Taken from the notes on my phone @ 9:18 pm:

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when I was sick with the stomach flu, I was actually partially happy with the nausea because it was the first time that I can remember in a long time where I fully wasn’t craving eating any sort of food.

I tend to have jump to conclusion thoughts all the time and for as long as I can remember, because I’m a people pleaser. I generally assume the worst and that people are always either angry or upset with me, or that I’ve done something wrong or that they don’t like me or something I’ve done even if that isn’t the case at all. Maybe i’m projecting bad thoughts and feelings of myself onto what I assume others think of me?

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