Dear Diary,

[Spotify Rewind 2017 Playlist]

[ocean eyes]

1. Why do humans care so much about looking back on the past with memories in apps? Is it good or is it bad for us?
2. Maybe what humans want isn’t what they need and apps need to take this into account
3. I am so excited to dance on a regular basis again
4. I’m really high so I’m going to probably have thoughts all over the place
5. Been feeling nostalgic listening to this playlist
6. Just had one of the best ukulele sessions I’ve ever had of just riffing and making shit up - it felt *great*
7. It’s important to have a creative outlet
8. And move the body on a regular basis
9. And get enough sleep
10. And eat well
11. And not too much
12. And get human touch on a semi-regular basis and
13. Have sex

[white lie]

I’m feeling kind of crazy this break. I don’t know why…. But I have this feeling that I’m just going to do a lot of really fun stuff and just try to not give a shit about too many things. To take a genuine break - my mind needs it.

Even though break hasn’t started yet.

Also the roomies and I have been hanging out a lot more. It feels great.

I think I’m going to stay in Boulder a few extra days so that I can get to spend more time with them and bond with them a little bit more.

[let me down easy]

I don’t think I need to be in any rush to get anywhere.. I should treat it like a genuine vacation and just go whenever feels right… no need to prep like crazy. Like even if I had to stay until Monday to finish my data mining final project, it really wouldn’t be that big of a deal.

For some reason I just impulsively typed an F into the chrome search window on a new tab… was I subconsciously wanting to peruse Facebook, even though I’ve had it deleted for a while now?

Damn. I’m kind of a babe. I just took some photos of me. I love tracking the way that I look in the camera. A selfie says a lot about how I was feeling at a certain time, on a certain day. It reminds me of what I might have been feeling at that time.

See? I am obsessed with remembering the past through photos too.

Why is this so?

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I’ve been treating my body really well. I eat really healthy foods and portions, I get enough sleep as much as I can. I do yoga on a regular basis. I stretch a lot. I use a happy light.

[FFYL]

I could go outside more and I could take more time off of work and away from screens mentally and in front of real sunlight.

These songs remind me of Sedona. They remind me of my summer in Arizona.

Why did I feel so liberated that summer?

What made me give so little fucks in comparison to ever before?

Was it when I chopped off all of my hair?

Was I feeling fiercely independent?

Was I feeling empowered?

Was it mostly due to my beginning of my relationship with yoga?

My life has forever changed because of yoga.

Just looked back at around this time in December 2016…. Its **so crazy to look back at that time in my life**.

I was only 3 years younger but it feels like I was an entirely different person..

I was really struggling with my OCD and anxiety in the dark… I never really even talked to anyone about it at that time, I was so ashamed of it.

I think I really started to get over it once I normalized it and started talking to people about it.

I am **so glad** that I can honestly say that time of my life is in the past.

I am learning to understand my brain, my thoughts, my emotions, my mental states, my feelings, my body, my wants, and my needs..

I don’t know if I always do the best I could do with the knowledge that I learn… but either way I am taking it all in, and observing.

I’m watching myself grow.

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I want to try to work on being a little bit more selfless.

I know that life is a balancing act between taking care of myself and feeling charged enough from that to take care of others..

But I know that I am a better person and I feel better when I do good things for good people.

I want to make a positive impact on those around me and in this world.

[Apple Pies & Butterflies]

2016 me was so different. And yet, so the same.

This time, 3 years ago, was around the time when I first started lying to people about getting high.. I started wanting to do it more and more.

What interesting times we live in.

I’ve been debating with myself so much for the past week about whether I want to call my mom and talk to her about my goals to not smoke in 2020.

I don’t know if I can do it though.

Because I don’t know if I want to not smoke in 2020.

I’m not sure if making it a big deal will hold me accountable and eventually pull me far enough away from weed that i stop wanting it?

Or I don’t know if trying to restrict it will make me feel that much worse if (and when) I may break a streak.

I also don’t know if that’s just an excuse because I fucking want it even though I know I don’t need it.

Funny how easy it is to do things that I know aren’t good for me.

But then again… it feels so *free* to just do whatever I want.

Should I feel bad about going to Barcelona?

I think I need to have a longer conversation with Casey about that… because I’m feeling a bit weird about going to FAT\* now.

Yeah… it makes me feel uncomfortable in my body whenever I think about it.

What an interesting feeling!

Sometimes it can be fun just to remove

[Ophelia - Lumineers]

Myself from any of my emotions or physical feelings.

To stop feeling cold by relaxing my body.

To stop feeling awkward by removing my thoughts.

To stop feeling afraid by nadi shodhana breathing.

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Oh what fun it is to ride on this crazy ride of life ~

\*upside down smiley face\*

[Wolf]

I’ve been overthinking things with Kyle today so I’m not going to message him and I’m going to avoid making food in the kitchen if I can because I’m afraid.

Yea…. don’t sleep with a roommate unless you are sure that one of the people is moving out in the near future.

That’s the only reason why this thing is even remotely working.

Though when I was laying with him in the hammock on Saturday, I felt like I could have been falling for him in such a surprising way.

I am very quiet around him.

It’s interesting… I don’t feel the need to start a conversation that isn’t necessary.

I’m not sure if I’m fully me around him. But I do feel like as of late, I’ve been acting more like myself in general.. And just feeling great in general.

So usually that’s a good indication.

It’s just very interesting to basically be *moving in with my new partner* as the director of the therapist group put it. (Linda?)

I’m going to miss that CAPS group… they were all great.

I hope I can find another group like that.

[Land of the free]

Okay, and with that - I think it’s time to sign off for the night.

I bid adieu.

Until next time….

(hopefully soon)

~ Jess

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