Dear Diary,

I’ve been getting high for 4 days straight now.

Hm…

Funny how life works like that.

Yea, I took one preroll from Dylan’s house without him noticing and I’ve been smoking it the last 2 days.

It feels so fucking good.

I’m just congratulating myself for a semester well-done.

Honestly… I feel super relaxed.

It’s like medicine.

My chipotle just arrived.

He hasn’t dropped it off yet though… weird.

Oh, I think he just did.

Lol.

I’m high.

XD :P

Okay, I promise to journal for at least 5 minutes before I eat this chipotle.

[Work - Charlotte Day Wilson]

Damn I’ve been working a lot.

It feels good to take time away. I’ve been alone in my house all day. It’s been wonderful. I still spent the whole day in my room though. Weird habits die old I suppose.

I don’t write as much as I’d like to.

I worry that I’ve lost my passion for journaling a little bit.

I wonder if that’s because I haven’t been smoking as much… or if it’s just because I’ve been too busy.

Why does it feel impossible to live a balanced life and pursue my PhD at the same time??

Weed helps.

But it also hurts.

It leads to lies, harm, and heartbreak.

Anyways, I would love to have a more regular journaling schedule.

Honestly, here are the things I want to focus on in 2021:

50% PhD, 50% growth mode.

**Growth Mode**:

* Meditation every day (New Years Resolution)
* Journaling every week
* No smoking again
* New exercise regimen (not Core Power, something more spiritual and fulfilling)

And of course others, like dancing more regularly, and having time in solitude (I’ve been playing with the idea of going on a solo trip for a few days at some point soon).

I could accomplish so much alone.

I could also accomplish nothing…

Ha.

I sometimes scare myself. I swing so far from acting irrationally and sporadically to acting mature and healthy… I feel like something needs to change in the new year… But I’m not sure what.

Maybe I should just keep working on the things I’m doing well at -- maintaining and furthering my friendships with my roommates, taking my relationship with Dylan seriously, making sure that I keep Claudia in my life (while not admitting that I’m secretly in love with her), oh and playing music more!! I really need to do that.

I wonder what it will be like to fly with Wesley and Eric in Colombia.

I’m feeling so much anxiety about leaving the country by the way…

I am feeling odd about the entire trip.. I’m not sure if it is because the fights with Dylan are making me second guess everything.. Or if I actually am just in a place where I want some time off from traveling, lol.

That’s a weird thing to admit.

That I want *some time off from traveling*.

What a privileged thing to be able to say.

Ha.

I’ve been reflecting on that a lot lately, by the way. *My privilege*. My *white privilege*. My *western privilege*. My *socio-economic privilege*. I don’t know what to make of it.

I struggle talking about my privilege for some reason. It’s like I want to hide it and be able to pretend that I am underprivileged… when that just isn’t true. I get frustrated when someone like Dylan points out my privilege and my natural inclination is to yell at him and imply that I *don’t* have privilege… I’m not sure why this is.

Anyways, yes. I fully admit to having a ridiculous amount of privilege and likely rejecting that idea because I’m so damn afraid of fucking up even after being given opportunities.

Lol.

Does my status in life make me responsible to make change? Or does it just make me an ass for centering myself in a conversation that I don’t belong in?

These things I worry about every day.

[Sorry Bro - Sales]

Whenever I get high I just want to eat a ton and pass the fuck out on the couch while watching something. I’ve turned into such a bum.

I’m feeling so pulled to do that right now, even though I am having a perfectly nice time journaling.

I need to spend more time doing this!!! At some point in the future I will turn this into a book! I’m not sure how… but I believe it.

I think I will literally publish an autobiography at some point when I have no shame and I will just publish all of my journal entries online. Then I will do a sequel and publish all of my journals prior to starting my online journaling.

Then I will do a *prequel* and publish all of my other ‘analog’ journal entires from my various other travel journals…. Okay, so maybe multiple sequels…

**It could be a whole franchise*.***

Lol.

Well, the point is that at some time in the future, this information will be released or published for the public in some capacity.

Because this shit’s way too good to not share with the world.

[Vor í Vaglaskógi - KALEO]

There are so many tales of ups and downs and learning and growth and spiraling and healing…

It’s all here.

And will continue to be…

But for now, it’s time to go eat Chipotle.

Until Next Time,

Jess

24

(P.S. What if my book was titled ‘Until Next Time’? If I die and anyone finds these journal entires, please publish all of my journals (and change all of the names in the stories to pseudonyms) and title the series “Until Next Time”. I give full rights to someone who cares about me to do this. <3)