Taken from the notes on my phone @ 9:11 pm:

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Why am I feeling like binging right now?

Feeling impulsive

Feeling hungry(?)

Feeling distressed

* surprisingly not from procrastination on math though
* This might be because I feel somewhat accomplished from ML research

Skinny (and lightheaded from barely eating)

Good for helping out friends and doing nice stuff for them

Good from thinking who I have become this quarter and how amazing all of my friends are

Glad that I’m actually doing really really well right now

Pressure because it’s the farthest I’ve made it in terms of weight loss in a long time and I really really don’t want to fuck it up because I feel like this could really be my chance at finally getting to a place where I’m happy with my body weight and the way that I look.

Sad because I can’t feel that way already.

Sad because I know that adderall and weed are not long term beneficiaries or solutions to some of your problems

Happy because they are benefiting me so much right now so I’m trying to do my best not to abuse them.

I honestly could have ADHD. I would not be surprised at all. It has positively benefited so many fucking parts of my impulsive life. I’m really happy with the results I’m getting. So maybe I’m not abusing the drug at all.

I am doing so well. I’ve worked so hard in terms of working out and being active and not being impulsive. I’ve been working for a month and a half now and I’m finally starting to see some real amazing results. I think that my arms have become so defined, especially around my shoulders for once. I see my calf muscles as smaller, and my quad muscles and hamstrings so much more prominent. I don’t feel that I’m stretching my skin hardly ever, it usually feels like loose clothing if anything. I am feeling and using muscles that I have never seen before on my body. I feel an energy and a happiness and connectedness with others more so than I have in a very long time.

I love Yeng, Sam, and Logan. I couldn’t be more lucky to have the amazing friendships that I have in my life.

I’m so proud of myself. Thank you Jessie for being the best you that you can be. I love myself with all my heart. I am worthy OF ABUNDANCE.

What emotions am I feeling?

Happiness, feeling inevitable to eat, anxiety over figuring out how to hide that I’m eating or for looking like an over eater, fear of judegement for eating too much in front of margarita and Trevor

Fear of gaining weight back

Fear of losing confidence from gaining weight back

Fear of hating myself from gaining weight back

Right now:

Feeling love for myself for taking this time to write out how I’m feeling instead of just allowing myself to fall to my creatures of habit. Still feeling distress because I physically feel like I NEED to eat food, but I don’t know if it’s actual hunger or if it’s fake hunger (more like cravings).

It might be a combination of both, but I don’t think I should eat because I just had dinner.

I’m so judge mental of the way I look every single day. I wish I could just love me for me all the time. I see and feel glimpses of it coming back, but I can’t wait until I can have the feeling of love all the time. I think it would be so freeing and allow me to really live to my truest potential.

Until then, it seems that the only thing that allows me to truly love myself inside and out is when I’m feeling skinny, and when I’m doing good and selfless things for others, and when I’m feeling accomplished. (Usually from achieving a goal of sorts)

I’m ready to be freed.

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