I’m feeling super negative right now… Dylan and I went to a coffee shop today to do a lot of work, and we got in a little bit of a fight (surprise surprise). It started because my family wanted to finally figure out the travel plans for December. We ended up deciding to go to Mexico for the first week of January (**WHICH IS SO FREAKING EXCITING!!!**) And then Wesley and my Dad were both saying that I should just go to Colombia on December 15th… which would mean that I’d have about a week between classes ending and going to Colombia.

I told Dylan this and he flipped out. Then I flipped out at him for flipping out. Then we fought about it all and how I keep him out of my family life and out of my travel plans and how I don’t think about how my actions impact him… I told him that he was filling the void of his ex-wife and how he just didn’t want to be alone on the holidays for the first time ever and expecting me to fill that void for him which wasn’t fair. He handled it really well and apologized and ultimately ended up supporting me.

But I got super stressed because now I feel like I am being pressured to go on a trip with Dylan in that one week that I have between classes and Colombia to make up for being gone all of break.. And that means that I am literally going to be travelling for a month straight -- which is exactly what I didn’t want to do during my break. I know it might sound crazy… but I think for the first time ever I was actually genuinely thinking of taking some time to myself this break. *Actually* resting from the crazy semester as opposed to just going and travelling and doing **more more more**. And now I don’t have that option anymore.

Am I just going to Colombia on the 15th because Wesley and my dad want me to? Or am I going because I genuinely want to? If I stay in Colorado longer and I wait to go to Colombia until the 21st, am I waiting to go because Dylan wants me to? Or am I waiting because I genuinely want to?

I don’t even know what I want or what is best for me at this point. I really think I am going to need to rest and decompress and recover from this stressful semester… but is travelling going to do that for me? Or will being in my own space without classes do that for me?

I feel sick to my stomach.

It’s probably in part due to the addy I took earlier -- I feel like today wasn’t a good day to take that. Especially since Dylan and I ended our fight about travelling with starting a 2.5 hour conversation on RAI… where we also fought a little bit. I told him how I think he’s been taking up an unfair amount of space in the project and its been making me feel silenced. Ultimately I think the conversation was super needed and productive -- but for some reason it got me in a crazy funk and I have just not been able to get out of that at all since… and it was like straight up 3 hours ago and Dylan left right after.

What’s wrong with me?!?!?!!??!?

Why am I being so dramatic. Why am I feeling so depressed and sad? Shouldn’t I be happy?? I have the opportunity to travel and see old friends and live my best life and enjoy vacationing in exotic places… and I’m…. *stressed*?

Maybe it’s just the heaviness of Dylan and I’s relationship and how I constantly feel like there is a ridiculous amount of emotional labor going on in this relationship.

Saying goodbye to Matt for good earlier this week, incorporating Dylan into my house by planning a night of pumpkin carving with my roommates, holding Dylan’s crying body about his being sad about his life on Friday, feeling like I am giving up the life that I truly want, but also not being sure if I genuinely want to be with Dylan or not or if my patterns are influencing my wanting to run away…

I’m just feeling super pessimistic about the future right now. COVID is going to last for fucking forever. I don’t get to share with the world that I am traveling because I will feel guilty. I feel fucking guilty about going to Colombia. I feel guilty about not going to Colombia. I feel guilty about feeling guilty about all of these things.

IT’S FUCKED!!!

I’m spiraling so hard and I don’t know how to fucking stop it and I just feel like an egotistical narcissistic ungrateful bitch.

I feel so stressed.

I feel like school is just enveloping me and I’m drowning and I’m barely able to stay afloat enough for a breath of air, and the air that I get is super clouded and dramatic and serious and emotional and heavy, and then I am immediately dragged under water again.

I went to my first therapy session on Friday (yesterday). I *really* like my therapist. Her name is Amy Winters. We have our second session on Monday -- thank god. I need as much therapy as I can get. I just want it all to be better.

I’m so stressed.

I’m so fucking stressed.

Fuck I want to just run away from it all.

Why can’t I go back to Thailand and just sit on the beach and just be free? Maybe I’m idealizing something that was never actually true…

Will the future be happy for me? Will I be the person I want to be? Or will I become exactly the person that I fear becoming entirely?

I feel out of control right now… I know it’s because I need to change my environment and get out of this space and just get all of my homework done and just focus on positivity and try to breathe and calm my body down.. But *fuck* I’m spiraling hard.

Okay, here’ an exercise for me -- things that I am grateful for right now:

1. I have an upcoming trip with my family to an exotic and warm place in the future that I’ve been dreaming of doing since I was a little girl!
2. I get to visit Wesley in Colombia and go visit my old stomping grounds and see all of my old friends! And possibly go on a road trip to places I’ve always wanted to go and possibly go flying in Colombia too!
3. I am dating someone who *supports* me and is here for me when I am struggling like I am right now. I have someone who **loves** me.
4. I am not alone.
5. I am so grateful that I was able to connect with my roommates again this week, it’s been a long time since we all hung out together.
6. I am so grateful I had my zoom game night for my birthday. I was able to see Yeng, Sam, Faris, Nick C., Tori, Morgan, Kayla, Kaila, and Derek for the first time in *ages* and it was so so nice. I am so grateful to have all of them in my life.
7. I am making moves in my career and I am making moves with my research. I am really working to be healthy.
8. **I have quit weed.**
9. I am trying to make an effort to eat out less and eat healthier and to go to yoga on a regular basis still.
10. I am trying to lean into mindfulness in times of stress…. Such as right now.
11. I am really just trying my best.

At the end of the day… that’s what I’m going to hold onto right now. I’m just trying my best. That’s all I can do. I may often wish I could do better or be better or make life less stressful… but really this is all I can do right now. And I really am trying to do my best. I’m trying to be my best to myself and others. And in a lot of ways, I actually *am* kicking ass. I just need to be patient with myself and **kind** to myself. My mantra for this year of 24 -- be **kind.**

Oh yeah, also I led a meditation for the students at the social last night. It was super scary but I felt really good that I did it. I felt like it was super vulnerable but I was really happy to show that side of myself.

I am going to try to continue to be unapologetically me… flaws and all. And I’ll keep working on mending those flaws… but in the meantime, I just have to keep trying my best.

I’ve got like 15 minutes until Dylan comes back to the coffee shop to pick me up, so I think it’s time I wrap up a few things.. But as always -- journal therapy is *real*. This was really helpful. I just need to take a deep breath and remember who I am and that I am doing my best.

More soon,

Jess

24