Location: Home in Park City, across the table from Eric journaling.

Time: 5:38 pm

Context: Eric and I just dabbed up in my room together. We are both working on our laptops at the table and have been all day.

Dear Diary,

Hey.

It’s been a while.

I tend to fall out of my relationship with myself whenever I spend time holding space for others.

I smoke more.

I eat more.

I sleep less.

I look in the mirror more.

I worry more.

I stress.

I act out more.

I argue more.

I smile less.

I make eye contact less.

Whenever I make time to hold space for myself on a regular basis -

That’s when

I smoke less.

I eat less.

I sleep more.

I look in the mirror less.

I worry less.

I *relax*.

I act out less.

I argue less.

I smile more.

I make eye contact always.

I have confidence.

I am ready to travel again.

This week I’ve been hit with a lot of uncertainty about traveling to South America.

If I am not giddy with excitement about leaving… do I deserve to go?

I am feeling much more stress about my upcoming trip than I did about going to Asia… why is that?

I was less worried about coming home.

Although, now that I think about it; I was worried to go home.

I was terrified to come home.

I thought that being around my family and old friends I was going to lose everything that I had gained in my time on Koh Phangan. My time in Thailand.

In some ways, I have.

If I’m being completely honest, I am not the same person that I was on the island. I know that person is inside of me though. And I feel that I can encourage her out when I really focus on mindfulness, health, and the breath.

But like I said, I get drained when I am holding space for other people.

I think that it’s okay though…

Because that is the entire reason I came home.

It’s so worth it to me to share positive energy with my family and friends if it means that someone is positively impacted.

I think my mom has made so many strides the last few weeks since I have come back home.

I’ve had a few conversations with her now about confidence and self love and I feel that she has truly started to feel more confident and take control over some of the negative thought cycles.

If my actions have somehow impacted my mom in a positive way, then that *alone* would make my trip back to the states worth it.

But, I feel that my actions have positively impacted at least a few of the family members…

[Arizona - Frances Cone]

I mentioned at pre-Easter brunch that our family should focus on trying to not interrupt each other anymore. Everyone took it really well.

Wow I just had a moment where I almost wanted to cry thinking about how far my family has come.

Everyone in this family is so close. Seriously. We are all so honest and open with each other. I know there are a few things that we have struggles sharing, like any family or group of closely related people might. But truly, we all do try our best to be courteous, kind, helpful, and enjoy each other’s company as much as we can in a group of people dealing with all of their own personal struggles and journeys in life.

I truly believe that everyone in this family is working on making themselves a better person.

We all constantly strive to be bolder. To be kinder. To be more aware. To be *mindful*. To be reflective. To be more loving. To be positive, and happy. To be there for each other. To hold space for each other. To help each other when we need it. To be honest, and real.

This family is so unique and I could never have wished to be influenced by such incredible people.

Wow I seriously could cry right now.

Eric would be very confused from across the table hahahaha

So anyways….

[Ivory Black - Olive Riot]

THAT’s precisely why I think I actually am ready to travel again.

Because I was ***so*** afraid to come home.

And it was one of the best decisions I’ve ever made.

Now it’s time to go.

Tara is gone.

Wesley will leave soon to California.

I think Eric is going to follow him.

I too, must be going.

Fleeting memories feel fonder.

The sky is ridiculously **b**lue.

The clouds are **b**lissfully **w**hite.

The mind is **w**ondrously **i**nquizitive.

The universe is **i**mpossiblylarge.

I’m high

And now everyone wants to go snurfing.

So I must go.

Hopefully be back soon.

~ Jess(ie)

~ Age 22