**Rips**

1 rip: harder to focus on things that are further away (eyesight is worse)

* cognitive abilities and inner monologue is not impacted much at all
* Space behind my eyes in my head feels thicker
* 2 mins in: colors are a bit more vibrant
* 3 mins in: mind is racing a bit more. Ideas are freely flowing and I am getting lost in them more easily

2 rips:

* throat hurts
* Eyes heavier
* Depth perception different
* Anxious thoughts
* Pressure on my temples
* I feel a little dumb to be honest
* Kind of couch locked

3 rips (8 mins in):

* eyes seem more WILD
* Thoughts are very broken and not as coherent or intelligent, it’s more like a thought enters and is quickly consumed by another thought, rather than hearing myself talk about a single thought for a full sentence in my brain
* Repeating phrases over and over in my head
* More of a numbing feeling honestly
* Lazy
* Incapacity to feel emotional?
* Seeking for distractions
* Thinking about regrets and bad decisions and things that make me anxious

Huh. I feel like being high used to be much more fun than this… I’m gonna go paint.