10:51 AM

Black Horse Coffee

Dear Diary,

I made an appointment at the counseling center for next week when I woke up this morning. Courtney is out of town until mid November so I chose to bite the bullet and get a new counselor. I need to talk through what is going on to me. I haven’t felt this kind of impusle to smoke since the winter when I was really struggling with my eating disorder. I was just re-reading some of my old diary entries from that time and so many of my thoughts are similar now.

I hate that history has a tendency to repeat itself. If I could learn better from my mistakes and/or experiences then I wouldn’t be going through this all over again. I’m not letting history repeat itself full though, I’m not going to isolate this time or rely on my own will power. I told Sam and Yeng today that I need their help to get me through this.

I AM GOING TO QUIT SMOKING WEED.

I don’t care if it takes a month or a year or five years. I love myself more when I’m sober and when I’ve been sober. I love myself more with a clear head. I love others more with a clear head.

I’ll write these same sentences over and over and over again if that’s what it takes for me to break this cycle. I’ve lived this cycle in hours, days, months, and years, and one day it will be broken.

What day that is, I honestly can’t tell you. I know there’s no way it’s today. I took adderall today. But I gave all of my weed paraphernalia that is left to Sam. Today is officially the first day since Freshman year of college that I have not owned ANY physical form of weed or paraphernalia of some sort. At least that’s something new.

I’m feeling pretty hopeful this round.

The good thing is unlike last winter, this time I’m not isolating. I’m not hating myself. I’m not alone every night. I’m not in a bad environment. I know which thoughts are distortions and which thoughts are real. I’m getting help as soon as I can. I’m still in this battle, but I am not going down without a fight.

Added Later: Note from my phone @ 11:38 pm:

“

Because of no social media, whenever i meet people now it’s like it’s the first time ever. I know nothing of their predispositions or past events. It’s awesome.

“