become → the impact it has on us is not

### **Sidenotes:**

1. What if there are brains that don't do loops? Are they sociopaths?
2. The loops are kind of like labels. There can be a lazy loop. An ambitious loop. A sad loop. A catastrophizing loop.
3. Better estimate for total number of lies:
  1. Entire mind has = [70k thoughts per day](#). The estimates for the number of thoughts that float through our mind in a day usually include both the thoughts that we consciously attend to and the ones that we don't.
  2. Let's say 10% of the time throughout the day is spent on negative loops
  3. Let's say we have the capacity to be running 100 parallel loops. This more or less determines how much inactive functional memory do we have. Roughly, how many different stories can we remember?
  4. Let's assume a 30 year old might have 20 years of running loops.
  5. Then, for an entirely specific lie, we hear it:

$$1. (70k)36520 \times 10\% \times 10^{-2} = 5M \text{ times}$$

## April 18, 2023 - Lodovica

1. **3 HW assignments:** Still working on them
2. **Envy:** Could do some parts work on just this.
3. **Hope:** Don't feel like I have it. Brene Brown said it's learned.

Future vs past perspective

Tied into high notes & theory of mind, past 10 years

Stopped w/ Megan

Physicist role model from early on

I'm shifting values from monastic viewpoint to hope because:

- Scholastic learning → Brene Brown, therapy in a nutshell
- Experiential learning → it's not sustainable
- Noticing colleague →

**In order to grow the hope muscle, it's probably going to be...**

1. Painful
2. Gotta keep doing it
3. Won't see progress quickly
4. Gotta try new things
5. Want to regularly connect to the why?

Just for the fact that I have this intention of wanting to have more hope in my life → this is the foundation for having more hope in my life. I can be compassionate to myself if I notice myself falling into my old loop - falling into old loop is to be expected. Don't go into "ah I'm still hopeless..."

Use the awareness of seeing "oh here's the old loop." Just recognizing the old loop in the first place and that's to be expected is the first step.

## May 2, 2023 - Lodovica

1. I need to focus on mental health everyday in order to be healthy

Do a startup

Sell startup

Be able to sustain self for a year doing:

1. Sailing
2. Boxing
3. Surfing

- With awareness comes freedom
- Try to develop relationship with parts. I haven't been labeling these parts. This helps reduce the chaos into some buckets.

- **Productivity part (Rampager):**

- **Where do I feel it:**
- **How do I feel towards it:** I feel kind of numb towards it. Part of me appreciates it. Part of me feels unhappy when it shows up. I think I'm unhappy when because it's not open to new stimuli. On the other hand, it helps me get things done.
- *Alliance #1:* Critical part likes work of rampager
- *Polarity #1:* Buddhist or someone is unhappy because this doesn't need to be the case

- **Productivity part (Frolicker):**

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## - Very open to new stimuli coming in.

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Questions to investigate parts:

1. Where do I feel it somatically?
2. How do I feel towards it?

## May 6 2023 Ketamine Notes

1. My intention: Explore the rampager. Is there a single productivity part, but then my coloring of that experience then determines whether we'll be in the rampager or frolicker? Let's explore.

## May 11 2023 Ketamine Notes

1. All these companies need to woo me, I don't need to woo them.

2. They are all pebbles in a stream. Netflix, silverlake, roblox, stripe, bcg, openai. They would all be lucky to have me. I have so much skill.
3. Being an IC at company, I'm just a pawn. I do not want to be a pawn.
4. I am an entrepreneur and these companies would be lucky to have me.
5. My entrepreneurial spirit says “fuck it, if you don't hire me, I'll do my own thing. I'll pivot. The fact that you can't see my value means your organization is not aligned with me. I don't need to align myself to your org. You need to align yourself to me.”
6. My entrepreneurial part gives me the freedom I want. If a company says “no”, my entrepreneur says “ok, i'm going to do it anyway on my own terms, you don't own me”
7. In the future I want to move to a new country. The US, has a spider web of regulatory framework to keep poor people down. It is so fucked up an impossible to navigate. I want a country where there's less tangle.
8. I have so much more to give than any singular role could define me by.
9. People I've been impressed by due to their kindness, intelligence, authenticity:
  1. Christine Dejoux
  2. Hans Li
  3. Janice Kalic
  4. Carla Cobina
  5. Andrea Gallego
  6. Jamie Votaw
  7. Narendiran
  8. Naila Dharani

In all the people I've been impressed by, I knew immediately they were of like mind and that I admired them.

## June 6, 2023 - Lodovica

1. There's a value that gets compromised by working at a company
2. My perfectionism manifested in terms of intelligence → I judge my self worth in terms of intellect. I might have picked this up from dad or maybe even just because I excelled in this stuff, which naturally pushed me into it.
3. My self-loating ruminating process is:
  1. I'm the issue
  2. They're the issue
  3. Nobody's the issue, it just didn't work out
4. What comes up for me

5. Why do I ruminate? Partly so I don't forget things. I think in the back of my mind, since I label myself as having a bad memory, I feel like I need to repeat things in order to counteract the forgetting. It's feels like I'm constantly gripping on or holding on in order to not forget.

## June 12, 2023 - High notes

I was so timid and shy as a kid. I felt like I needed to go with the flow and was a huge blowover to peer pressure. I desperately wanted to fit in, but didn't show myself in order for that to happen. I tried to chameleon myself that way for it to happen. I was like butters.

I think that's partly why I'm try a bit hard to go against the grain and not let anyone tell me what to do. I don't like being told what to do. I am my own thinker now.

I think there might be some uber wealthy who are interested in the AI bespoke porn.

## June 13, 2023 - Lodovica

1. Extreme workout, rejection, fight,
2. Dejected: I don't understand it
3. The behaviors that trigger us are also behaviors that might have been shut down when we were young
4. I don't like raw emotions because I feel empty. I don't like feeling empty because
5. I don't like sadness because there is a judgement that it's bad. I still judge anxiety but I think I judge it less
6. I don't like sadness because it "goes against my preferences", "it takes me away from my preferred mindset, which is happy or productive"
7. Accepting this sad part of me is challenging for me. It's not given permission to show up. Its existence is not welcome, which generates discomfort.
8. **We should be learning how to accept the sad part of me.**

## June 27, 2023 - Lodovica

### Before Session

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I think some of my sleep tension comes from now allowing myself to feel comfortable. There's a little bit of stress going into sleep - some apprehension which pulls me awake. I think I focus on

the things in my body that are not comfortable, rather than are comfortable. This could help explain why I move around so much. And why I go pee so much.

I think the Judgments I have on my “sub-optimal” states are that they limit my potential. I have the judgement that if I identify with them, then I won’t have my true potential unlocked. By helping disconnect the link between judgement and my identification with them, I can still optimally unlock my potential, just in somewhat of a different state. If I, on the otherhand, identify with my judgement, then I have no hope of unlocking my potential. That connection is the blanket itself that hampers potential. It is not being in an “ideal state” that matters, it is being able to perform greatly in whatever mindset is thrown at you.

**Rampager** = heavy judgement that I’m in sub-optimal state, tries to act in a way that is “optimal”. Claws at getting to frolicker state. Rampager is a part that tries to get me between parts. I spend a lot of my time here.

**Sadness** = judgement on which part i’m in, being either the rampager or one of the “non-optimal” parts

**Frolicker** = optimal way, acts optimally

I feel gray when I’m feeling less motivated to improve myself. I feel optimistic and hopeful about the future when I make good plans to improve myself. I think I feel stuck a lot of the time because I forget to improve myself - since I crave novelty, this needs to keep evolving for me. I can’t set some strategy then leave it be forever. Maybe have a check-in with myself every month? → realize though that I already do this at such a rapid rate. It’s like day to day or week to week that I’m automatically doing it. I think, when I’m not realizing this, it seems like it’s been awhile. It hasn’t been though - I’m always doing this. I do need to have a dedicated mental health day once in awhile though - let’s do this monthly.

## During Session

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1. **Sleep:** Sensory processing disorder with adults → sensory processing integration, pyramid something. Occupational therapist
2. How do I know the rampager is present in my body:
  1. Emotions: dissatisfaction, guilt, sadness
  2. Dissatisfaction → things are not as they should be
  3. Rampager → dissatisfaction → gray lense
  4. Rampager is just part. I heavily judge it.
  5. There is another part called judge which judges it. Judge wants to get rid of rampager

because it says there will be less chaos if rampager is gone.

6. The appropriate way to approach this is to talk to it and be curious to it.
7. The rampager is just another part of me, it's a big part. I can be compassionate towards it when I remove the judge.
- 8.

## July 25, 2023 - Conor Glover

External variables Part of mouth 400mg is high enough?

Under tongue and cheek 40mins Magnesium can be helpful beforehand.

magnesium glycinate or threonate

[conor@taconicpsychiatry.com](mailto:conor@taconicpsychiatry.com)

\$450 for initial intake \$250 for followups \$75 Valor Compounding: (855) 554-2889

<https://www.reddit.com/r/TherapeuticKetamine/comments/vlwp7e/playlistsusedbydpruett/>

Deuter - Atmospheres

## Aug , 2023 - Lodo

1. Had an interview. Pissed me off, lots of rumination. Tried to answer "Why does it feel good to ruminate on this?"
2. Been feeling dissociated, and been trying to scramble away from that.
3. Parts framework

Dissociation = more uncomfortable in my body,

- Overall sense, thoughts → things are not as they should be
- Behavior → I tend to avoid things
- How I feel → More uncomfortable in my body

Disappointment leads to dissociation. Like a deep profound disappointment.

1. My relationship w/ disappointment. How have I learned to deal w/ disappointment. What's my story here? What do I know in which I handle disappointment in my life.
2. What generates disappointment. How do I generate expectations?

It's not all or nothing...flexibility to see and make sense of the experience in less extreme ways.

If something is unfair, I'll label that as stupid.

**Expectations, disappointment, flexibility, unfairness, stupidity → all connected**

**How do we be more flexible here. Why do we call it stupidity?**

## Aug 16, 2023 - Lodo

Overwhelm coming from:

1. Time pressure feeling
2. Cofounder just left, he is too busy w/ other stuff
3. A ton of stuff to do
4. Rejection given industry
5. Fatigue

Behavior it drives:

1. Avoidance. I might need to just not work for a few days, but there seems to be a line between avoidance and doing something that might be healthy. If I take a few days off, I'm more or less saying, "I'm going to wait until I don't feel this anymore then I can proceed" which seems to be more avoidance
2. There a sense of "I just can't do it"
3. I'm facing a lot of my tasks w/ dread, even simple ones
  - Fight, flight, freeze → avoidance is freeze mechanism
  - The amount is daunting
  - Tired body is connected to a lot of this overwhelm.
  - Over the course of the session, I started to notice how tired I am. And a lot of the emotions I've been feeling are tied to a tired body.
  - The judgemental part doesn't want me to feel this way. Who wouldn't feel overwhelmed given my situation. It's like I'm actively pushing back and not accepting of the overwhelm... this pushback takes effort itself. It becomes additional work on the body.
  - Allow myself to experience the sadness
  - I want my sw to work, but it won't work until I restart. A break is an active act.

- It's up to me to set the boundary between avoidance and reset button. There is an avoidance button and a reset button. Take 1 step back for 10 steps forward. I need to keep experiencing the success of this. There will be discomfort every time I experience this. I logically know this is true, but I don't fully believe it yet.

## Aug 16, 2023 - High Notes

I'm doing absolutely everything & I'm still making progress. My backlog is about 1 week, which means it takes me 1 week to get to new tasks.

At Gemini, it was close to that too & I wasn't doing shit.

By using that mindset, we have a concrete way to measure how productive we are. Week by week, we are still making progress on all fronts.

I have about 10 backlogs that I have at least an initial direction for different parts of the company. I need a team to reduce that list so that I can be more effective on focusing on my skillset.

You need to have conviction to succeed in a startup. You need your goal or vision or something as your guiding light that helps guide you through all the ups and downs, of which you'll have many. Conviction = some sense of we will be successful and here's how we're going to do it.

## Aug 20, 2023 -

1. More symptoms: Overwhelm goes beyond anxiety. There is too much chaos to see clearly which adds to the overwhelm because it makes things harder to do. I think dread is wrapped up into this where it's just a wall that's making it so I don't really parse through this. It's hard to focus on the task at hand when there is a mountain just looming ahead. Maybe there is a reframe...it is not a mountain of work that I can't get through...it's a mountain of opportunity or a mountain of learning. It feels like I'm not living up to my values of curiosity, awareness, freedom
2. I have shame surrounding my overwhelm, because I freeze up and withdraw.
3. I have felt overwhelm historically during: tests/exams, interviews, school work. I've felt similar to this and dealt with it before in my worry scripts I developed last year for interviews. This is a repeating theme where I think I should revisit these scripts every time it hits.
4. My old way of dealing with overwhelm was to just work past it. Like while I was at BCG< you get into productivity mode and you don't let yourself feel anything. You are damn

productive, but this is costly. I think my newer way to deal with things is to let the overwhelm in a bit more. This makes me less productive, which I then go on to judge as being bad, which then pushes me back into my old way of doing things.

5. But the way I currently let it in is the same way that it came in at BCG. At BCG, eventually it would just come rushing in, and I couldn't stop it → the levels of emotions were overwhelming and I couldn't do anything constructive in them. Currently, I let them in and notice them but it almost feels like they're at the same level of overwhelm at BCG. Which means I'm not entirely constructive in them. I say entirely because I think when I let them in & there's too much emotion, I'm still not constructive, but eventually I do get to a point where once the emotions subside a bit, I'm able to reflect on them more rather than just blissfully moving on and being like "ok onto the next thing".
6. Basically, phase 1 = I'm just taken out of everything. Phase 2 = transition back to life. I experience phase 1 the same in either approach. I experience phase 2 differently now, where I reflect more
7. The difference is in noticing the waves vs not noticing them. Perhaps the waves are still going to be just as big, and there's not stopping them regardless of which approach we take. We can however, learn from those waves if we start noticing.
8. Something that might help: reframing mindset on what success means. Success for me has been productivity output. How can I focus more on the path rather than the goal? For instance, success is having learned something. I like that idea but I don't really feel it. How can I feel it?

## Aug 26, 2023 - Mescaline

[Mescaline Notes](#)

## Sept 29, 2023 - Lodovica

### Pre Session

1. Each morning: set the bar low, end high → strategy to help me be more grateful of the work i got done. My current every morning is: set the bar high, end high. I make it a lot of the time, but that's stressful and leads to burnout esp when expectations are not met.
2. Rumination all day, too goal oriented "once I get my money figured out, I'll be ok"
3. To deal w/ overwhelm, should connect startup with:
  1. My goal of building a team
  2. My values of learning, curiosity, freedom

4. It's hard to always put myself out there. That means I'm living life though. The startup is hard, partly, because I'm always putting myself out there. I need to really be me to make informed decisions here - calculated risk is all about being me. Putting myself out there means accepting more in.

1. Running the show

## During Session

- Working = safety in my mind. (i.e. notes from mescaline trip). How can we unlink these.
- Startup putting myself out there
  - My heart feels heavy to put myself out there
- Putting myself out there → fear is a big one here
  - Continually making big decisions
  - Proving myself and the company to others
  - Swimming against the tide → what are other peoples perceptions of me going to be, it takes energy
- Fear of judgement as it relates to community, abandonment, there's an identity shift here, fear of rejection
- Parenting has a similar thing. Other people are constantly judging you for how you approach your parenting. It's already hard enough to do parenting.
- Same thing for my company. It's hard enough to get things going, especially without the support of my network. There's no internal conflict for me.
- I may need to let go of their approval. Is it ok if I don't get it.
- How come I'm the only one that has to justify what I'm working on. There's unfairness here. How can I turn this annoyance into an opportunity.
- How can I operate in a cultural environment that's not going to change as fast as I want it to change? The culture is still fragmented around this issue.
- Can I sit with the annoyance and respond to it in a way that serves me and my goals rather than working against me. There's a secondary layer of annoyance in that, if I want to respond healthily,

**Oct 6, 2023 - Lodovica**

- Overwhelm
  - Closed off
  - Fear
  - Scared
  - Freeze mode
- Putting myself out there
  - Music → more excitement, less fear, more trepidation
  - Interviews → freeze mode
  - Networking → positive
  - Sports → freeze mode

Music for BSP: 1) Deep Relax:

<https://www.youtube.com/watch?v=dcXvSR7E8QU>

2) To help lower anxiety:

<https://www.youtube.com/watch?v=mmLpcNGdBx0&t=165s>

3) EMDR bilateral:

<https://www.youtube.com/watch?v=ApFBK297FM0>

4) 10H Dark Screen:

<https://www.youtube.com/watch?v=CZXrwREU47M>

5) I will give you rest, Christian Meditation Music:

<https://www.youtube.com/watch?v=jjfn6wRfJFg>

(no words in music, just in the video), 6) David Grand's BioLateral Music:

<https://open.spotify.com/album/5IVVEoTyCTPA0SbeWtLPx3>

### **Fear of judgement**

- If I am in freeze mode, there is no way I can enter into creative mode.
- Let's let go of freeze mode so we can make good decisions.

Very serious

Hunched forward, generally scrunched up

Heavy

Tears want to come up

Mouth is upside down

Freeze mode

- Is it just coming from judgement
- Or is there a history of me experiencing judgement in a specific way to amplifies the effect.  
If there is a history, then we don't experience freeze mode just from current events - our body links our current situation to historical situations. It doesn't take much for the brain to make these associations.

Notice the fear: **Can do brainspotting myself around the room. Just find the spot that resonates the most and then sit with that.**

Notice what this says about me: **Try to notice if there are certain ideas about myself when I go into overwhelm.**

## Oct 13, 2023 - Lodovica

1. **Path 1:** Brainspotting on my fear of making mistake. Also maybe parts work.
2. **Path 2:** Generate more awareness around this

Overwhelm by financial situation is anxiety based and fear based. Anxiety is something that has both a positive and negative aspect. How can this feeling of being overwhelmed be helpful and how can it be unhelpful.

My two ways of relating w/ money:

1. **One part of me is thinking about money**
  1. I don't have an income right now and I'm still digging this whole
  2. My current situation isn't just me, it is affecting other people's money. My choices are impacting others. My relationship with money is impacting others.
2. **Another part of me isn't thinking about money**
  1. Been in debt for like 15 years and I'm still ok
  2. These things are little blips compared to where I will be. Debt now doesn't mean debt forever.

Where did (2) come from? It came from growing up, where thinking about money was scary. I didn't like thinking about money growing up. Avoidance has been my coping mechanism thus far, but now I'm in a place where I can't avoid it, that is leading to overwhelm.

This becomes a place of growth. Avoidance that was working for me in the past no longer works for me now. Now as I'm creating my own business, I can't avoid it anymore. I need to face it now, and that becomes overwhelming. Because facing something brings back all this baggage.

This is a challenge that becomes a space for growth as a person and an entrepreneur.

Overwhelm is **unhelpful** because its paralyzing. It's not allowing me to be creative or work 100% on what I want to be working on.

Overwhelm is **helpful** because its sending me a signal that there is something we need to work on. Take it as a signal as a challenge or a space of growth. It's an indicator on what to work on.

The cave you fear to enter holds the treasure you seek.

How can we work on this though? What is the alternative to avoidance. My response is a trauma response → I'm responding to a long history. So, just mental hygiene and health isn't really enough here. We need to let go of the trauma history here so that I'm just responding to the challenge of the present and not the past+present. The booster here is to help me respond in a more regulated way. So, next steps

1. Booster = trauma work
2. How has my past here actually been helpful
3. Is there someone that can help accompany me and to help me keep overwhelm in check so I'm not doing everything in check.

#### 1. **Look into financial advisor**

Have I ever used any other coping skill other than avoidance. Fear based is probably my secondary mode. A positive shift mindset should be curiosity. **Notice that when I try to avoid something, can I somehow replace it with curiosity.**

## **Oct 20, 2023 - Lodovica**

- “I deserve to feel this way. I took a foolish chance, and it's not working out.”
- “Time to make a fool of myself asking for money again” → I don't want to have to be asking for money. “I am making a fool of myself asking for my friend, family, network, random people for money”

- Been going more into “survival mode.” Which is basically just to put blinders on and drive through it. I can’t accept new ideas and I actually feel my creativity leaving me. It’s because I’m being curious in the first place thought that I’m able to notice this. But this survival mode spills into every other piece of my life - I stop working out, I stop being curious to things (which is one of my values), I stop engaging with people. I feel crushed and I close up.
  - This feeling of survival mode is very similar to
    - Preparing for interviews → not knowing what will turn up
    - Making a mistake in the relationship → not knowing if/when I’ll be forgiven
  - I can almost see the other side of this overwhelm. As in, I can see the person I know I could be, I’m just not that person now. I can see how that person would laugh at some of the challenges coming his way. Me now, I’m crushed by them.
  - I use all my stimulants as dictators of how I should run my body. This puts so much stress on my body. I should only use them when my body says.
  - Remember during the mescaline trip how I was always putting the next thing to do in front of me and not focusing on what’s at hand? I do the same with emotions in overwhelm. I bring in all the future emotions rather than focusing on the now of the emotion. Anxiety is from bringing future events to now then having that spill into my emotion, overwhelm is from bringing my future emotions to now (there’s less of a visible tie to future events, though there still might be one, it’s just less tangible or visible)
1. Negative cognition (“I deserve to feel this way”) is a little bit different from what Lodovica and I have chatted about before. This is a good starting point for EMDR. This negative cognition feeds anxiety & overwhelm.
  2. Another new point → being forgiven.
  3. Doing is a coping mechanism because it takes me away from the now. It’s a way of avoidance.
  4. Past triggers
    1. Telling friends about where dad was when a kid
    2. Crashing into garage door
    3. Cheating on test in 7th grade
  5. Current triggers
    1. Seeing dad suffer
    2. Interviews
    3. Asking for money
    4. Feeling responsible for negative emotions in relationship

Create an exercise called safe place. It's an exercise that allows me to regulate my system.

- Can read Francine Shapiro on Getting past your past

## Oct 22, 2023 - Lodovica

1. I think my overwhelm right now is mainly coming from the fear of failure. I have this story in my mind that if I fail, I will let everyone and myself down. I tell myself that it will take longer to get out of debt if I fail. I tell myself that others will be mad at me if I fail.
2. But none of these stories are necessarily true.
3. Further, what is failure here? Even if the company doesn't grow - is that a failure?
4. What if, the company crashes, and the paths I take trying to keep it afloat open up a new door that turns out way more lucrative in the end.
5. But you know what. I will succeed with my business. I have the exact perfect fucking skillset to succeed at this. Way more so than anyone else on the planet.
6. There is no reason to expect that I'll "fail".

Story I tell myself:

- I just want this overwhelm to go away
- And in order to do that, I need to face the money shit which is hard, and which won't go away for months probably. So I'm stuck with overwhelm for months.

## Nov 10, 2023 - Lodovica

1. Just been existing lately
2. Couples call w/ Lauren? To discuss money stuff → yes

Feeling overwhelmed, shutdown, shame

Present triggers

- interviews
- relationships
- asking for money
- startup
- dealing w/ dad's health condition

Body has learned to keep me safe by doing the existing habits. This is why it feels like a trauma response. I need to do this know because this is what is safe. Even though another part of me

might be saying no that's not safe.

Be gentle with the part of me that strongly believe that only if i go to work right away, I will be safe. This part has probably been doing it for most of my life for specific reasons. We should acknowledge its intentions, and be curious about the part.

Eventually the part might get updated - it will still be an important part of me, but will be willing to be something different because it has been accepted not rejected.

### **In the morning, be curious to the rampager.**

The rampager is protecting me from the sadness and the overwhelm. You keep the sadness away by barreling through things.

### **Shifting from danger to safety**

- For like the past hour or so, I've been putting getting back to camp as my goal and as my place for safety. But why can't everywhere that I'm at right now be my place of safety? My campsite is not my goal. It's going to be some place that I inevitably pass through. I can help foster safety by slowing down.
- By constantly doing things it makes it seem like I can get away from the things that are keeping my unhappy. It's a very judgemental viewpoint to do this because I'm like - "I can't handle whatever is going on, so I have to shift." That can lead to a sense of danger. By sitting with things, you can better accept them as they are, and you shift back into more safety.

**Step 1:** Sadness and overwhelm come in.

**Step 2:** I feel guilt about these emotion and about not being "productive".

**Step 3a:** Mechanism 1 is avoidance to not have to deal w/ difficult emotions, further exacerbates guilt about productivity.

**Step 3b:** Mechanism 2 rampager comes in as a different means of avoidance because it puts a goal of safety somewhere on the horizon, which is never met. Its tricky and convinces me safety is just over there.

**Step 4:** Sadness and overwhelm come when I realize safety is not just over there and/or when the rampager runs me into the ground so I can't do anything.

**Goal:** Approach with lightheadedness instead

### **Present triggers**

- interviews
- relationships
- asking for money
- startup
- dealing w/ dad's health condition

### **Past triggers**

- low grades on tests
- being asked where my dad was

**Safe Place:** When you think about this person or place, I feel at ease.

- SRF pond → **practice this to bring up curiosity throughout the day**
  - I'm curious here, look at all the plants
  - There are fish splashing sounds
  - The shade feels good
  - My heart feels lighter
- SRF bonaventure
- Ocean
- Pug
- Lauren

## **Nov 17, 2023 - Lodovica**

1. Caffeine, tobacco, + other stimulants → strategies that the parts use to do my work and keep me safe from feeling sad
2. Substances are the things trying to keep me safe. Don't want to pathologize these behaviors. Let's be curious and see why they are doing what they are doing. Let's see how they are helpful. Let's see how they are not helpful.
3. The substances help me move along the cycle below:

### **Current Safety Cycle**

**Step 1:** Sadness and overwhelm come in.

**Step 2:** I feel guilt about these emotion and about not being “productive”.

**Step 3a:** Mechanism 1 is avoidance to not have to deal w/ difficult emotions, further exacerbates

guilt about productivity.

**Step 3b:** Mechanism 2 rampager comes in as a different means of avoidance because it puts a goal of safety somewhere on the horizon, which is never met. Its tricky and convinces me safety is just over there.

**Step 4:** Sadness and overwhelm come when I realize safety is not just over there and/or when the rampager runs me into the ground so I can't do anything.

### New Safety Cycle

**Path 1 (EMDR = somatic work):** Hopefully set up a new safety cycle. Remember goal is to approach things lightheartedly

**Path 2 (Inner dialogue = cognitive work):** Something I can do to help push myself into this is to have convo w/ rampager. Tell rampager "hey I am safe even if I don't work now." This will come w/ discomfort esp at beginning.

- Catch need of rampager
- Validate need of rampager
- Tell rampager things are ok & I'm safe
- Negotiate w/ rampager → don't need to write this stuff into my calendar. I can set up strategic systems that work for me (for instance, put a sticky on cigs that remind myself about rampager)

Rampager

Pond

Self compassion

Gratitude

1. Past triggers
  1. Telling friends about where dad was when a kid
  2. **Negative cognition:** I'm different
  3. **Positive cognition:** I'm acceptable
  4. **How does this translate to today?:** I still have issues w/ self judgement and feeling out of place

**Nov 28, 2023 - Lodovica**

[https://dynamic.wakingup.com/reflection/CA98A5?  
source=content%20share&share\\_id=534C8E26&code=SC07032C2](https://dynamic.wakingup.com/reflection/CA98A5?source=content%20share&share_id=534C8E26&code=SC07032C2)

1. Past triggers
  1. Bad grades
  2. **Negative cognition:** I'm not worthy
  3. **Positive cognition:** I'm acceptable
  - 4.

## Dec 5, 2023 - Random Notes

When I get the urge to smoke again, just bring to mind the pain in my chest when going to sleep every time i breathe out.

<https://www.reddit.com/r/TherapeuticKetamine/comments/vlwp7e/playlistsusedbydpruett/>

## Dec 7, 2023 - Lodovica

1. **When I'm overwhelmed**
  1. Try not to over identify with not being able to do shit
  2. If I overidentify with that, I miss other parts of me
  3. The part of me that is overwhelmed is not the only part of me
  4. Remember the library of mescaline. Remember the locus of control on mescaline.
2. All eyes being on me
  1. This is How I currently feel, Also connected to being asked dad
  2. The emotions I have:
    1. scaredness probably because i have perfectionist tendency. the more people are looking at me the more people are scrutinizing
    2. vulnerability, because i need to open myself up for scrutiny in order to make progress
    3. sadness. maybe this is a 2nd order emotion because I don't want to deal with the above?

Paddling into the big waves today, my mentality was just kind of like "yeah this needs to be done." There was maybe a bit of fear, but it was just a bit. Fearful things do get easier. When we keep chipping away at fear, we can do bigger and better things. That's how we live big Alex. Thrust yourself into fear so we can chip away at it. Then, the things I currently think are big and

fearful, really won't be that big in the future.

Also, notice how I HAVEN'T been letting risk aversion bias run my life :)

## Dec 21, 2023 - Lodovica

1. EMDR findings
  1. Eyelid feels safe
  2. Eyeball feels sad
2. What did it cost me to lie about my dad?
  1. Authenticity
3. Safety is only if behind. I need to be behind, I cannot be all out.
4. As long as I hide, I'm safe. Relearning to be safe when not hiding becomes an effort.
5. My go to mechanism is I'm safe as long as I hide. That's built into my body.
6. **The next question then becomes, what is my relationship with respect to hiding in order to feel safe?**
7. **And which spaces am I not hiding in and do I feel safe?**

## Dec 22 , 2024 - Fasting Findings

1. **Take your time:** and notice the food. Engage in only eating, don't couple it with another activity. Coupling with another activity reduces the enjoyment. When we are focused on another activity rather than food, we will overeat because we want to keep enjoying the food we've only been enjoying partially.
2. **Don't waste food.** All food is yummy. Don't overeat or eat whenever. Since all food is yummy, we should only eat when we need to.
3. **Give your body time to digest.** Even on a small amount of food, your body needs time to digest and recover to get back to its workful state. Don't supplement with coffee to push through that.

## Jan 1, 2024 - Self

1. What is scaring me?
  1. The launch date is soon
  2. Which means we need everything to go perfect

3. All of eva's models need to be ready
  4. The safety checker needs to be perfect
  5. All the ecosystem of b2b partnerships need to be set and optimized
  6. I need to start making money so that I can keep up with my bills
2. What is actually the truth?
1. The launch date is soon, yes
  2. Everything doesn't need to go perfect, there will be some bumpbs
  3. There will be bumps in uploading eva's models
  4. There will be bumps in the safety checker
  5. There will be bumps in the b2b partnerships
  6. However, I will still get money with all these bumps
  7. Things don't need to go perfect in order for me to pay my bills

Glimpse into my new life....

I'm glimpsing into the life I know I will have....

- There will never be not things to grow from.
  - However I may alleviate stress or pressure in my current life, something to grow from will replace these
  - Right now, I couple growth to stress and anxiety
  - BUT if I can couple it to excitement, that's the real kicker
  - For instance, when I get rich my lifestyle will change. That means there will be new growth areas. Which means I will either keep getting stressed and anxious or meet them with excitement.
  - Instead of ruminating, ask where can I grow, where is the excitement, where is the fun?
1. The days I fall hardest are the days I push most through my pain
  2. One of the most courageous things you can do is admit to yourself that, "yes my actions have hurt this person"
  3. I need something that reminds me why i don't want to drink coffee
  4. Measure ALL my actions to these:
    1. **Values: Curiosity, Freedom, Growth → these are how I strive to live my life**
    2. **Emotions: Excited, Fun/Lighthearted, Silly → these are how I strive to feel in my life**
  5. I'm in a pressure cooker and because of that I'm growing FAST.

6. AND I'm dealing with my overwhelm and challenges along the way SUPER well.
7. When I feel overwhelmed or depressed or sad, I've ALWAYS taken the opportunity to step back, reflect, and move onwards.
8. I have just as much reason to worry about things as to not worry about things.
9. WHATEVER happens, it will eventually work out.
10. I WILL emerge STRONGER given how I've come to face these challenges.
11. This pressure cooker is like the GYM for handing life.
12. We FLOAT by otherwise. What I'm doing right NOW is learning.
13. Think of how much better I am at dealing with and moving through these stressful situations. In normal life, think about all the "normal" challenges that used to be hard for me, and now they're so easy. Sticking up for myself. Being me. Saying what I want. Advocating for myself. Getting people on board. Selling people. Navigating challenging financial situations. Navigating constrictive and overwhelming environments.
14. I am teaching myself that I can handle these and will handle these. In the future, when stressful events come in, I will know that I've weathered them before.
15. Remember how it took awhile to teach myself that I could have fun without drinking at a party. Yeah, maybe like a year of repeated and repeated exposure. This is the same exact thing, just learning how to live a big life.
16. A big life comes with risks and challenges. That's what makes it fucking big in the end. There is no big without risk. Which always comes with navigating challenges.

Risk throws things into disarray. It is a step into the unknown. And because it's unknown shit will come at you you will have to navigate. Those things are challenges.

1. Stepping out and forging a new pathway in your life, to break free from the mold of how life was set for you, that is risk. And that is courage.
1. My bad behaviors are driven by my mind wanting my body to feel like it. For instance, hape, or cigarettes or coffee. My mind feels jumpy and chaotic. These substances pull my body to feel that way too.
2. However, what I can and should do instead is have my body pull my mind it its side through exercise.
3. Option 1: My mind pulls my body to its side

4. Option 2: My body pulls my mind to its side
5. Just as I can live and have lived with anxiety, so too can I live with overwhelm. It's just another emotion I can coexist with. It is not something to run away from. It is something to be respectful of and accept as part of me.
6. Overwhelm from entrepreneurship is coming from catastrophizing
7. When we act out of fear, we create the result we worry about the most. Crashing the company is my fear. I am living around that idea.

## Jan 12, 2024 - Lodovica

1. **Initial piece to work with overwhelm:** Just as I can live and have lived with anxiety, so too can I live with overwhelm. It's just another emotion I can coexist with. It is not something to run away from. It is something to be respectful of and accept as part of me.
2. It's not the severity of the symptoms that make a difference for mental health. It's how we judge these feelings. Overwhelm can come in to person 1 and person 2. If person 1 doesn't judge, it'll be much easier for them.
3. I've been triggered recently because I don't have the support I thought I did.
4. Want to connect fear to value of growth. How can we turn this fear into an opportunity to growth. There are so many 1st times I'm having to deal with. Almost everything won't be ideal. I'm creating this competence as I go.
5. You become a parent as you parent.
6. You become a company as you company. There is no manual to follow that if I follow it, everything will go OK.
7. We need to prepare for a bumpy road. Let me understand what's not working. This becomes a moment for gathering more information. From this experience, what could I be doing differently in the future.
8. How can I be curious about my employee?
9. "Good days": able to feel above a bit more
10. "mid days": able to logic the things
11. "bad days": cry and ball
12. As a parent, you tend to catastrophize about your kid. This kid is going to be a psychopath, etc.... Sometimes you take a step back, and cry, and say
13. The attention is not to think about how low did you go. The point is, did you come back up? Let's bring the attention to did I come back up? That's a sign of my health.
14. I could keep crashing on the same thing, but it's cyclic learning.
15. Crying and ball times are ways of completing my stress cycle.

16. Who would not have fear in my space, position? How can you not be afraid.
17. Try to reorient everything I'm doing to what I'm trying to do here. Why am I putting myself in this situation? I'm choosing to do this challenge. I am willing to take this risk, this price because.
18. It's normal and predictable that I feel this way. Why did I choose this path? I've chosen these emotions and these challenges for myself.
19. Why?
  1. I want to build the life for Lauren I want → I'm also really afraid of not meeting this goal
  2. I want to build something big
20. This is tied to:
  1. Ambiguity in not knowing the future
  2. Tying financial performance to performance of my employees
21. This back and forth is going to be inherently part of this process. There is no just staying in ambiguity. It is expected to have these wide swings. I don't thrive on the same. On one hand, this highly changing environment sticks why my need for novelty (one part of me is satisfied here). At the same time, there is another part that is not ok with this & is afraid of this and the risk that comes with it.

## Jan 12, 2024 - Lodovica

1. **Initial piece to work with overwhelm:** Just as I can live and have lived with anxiety, so too can I live with overwhelm. It's just another emotion I can coexist with. It is not something to run away from. It is something to be respectful of and accept as part of me.
2. How would I shift my experience if I let go of all these expectations and meaning.
3. Is it possible to lower the stakes? So that I can be playful and creative? How do we be ok w/ whatever outcome in order to accept what's going on?

I am different. I need to accept that as part of me. AS me. I'm different, so what.

I'm so much more fickle with Lauren and her family than she is with mine. I just fully identified with this thought which made me feel extremely guilty. However it doesn't need to do. I've realized it and can now work on fixing that. It's a thought I don't need to identify with.

I don't want you to see this as a strategy to not go or anything. This was a full mistake.

That's one area where Lauren is more fuck it than I am. That's an area where she's way more generous than I am.

One of my deep insecurities is that I might be the dumbest fucker out there.

It's ONLY the thoughts about the thoughts that cause any damage. The initial thought is the core observation. If the second thought identifies with that observation, that's where we lose our clarity and freedom. This is the same as the frenkl quote. However in frenkls quote, it implies we can actively add that freedom gap. However, in my model, we are keeping the freedom gap open because it so desperately wants to close. His model is more of an action. Mine is more of a direct struggle.

Lodovica is so good because she's an empath of the second type and logical at the same time. She uses both sides of the brain at the same time. I think when most of us use empathy, we inherently use a little bit of both types. The type 1 empathy is the thing that keeps us from being logical. If we can only have type 2 empathy, that opens us back up to logic.

I need to start going out into the world more. Part of my overwhelm is coming from not meeting my novelty requirement. Ask Lauren what I can do to meet this without spending money.

If there is a hack in our system what do we do about user data? We open ourselves up to huge lawsuits. How does only fans do it? How does Grindr do it? I don't have 100% clarity into the security protocols followed by India team or really any team member.

Maybe every 3 months, wipe prompts?

Eva has actually made some excellent architectural code choices for someone I randomly grabbed off LinkedIn. She was truly a good find. I do think she's autistic though. She must have this issue with everybody she meets.

It's an extreme act of courage to come out like I did on LinkedIn. So many of my current network probably look at me much differently now. Like who the duck is this guy.

I have a ketamine problem. Lock it up NOW Alex.

My team is fucking rallying given what I've given them. Which is nothing. I think I also feel guilty about how much I'm asking of them. At the same time, I'm operating like this company is going to be a success, so they'll benefit.

I think I'm starting to realize or tell myself this CEO thing isn't for me. I should just start looking for jobs. I need to really take a step back and answer whether this is for me.

I just had a panic attack. But that's just part of my emotional cleansing and moving on.

I think we all feel different in our own way. It feels isolating when I feel like I'm the only one that's different. But everybody's different in their own ways.

To see if I should do an action, I should imagine how my future self would feel if I didn't do this action. For instance, how would future me feel if I didn't hang out with my parents, who I love, and don't get to see very often. That way is living life. I have a tendency of closing up and not living life.

Lauren is hearing a lot of judgement. I'm saying I'm really different from other people and that makes me sad. Lauren hears that and she thinks it's cool. There's judgement I'm doing here.

This is my first time doing something like this. It should get a little easier the more I do it. If you look at really successful people, those people are celebrated because they did something different. Because they think different. It could be true of Elon musk or like a Buddhist monk who just wanted to do something different than normal life.

I think money really makes jobs unhappy for me. I need to do something where I don't do it for the money. Everything I do is for the money. Am I doing CEO for the money? Yes.

Lauren doesn't know what job will make her feel happy either. She's has a dark pit in her because she feels the same as me.

I see the boat life as the thing that we will be happy with. That's why I've been putting such high stakes on the CEO. Because we're both not living the life we want. But sail life might not also be the life we want.

Lauren is grateful to have this life and wants to do something to pay that back. Lauren and I both want to have a net positive impact, sail life won't fix that for us.

How can my company have a net positive impact? That way I can make my current job worth doing.

Should we take the from the community thing down entirely? Should we just populate with some examples we come up with? We open us ourself to more risk. People won't want their creations posted up. Maybe we have it for a bit then retire it?

I was this overwhelmed for bcg interviews. It's probably just the raising the stakes.

One of the things that's freaking me out is that if this fails I will inevitably do a job that makes me unhappy just for the money. I want this to be it so to speak.

I need to find something else other than fear that drives me forward in this company.

Each of the rows in the homepage will become a new AI type of experience. Like row 1 will be general. Row 2 characters. Row 3 sexting with creators.

My overwhelm goes away when I feel like we will be successful. However, I need a guiding light when I feel we won't be successful.

WHAT WE ARE BUILDING MATTERS. That is my guiding light. Regardless of anything that happens, what we are building still matters.

I'm going under the implicit assumption that all of my hard work is just going to end up in s\*\*\* and I'm not going to reap any of the benefits. But I am going to reap a shitload of benefits and already have. Let's make a list of all of these benefits.

The benefits are directly proportional to everything that I'm doing and I'm doing so much in making the exact right decisions. There is no way that there won't be a ton of benefit.

I have a hard time approaching this with a solution mindset because overwhelm is taking over. I just lock up, then tend to ignore it.

I'm making porn. Chill out.

Navigating this whole thing gives me meaning. I'm living big.

Nothing in this is inherently bad. Everything that is bad is a story I've told myself.

Emotions are evolutionarily a tool to keep us alive. They are the backdoor overrides to our logic. They will happen, but we don't need to let them override. Is my life in danger now? Absolutely not.

The overwhelm is coming from catastrophizing. I think overwhelm in general comes from catastrophizing.

Being an entrepreneur is helping my work on catastrophizing.

When we act out of fear, we create the result we worry the most. Crashing is the company is my fear. I am living around that idea.

We will sell for 100M by EOY 2024

If I stop leaning into anxiety and thought "what if it all works out instead"

I feel like I don't have the support I need to launch

This also is making me feel taken advantage of

As CEO I need to be able to steer the ship amongst chaos. I'm out on deck buffeted by the waves.

I get so affected by others when they don't live up to my standards.

I think I associate fans at night with safety because of the safety I felt when on roadtrips and going to sleep in buzzy motels. We would see our dad on these trips. And I would go to sleep in the buzzy hotels. Maybe there's something else about these trips that stuck with me. Going to prison, getting the food in the slot, etc...

I think I may be so tired from all the modafinil, not the sickness

I think I put guilt/shame on my dirtiness, because I see my dirtiness as being wrong. I judge something as being wrong, and from there it makes it feel dirty, but that feeling of dirtiness might be the thing that gets me horny? But then there's the shame that comes with it.

I think wanting to be with a bunch of other people makes me feel dirty, because I shouldn't feel that way.

Maybe next time I start to feel dirty, maybe I just tell myself that that's a story I'm telling myself. There's nothing inherently wrong in any of the thoughts. They're just thoughts. It makes sense that they should be there.

Because I judge them as dirty, its like my periscope of mind hones in on that dirtiness thought. For instance every second there's thousands of thoughts going through our brain. If there are certain thoughts we attach so much emotion to, like a guilting or shaming though, i.e. a dirty thought, if that comes in our mind, then we immediately zoom too it. It's like hearing your name out of a hundred people talking.

Depending on where our periscope spends its time in the day, that's what dictates our quality of life. Mindfullness is the practice of (1) first noticing where that periscope is pointing, (2) 2nd moving where that periscope is aimed. You're not trying to get rid of the thought - because that won't work. It'll be there regardless. The practice is not in trying to remove that thought from the thousands, but in moving the periscope elsewhere.

It's not inherently bad that I like dressing up in womens clothing and being slutty. Decouple the negative emotion from the thing. Attach a positive one instead.

I think any horniness in general just makes me feel dirty. I feel a lot of shame around that. I think I'm also scared of it. Of sharing that with someone. I think drinking was the only thing that helped me get past that. Sober sex is hard for me. I think its always been hard.

To inspire and motivate will, nabeel, let's give them 10% of the company, each. Those are my people. They are the people I want to work with. Let's let them know it. I need to learn from my colleagues - that's the thing. These are the people I want to work with. However, I'm really

learning much which is the thing about the people currently around me.

## Feb 1, 2024 - Lodovica

1. Our mind is a garden. Many seeds were planted by other peoples, esp adults. As we grow older, this garden comes to fruition. Adulthood is the process of pruning/weeding this garden to be the way we want it to be.
2. The high stakes could be one of the plants in my garden planted w/o my consent.
3. If there is a plant we didn't plant, that's empowering. Because there's a lot of things we can do with that plant. BUT we'll have to get our hands dirty in order to do so.
4. What puts me in "the stakes are high?". It's when I tend to catastrophize.
5. Lodivica asked how I reconcile optimism that I have (like I can get a job and figure things out) vs this catastrophizing. I think the difference is short vs long term - I catastrophize in the now.
6. How do I deal w/ catastrophizing now? I don't deal w/ it great right now.
7. I think I value my mom's approach BUT my dad's approach to catastrophizing is embedded in me. And it's embedded because historically I've come to associate catastrophizing w/ high performance. BUT just as I have rewired fun+drinking at parties, I can rewire my high performance approach. I.e. I don't need to catastrophize in order to be a high performer. I can relearn that mom's approach is actually something that pushes me to higher performance.
8. There is a conflict that I'm trying to let go of the harshness of my dad's side and trying to embrace the warmth of my mom's side.
9. Dad's approach says mom's approach is bad because it thinks mom's approach is avoidant. Dad's approach thinks you need to think about things a shit ton in order for it
10. I can be an optimist and trust myself.
11. However, dad's approach and mom's approach don't need to be mutually exclusive to them. What is the space of overlap between them. How can I still pay attention to the details and yet still be accepting of them?
12. The practice of self-compassion doesn't necessarily mean lowering the standard. We must fight this idea. Self acceptance doesn't mean lowering the standard. It doesn't mean there's no space for improvement. If anything, it's the condition for improvement. It's the condition that improvement can have more space to grow and grow quicker.
13. When overwhelm, catastrophizing, raising the stakes comes in, practice self-acceptance. Self judgement drives these.
14. Dad fully self judges. That is something I fully picked up. Letting go of self judgement feel unsafe for me. Because I have said that this is the voice that makes me be perfect.

# Feb 5, 2024 - Self

I'm feeling let down by employees. I'm also feeling depressed by them - they are not high performers. REMEMBER, my coworkers is the exact thing that drives my happiness.

It makes sense that I'm feeling sad. I'm working with not good people. I am the only high performer so far. Lets build out a company of high performers when we get money.

If you don't enjoy novelty, you would not be good as an entrepreneur. Every fucking day is something new and putting out a fire.

If I give you free reign and you fundamentally cause the business harm, we no longer have a place for you. Eva:

- Delayed timelines ~ 10k opportunity cost
- Leaving training pipeline up ~ 5k
- Leaving inference pipeline up ~ 600

So, she's done 16k of damage, but has probably provided over that. That's what her equity is for.

People management of bad people has direct costs. Bad people are directly costly. They do things non-optimally and will cause the business direct harm.

Additionally there's my opportunity cost spent in managing them. So, double the opportunity cost, whatever it might be.

It can be just magic if you get just all the right people working together in the same room. Everybody complementing each others skill sets and building off them seamlessly. Where the people actually like working together. I've only really felt this w/ nabeel.

# Feb 9, 2024 - Lodovica

1. Time pressure is the thing that is overwhelming to me. If I can find ways to stretch out the time, that will help. I need to drop everything other than this:
  1. Investor outreach
  2. Part time job
2. Sustainability is still a priority
3. I will be more successful when this is sustainable. I will be able to access my creativity

because I will feel more sane.

4. Where is it that my contribution is making most of the difference in the business? Don't spread myself thin.
5. I am most needed now as a financial investor in our company.
6. There is no amount of mental health work I can do in order to do it all. I need to drop shit. It's ok to not do everything.
7. Mental health and self compassion will help with the stress. But it won't help with the stressor. Where am I most needed now addressed the stressor and makes the biggest difference.
8. Is what I've created so far, enough that I can put my energies elsewhere.
9. Framing the part time job as letting me be a part time investor in LL can help me be ok with the job. It gives me more room in LL for mistakes.

## Feb 16, 2024 - Lodovica

1. If you don't put structures in place, then you can be a slave of your work
2. Event/memory → emotion. EMDR helps with reducing this connection and impact of the emotion taking over.
3. Judgement is the thing that tries to make me escape my current situation. I might be tired all the time because judgement tries to make me escape.
4. The negative cognition behind this memory is "i'm different" which is a judgement.
5. This is an internal voice I've developed out of many interactions. "I'm so tired of feeling this way" could be this internal voice being ready to do something else. There's readiness to upgrade the system.
6. Today, we were already upgrading the system with EMDR. Perhaps next time there's a cognitive piece we can go over.
7. Letting go of judgement is an ongoing process for everybody. It comes from the past, from environments and spaces we come from.

## Feb 29, 2024 - Conor

- Write out a plan for what I'd like to see for myself about WLB
- Time away
- Prioritize self care along w/ activities that bring me joy

## Mar , 2024 - Lodovica

1. We keep coming back to catastrophizing and having the solutions be:
  1. Being present
  2. Self acceptance
  3. Self compassion
  
2. I'm comfortable more so w/ cognitive and less so somatic. This might be because:
  1. I'm so comfortable w/ cognitive
  2. I can be with my body and still feel safe
  3. I think this is why psychedelics are so hard for me
  
3. I don't feel comfortable in my body, I feel more comfortable in my mind
4. How can I feel extremely sad & be ok with that? How can I not run away with it. I usually have big feeling then run away.
5. Allow myself to sit with my body and have it be safe.
6. Use my mescaline example when I'm feeling overwhelmed. Rather than force myself to feel something different (i.e. be in the tent) can I sit with where I am right now and feel safe?  
Why is the tent my measure of safety, why can't right here right now be my measure of safety?
7. I'm ok where I am, the tent isn't the only thing that will provide safety.
8. Get back to meditation in the morning so I can drop back into my body
9. [Driven by fear and anxiety](#)
10. [Hypervigilance vs relaxed vigilance](#)
11. Conor said I need to take vacation

## April 1 , 2024 - Ketamine

Why am I feeling overwhelmed right now? I'm feeling overwhelmed because of the amount of ambiguity in the air:

- Ambiguity from investors
- Ambiguity from b2b partnerships
- Ambiguity from b2c “success”
- Ambiguity from acquisition
- Ambiguity from competition
- Ambiguity from team and nabeel

Ambiguity will never go away. It is a fundamental part of what my life is and is going to be. When the above become less ambiguous, some other facet of ambiguity will replace it. Amidst this chaos, what gives me energy? What doesn't give me energy?

What gives me energy

- Many things when I don't put the mountain in front of me

What doesn't give me energy

- Everything when the mountain is in front of me

So, how do I put the mountain out of view. Instead of ruminating, ask where can I grow, where is the excitement, where is the fun? Or maybe another way of answering this is, what is **not** ambiguous about my environment. **What is predictable?**

- I will learn something new everyday
- I will be building the company piece by piece
- There will be challenging days
- There will be easy days
- I will necessarily get better at handling challenging situations
- I have the full say of where the company goes

All in all, I am 100% living up to **My values: Curiosity, Freedom, Growth**

Rather than fear the ambiguity, be curious about the ambiguity. Accept it. Have the freedom to walk around in it, don't cower in fear. And when we walk around, let's grow from it.

**I HAVE GROWN REMARKABLY. It has been painful to do so, but fuck man. I am a beast now. Just imagine where I'll be EOY.**

## April , 2024 - Lodovica

- Weekdays are harder for me because I have a “negative pressure” into the day → it has numerous consequences, one of which is I'm more unwilling to deal with things
- I'm focusing too much on the challenges and the hills they present. I need to work more on gratitude for what I do have.
- Sadness
- Somatic: food, exercise, drumming → check out come together

### - Ideal job

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The sadness is indeed self imposed

I can feel myself making myself sad intentionally by continually leaning into it and almost forcing

that emotion.

I think maybe there is a part of me that leans into this sadness as a tool to "be better.". Because I think the sadness is coming from measuring up to other people/things and then me telling myself I'm not good enough.

That's where the sadness comes in. I compare my situation right now where we're at in the company for instance. Then I compare it to my entrepreneur buddy and I think "they are doing so much more than me" or "they're so much further along".

That makes me sad because it diminishes me. It puts me less than. And there is a part of me that wants to keep me in that sadness. Either because it thinks I deserve it or because it thinks it's an effective strategy to get me out of it. Well news flash whoever you are, you're actually having the opposite effect, as well intentioned as you may be.

Also, competition makes me sad

- Not feeling ok w/ the day because of the pressure to perform well
- Maybe this came from childhood when dad left
- I don't remember a time in my life without this pressure
- The things that get me out of this are extreme activity
- My body still responds primally to challenges, so somatic approach will help me ground myself more. All of these situations are perceived as a threat.
- With the learning and growth, it also comes with the "i'm not good enough" and the threat. So even though one of my values is being met w/ my job, it also comes with threat.
- **Practice reassurance throughout the day. "It's ok. I'm good enough. I can do this. I have done this before. I have all it takes."**