Taken from the notes on my phone: @ 5:23 pm (at the grace hopper conference I believe)

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Thoughts: don’t neglect your relationship with your dad just because you are afraid of how that looks on your relationship with your mom.

All of the people with the previous eating disorder were the ones working out and clearly obsessing over their body images in their own ways.

You ARE IN CONTROL OF YOUR LIFE. You are either going to get into a program to get a PHD in something you are FUCKING PASSIONATE ABOUT or you get to choose WHATEVER YOU WANT. the world is your oyster babe. There are no bad roads to take. Just enjoy them. 💕

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