Dear diary,

(listening to FKJ on Melissa’s tv with Wesley and Eric outside grilling for the 4th of July, thinking back to listening to FKJ with them at the cabin in Colorado)

It’s funny how history tends to repeat itself.

It’s funny how my patterns, habits, and thoughts also repeat themselves.

I find myself stuck in the same old loop that I was in years ago.

The only difference between then and now is that I can choose *now* to get out of the loop.

Here’s my plan starting in 1.5 days on Monday:

**Starting on Monday, July 6th, 2020 and going until at least August 1st, 2020**

**1. If I smoke, I take 2 days off before I smoke again**

**- if the above rule is broken, I take an extra day off before I smoke again for each day the rule is broken**

**2. I meditate for at least 10 minutes every single day**

**3. I move my body (this includes stretching) for at least 30 minutes every single day**

**4. My top priority for the month of July is *family***

**5. When in doubt, I feel** g r a t i t u d e

I think that these 5 daily practices will entirely turn my life around and back to every amazing thing that it was becoming pre-going-home to Utah.

I want to make sure that I remember my time in Utah as a *happy* and beneficial time for me and for the family.

I don’t know if I wrote about this, but about 2 weeks ago I was on a long run with Eric and I was in a really bad mood (letting my inability to take care of myself boil over into him and produce anger and frustration at him in every way). He talked me through it and was really patient with me and since then I’ve really noticed a turn around.

This last week, especially since being at Melissa’s, I’ve let myself fall a bit off of the deep-end.

Smoking too much, not eating healthy food, eating too much (and when I’m not hungry), being irrational and angry, being mentally unclear, etc….

I won’t let myself fall back into that feedback loop.

When I wake up in the morning and I look in the mirror, I am no longer going to hate the face that looks back at me. I am no longer going to allow myself to look tired, groggy, sad, depressed, and angry at myself.

I am going to take care of myself. I am going to treat my body like a temple. I am going to love myself (I already do). It’s all about building and cultivating that relationship with self.

I haven’t been there for myself lately, and I really need to be.

Even just by writing that down I am suddenly mentally back in Thailand after the beautiful breath of love session that allowed me to fully heal from my wounds in 2018. I can’t lose touch with my relationship with myself. It is something that must be constantly cultivated and prioritized.

So that’s what I intend to do.

And through prioritizing myself, I will finally be able to better prioritize my family while I am home and know that when I leave Utah, it was time to leave. I did everything that I could have done and I took in every experience that I should have.

I’m not perfect. No one is. But I am *here* for myself, I am *capable* of a ridiculous amount. And it is time to lean back into that.

Today is a holiday, so I will relax today. Tomorrow I’ll take better care of my body in preparation for Monday, where I finally begin to prioritize myself (especially my mental and physical health) again.

I am ready to look in the mirror again and **LOVE** the person who is staring back at me.

On an entirely unrelated note… I am a bit lost with my feelings for Dylan.

Here’s my big hang-up:

I am so emotionally invested and into Dylan. I get him so well, he gets me so well… he’s my best friend. I love being with him and getting to know him and I genuinely care for him in a way that I haven’t felt since high school or beginning to date Nick. I crave him.

I am *so* sexually attracted to Dylan. He turns me on more than literally anyone else I have ever been with. He makes me feel so comfortable and open with him. I enjoy being physical with him and being sexual and open with him so much and I can’t get him out of my head. I crave him.

Here’s the hang-up: He’s shorter than me and I don’t think I could ever date him because I know that I am not physically attracted to him in the way that I need to be for a romantic relationship of mine to work out. Usually physical attraction is synonymous with sexual attraction - but with Dylan… it isn’t. I am so sexually attracted to him… but I am not physically attracted to him.

I can’t tell him this because that would be such a terrible thing to say. But now I am getting more emotionally invested and inable to hold back how I feel, so I worry that I’m getting him more and more on the hook and eventually it is going to blow up in my face.

Which brings me to hang-up #2: If things did blow up or go south, it would likely mean jeopardizing all of the projects that we are in together - including research with my advisor now and including our super successful podcast (just hit 10k unique downloads yesterday!!!!).

So now I’m stuck between a rock and a hard place. I don’t want to be in a relationship with Dylan (I don’t want to be in a relationship with anyone either, it’s not just him) - But to not continue with Dylan romantically is to lie to myself and do both of us a disservice (I truly agree that he and I could be so great together) - But to continue with Dylan is to bring on eventual downfall, because that is inevitable if I already know I don’t have a physical attraction with Dylan.

On the same vein as the lack of physical attraction. The part that makes me feel really shitty is that I know if I lived alone in the world with no one else in existence besides Dylan and I then I would definitely give the relationship a fair shot. But I know that in the real world, that is not something I could do in part because I would feel so self-conscious being out in public with others around seeing us together and seeing that he is shorter than me and that we are not very compatible from a 3rd party perspective just based off of our looks.

Now that I type that out - it definitely sounds pretty crazy. I don’t think I’ve really come to terms with how selfish of a thought this is. It’s basically shutting of anything that could happen with Dylan solely because I’d be embarrassed for others to see us together. What the fuck is that about? Why am I so embarrassed about the thought of others seeing me with someone who is shorter or less-in-shape than me? Is it because my ego and pride are so big that unless I’m with someone who others will clearly label as attractive than I become less attractive?

I should definitely warn Dylan that (irregardless of everything I said above) I am not interested in a relationship and I know that I won’t be at any point in at least the next few years (as I discovered with Matt).

But I definitely feel like I need to give Dylan a shot. At the very least, I think this would be my ideal scenario:

I go back to Boulder and he and I are still business partners and best friends first, but we also have the rare night where we will hook up. We set very clear boundaries that those three things do not leak into the others. We are either fully business, fully friends, or fully sexual partners - but never all three at once, and only rarely two at the same time.

I do feel bad that Dylan’s physical appearance plays such a large role in the way that I see him as a potential partner, but I suppose that is also a form of being honest with myself. I have learned from the past that a lack of physical attraction can manifest in many bad ways in a relationship, including me not taking care of myself (OMG - perhaps that is why I haven’t been taking care of my physical appearance so much this last week?!?!?! Though I shouldn’t blame Dylan for that).

I do know for sure that the more I take care of myself, the more I will feel sure about what I want and what is best for me, and the more I will be able to communicate those thoughts clearly and eloquently to my partner.

As for Dylan… well, we’ll see where this goes. For now I’ll just say the sexting and the phone sex are TOP NOTCH. So I’ll just let us enjoy this for now, and wait until I get back to Boulder I suppose!

As for me…. Well, we’ll see where this goes as well. But for now I know that 1) tonight is a full moon / eclipse that is beckoning me for change and renewal 2) the destiny cards tell me that July marks a new era for me (one that is far better than the previous one) 3) I am ready to take my relationship with myself back into my own hands and make it my top priority (as well as my relationship with my family).

**Very excited** for what the future holds. For now, I will just enjoy the rest of the holiday and prepare myself for the amazing love that there is for me!

Love,

Jessie J.

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