Taken from an email:

Talk to your therapist about how your mind is going fucking 500 miles a minute and you feel like you are capable of going nonstop and yet when you pause (like right now) it is really hard to be alone with the brain and thoughts, because my thoughts are coming in so fast and I feel like I need to document them so fast and also my ideas and anxieties are just flashing in and out and there’s too much to keep track of it’s overwhelming… so maybe im drowning out the overwhelming thoughts with people and activities? Constant phone calls and hanging out and work and interaction. Hardly any alone time… and I feel like im not necessarily craving alone time right now?

I know this doesn’t have to be a bad thing - but I am seriously creating this story in my mind that since things are so good this must mean that things will eventually crumble and I get worried!!

I want to learn how to lean into and just be stoked to be doing well without accidentally manifesting bad shit (especially as I enter Fall and school season)