5/20

I don't know how to put to words what I'm feeling today and what I have been feeling the last few days... so I'll just try to describe the emotions that I can label right now:

- ANGER

- sadness

- hopelessness

- fear

- worthlessness

- anger

- frustration

- exhaustion

- anger

Lots and lots and lots of anger right now. Yesterday when I got dinner with Dylan to celebrate an early birthday with him I was super angry and unable to pull myself out of that mindset. I thought that it was just a comedown from taking Adderall on Monday... but that feeling didn't leave today.

When I woke up this morning, even though I didn't smoke tonight and I actually took care of myself well before bed... I felt hopeless waking up.

I felt exhausted. My body did NOT want me to move or get up or think positive thoughts.

I was ANGRY.

I got in the shower and while I was shaving and dealing with my shitty razor I was more frustrated than I've felt in a LONG time.

Throughout the day that feeling hasn't really subsided.

I felt awful during and after my meeting with the FATE team after they gave me some feedback that made me feel like I'm incompetent and a huge imposter on this project..

Right now, I'm just questioning if I belong anywhere. I feel like a failure.

I know that these things that I'm feeling aren't true... but they feel so REAL.

And it sucks.

Like how am I supposed to teach a yoga class to a bunch of women to empower them and to feel good about their bodies when I can't even do that for myself?

I listened to the Thursday thunder reading from musemedicina on instagram and the reading was so accurate and so full of cues to focus more on self love and to stop hurting myself and killing myself.

I know that a big part of why I am feeling awful is because I am so incredibly addicted to smoking weed right now and it is consuming my life and making me overeat and workout less and isolate more and stop taking care of myself which makes me gain weight and breakout and not look healthy which makes me talk negatively towards myself which starts a whole cycle of self-hate.

I need to get sober.

I need to take care of my body.

I need to LOVE my body again.

But it's so FUCKING hard to do that right now.

I feel like this weekend is a great opportunity for me to reset with a new perspective and to be surrounded by friends and love... but I also worry that I'll be comparing myself to the other women so much and I might accidentally feed the self-hate cycle (especially since I will probably be fucked up for most of the weekend)

I don't know why I feel so lost and so confused and so off right now. I feel like I keep expecting things to get better and then they are getting worse.

Like ...

Ever since February I've struggled harder than ever before at controling my consumption of weed. And then I went to the grand canyon and felt like a liar in my relationship because I no longer wanted to be in it. Then I went to California and had to deal with having a cold sore and having a huge lack of self confidence and feeling like my weekend was going in a lot of wrong directions... then I came back and had to deal with 2 weeks of imminent breakup with Dylan.

Then Eric got cancer.

Then I broke up with Dylan.

Now I'm incapable of taking care of myself and I'm REALLY struggling to love myself.

I'm feeling so hopeless.

And so sad.

This is past depression... it's so much more intense than that.

I need it to go away.

HOW DO I HEAL???

Please, universe. Please direct me.

Please guide me.

Please let me heal.

Sincerely,

Jess

24