Dear diary,

I’ve been having a TOUGH go with it this week.

I’m trying some new techniques out to see if I can stop obsessing over shitty TV so much. I haven’t been great so far, but the ultimate test will be if I can go this weekend without watching TV (Friday, Saturday, and Sunday).

If I’m being honest I’m a bit skeptical I’ll be able to pull it off, but I suppose that is part of the practice -- noticing why I can’t stick to it and showing compassion for myself if that happens.

In general I’ve just been struggling with eating shitty foods and overeating and not listening to my body. As well as smoking weed every day. I will say though that weed actually doesn’t seem to be the problem in my life right now, I honestly smoke so much that I don’t even really feel high anymore after smoking a bowl out of the bong. I do feel a bit numb though…

Honestly I think the biggest thing for me right now is I feel like I have a looming stress constantly, which makes me want to eat to make myself feel better, and makes me want to smoke and/or watch tv to numb it all away and make me feel better.

It doesn’t make me feel better.

It actually just keeps me up late at night for no reason, wildly unprepared for the next day, and slipping into a pseudo-depressive state of being mad at everyone/the world and being especially mad at myself…

I wouldn’t call this thriving.

I would most definitely call it surviving.

Isn’t it fascinating to experience myself repeating the same patterns over and over again? Fall comes, I get stressed from overextending myself, that stress leads to me taking less care of myself, which leads to me getting less work done, which leads to me getting more stressed and overwhelmed… the cycle continues and spirals until I reach a breaking point.

I’m trying SO HARD to not reach a breaking point right now. I’m trying so hard to be intentional and mindful and set up good systems and nip bad habits before they take over and to be compassionate and loving… but intentions don’t always have the intended impact.

So I suppose for now I just need to keep trying and keep loving myself through it all.

It’s not easy though.

More soon,

Jess

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