As the sun sinks lower in the sky and golden hour becomes more prominent, my urge to smoke heightens further and further. I can feel a physical tingling in my head when I think about smoking. It’s like someone is grabbing my head from all sides and applying just the right amount of pressure. I don’t know if it’s an involuntary dopamine response or what… but I’m definitely having some intense difficulty. I think for me right now smoking would mean being able to run away from all of the things I have to do. It would allow me to have an excuse to not do work and to get to relax….

I think that might stem from the fact that I feel like I’m not utilizing my time if I’m sober and not getting work done. This can be good, but also can be really detrimental if I don’t allow myself to rest ever. I think that rest and relaxation are definitely important…

Right now I really haven’t given myself any days off in a long ass time. It’s a thursday night, I’ve been working hard… I’m gonna go rest up.

Yes I’m going to smoke. But now at least I understand why I was feeling my impulsivity earlier.