Dear Diary,

I’ve been really working through a lot of things this past week. This has been by far one of the most trying weeks of my entire life. Similar to last year (actually at almost this exact date - check out February 2017 if you want to see how interestingly paralleled it is to this year), I’ve felt a lot of withdrawals from the lack of weed. To name a few:

Nervousness

Anger/aggression/irritability

Insomnia/bad dreams

Restlessness

Weight loss/decreased appetite

Depression

Significant discomfort caused by chills, sweating, shakiness, headache, or stomach pain

Fatigue.

Problems concentrating.

Those are all of the physical symptoms I can quantify and diagnose… but I can’t even begin to fully explain the emotional symptoms I’m going through. For the past few years, I’ve suppressed so many of my emotions from myself that I’m now having to let them all resurface. Sometimes there are triggers that surface an older emotion, like stress especially. For example, two days ago when I was stressing over programming languages during office hours, I felt a huge emotion of hopelessness and pure sadness. It got so bad that I had to shut myself in the bathroom on multiple occasions to sob to myself and allow those emotions to be released. Towards the end, I felt the beginnings of a ‘panic attack’ like state, just as I had the previous year. I’m a little bit more well versed in how to deal with my emotions and my brain chemistry now though so I was able to get it under control much more quickly. Also Yeng came and helped me out a LOT. (what would I do without Yeng???)

Today, I wanted to write because the past few days and especially right now I’ve felt an interesting emotion come up that I honestly was not expecting at all.

Loneliness.

I could have sworn that I am not a lonely person. I thought that I had such a strong relationship with myself. I thought that I loved to be alone because I understood the importance of solitude. I do enjoy being alone on a lot of occasions, I think that I get to really reflect and do things and experience and think and be in a way that I can’t exactly do with others around. But, I guess I didn’t realize that after a year and a half of being single (which is the longest amount of time I’ve been single since before high school), I actually have felt lonely.

I think it’s okay to feel lonely, and it’s perfectly normal to seek companionship. Especially in the realm of physical companionship. I know that I get my companionship needs and desires fulfilled by my closest friends (mostly Claudia and Yeng), but I think there’s only a certain degree obviously that they can fulfill those needs in comparison to someone that I would actually be dating. I didn’t fully realize this until today.

So here I am, sitting at the Front Porch doing homework, and crying silently to myself as my loneliness gets surfaced over and over again.

I miss Morgan. I miss Kayla. I miss my family and parents before there was drama or fighting or talking behind people’s backs. I miss seeing my brothers on a regular basis. I miss being able to cuddle someone at night, and being able to be goofy and snuggle and hug and kiss and feel affection towards them and from them.

It’s okay to feel these things.

**It’s good for me to feel these things.**

It’s hard to feel these things. But I’m working through it. I’m working through all of them. I’m finally recognizing the real importance of allowing emotions to come up and be felt fully. To give them attention as I would an itch, or a headache, or a cramp.

I need to STOP TRYING TO NUMB THESE FEELINGS BY MAKING THE SYMPTOMS GO AWAY. The only way to solve any discomfort or pain or sadness or fear or grief or loneliness is to find the root cause, and allow them to be felt so that they can move on.

It’s the same idea as thinking during meditation. I understand that my mind is going to have thoughts. I recognize when they come into my head, and I don’t shun them away and berate my brain for thinking. Instead, I allow those thoughts to happen, and recognize that they are there by doing so. Then, when my brain is ready, I allow them to fade away.

So now, I will allow myself to finally feel these emotions. I will allow them to surface (and how good it feels when they surface!! How great it feels to cry and to sob and to allow these emotions to be felt!!!). I will then recognize what emotions they are. I will think about where they have come from, why they have been hiding. I will work through them. I will let them fill me. I will let them be felt in their fullest. Then, when they are ready, they too will move on and eventually fade away. Leaving behind a more understanding and freed self.

I have a feeling this is going to be happening for quite some time as my body detoxes. Then after the detox, it will continue to happen throughout my entire life as emotions and triggers bring up feelings inside of me.

Today marks the day that I **ALLOW MYSELF TO FEEL.** I am so ready to feel again. It isn’t going to be easy, but it is so good for me. And I owe it to my body and myself to keep moving forward, and by doing so - I will LET LOVE IN.