Taken from the notes on my phone: @ 12:41 am (this was for the meeting I was supposed to have with Courtney but ended up not going to before she left town - I wasn’t aware she was leaving town for a while or else I probably would have gone):

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What I’m gonna talk to Courtney About

I feel like I’m finally gaining control over my food, but I’m surprised that my body image thought are still pretty negative. I wanted to join the beautiful beings group, but because it conflicted with class I was hoping to get some similar guidance from you.

Over the summer I definitely struggled with binging off and on, it made me frustrated and angry. I think my home environment is definitely going to cultivate healthy living, but I’m mostly just working on thinking positively about myself and trying to not let the obsessive thoughts control me…

thought experiments and worksheets from before worked really well, meetings with Libby didn’t do all that much

Maybe talk about the aderrall and the weed? idk…….

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