Taken from the notes on my phone:

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message for clauds:

relating what she was talking about the other day:

I noticed even from the start of your relationship with Andrew that you always thought that he was more on top of things in life than you were. Before you were both officially dating, you even began to worry about your future and your intelligence and your place in your career because you were comparing it with Andrew and his friends. It was something I had never seen from you or heard you worry about (at least not to that extent) ever before you started dating him. Since then, I’ve seen that initial thought of yours spiral into the thoughts and fears that you have about yourself today. I’m not sure what it stems from, but for some reason this relationship (or just the past year) has caused you to think that you are incompetent on some level or another. Or it has caused you to doubt a lot of your own abilities.

This reminds me a lot of the struggles that I’ve had with my eating disorder, and the insecurities and thought distortions that I’ve discovered aren’t actually the truth but are instead fake realities that I’ve constructed about myself and my life. It’s a good example of how sometimes our thoughts are actually what creates our realities, rather than reality itself. For example, if I look in the mirror and I’m feeling bloated, I’ll probably think that I’m disgusting or fat or something bad. This will reflect in my angry conversations with others, my ability to be productive, and my overall unhappiness. Conversely, if I look in the mirror and I haven’t eaten in a day, I’ll think that I look great. I’ll act happier to others because I feel more confident. Even though my weight is basically the same in both cases. It’s the thoughts that I’m feeding to myself that create my reality.

In your case, I think that maybe it’s being around Andrew and comparing your two distinct life paths that has led you to some thought distortions. While you were single, you only could compare yourself to your past self. So you had much more room to be proud of where you’ve come from and how far you’ve gotten. But now, it seems like you haven’t done that in a long time. It seems like the only thoughts you’ve been feeding yourself are ones of sadness and anger towards your decisions in life and your career. But to someone like me, I still see you as a badass, fucking intelligent, incredibly hard working and amazing individual who will no doubt go far in life. The reality of your life is different depending on how you look at it, AND who is looking at it.

I’m mostly just saying this in an effort to help lift you up a little bit. I really know you are capable of so much and I hate seeing you defeated about your future and current path. I know that you are capable of so much and will achieve so much. I hope that in some time you can start to see that again too. Love you lots Cloud <3

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