1-25-19
January - The end of a new year month. I am sitting in a bed @ the I-building - actually loving the freedom yet support I feel outside my door.
Florida seems sort of comforting to me, I am supposed to make out the rest of my years...
5 years, 3 years, 1 year.
I am also trying to sort out my life - what is it that I want + need? Focused on myself this time around but like a kid with Aspergers unsettled on the change.
I obviously don't know what the future holds but also don't know where I'll be - but I would like to remain sober although getting high - like an Aspergers kid.
what we pay attention to grows so
what if I tried another strategy -
to acknowledge when really
hurt or just pretend put n
at my consciousness
1 26 19

so open your eyes to a new
light I've wandered around your darkened land all
night. Ched this morning
because I realize that part of
this thick pain in my heart is
related to the fact that I
don't have either brother as
part of my life. That's a heavy,
sad truth.

It's raining here in Florida-
I'm building. Actually nice to
be in I building. Don't have
to deal with the chaos of
it all.
I am slowly healing in new ways - this past time was a relapse that maybe I needed.

As Lisa said, “this is just part of your journey” that feels right.

I concentrated on Kevin last time & not myself. This time going to be different. I may go see a movie today, I don’t have ADD, do I?

I’ve made peace with all of it – somehow, maybe it was just time – maybe this is how you mend & heal. By giving time & walking through it!

I want to imagine a different or rather more fulfilled life for myself. It definitely involves sobriety & making some hard, cinematic decisions in the next few months.
A year from now...

January 2020

1. Been sober from C + hard for a year!
2. Working on livelihood as main job/project.
3. Living in Florida weather, but home is where my family is.
4. Super solid single - no beginning to date/find romance.
7. Fucking non-smoker.
8. Exploring other opportunities + taking them - for career.
9. No debt + credit built.
I knew that adventure must be added to my Sobriety list.
And it is, I am jumping in Shame, going to get my car, then see where the Day takes me.

What is my #1 goal today?
To see if you can not smoke a cigarette - without others - Babe. Only.

Do not contact Kevin.
Attend 2 meetings.
Do something Fun For Self. Movie?
1, 27, 19

Today is the day - a day - to start a new. To start over again. I have been pre-occupied with thoughts of K. But he is in no position to give me what I need. His life has been turned upside down by not seeing his daughter. And if I care for him despite the fact that he played - unintentionally with my heart - I will let him go.

My strategy? He is gay. It broke my heart to see him in this place. I think what keeps coming up for
Me is my brothers. How I don't have them in my life anymore. I'm looking forward to starting my clinical week, really diving into therapy and working on the parts of me that need love, support, and tenderness. What does that look like? Well for starters it begins with truly letting go of all expectations. Committing myself to reality at all costs - knowing this is when I will find ultimate serenity.
It involves me engaging actively in the program with my Sponsor, going to meetings. Following the advice of clinical staff, praying, meditation—you did so well training your mind to be quiet. I have to be abstinent. I can’t, don’t want to, fight this anymore. It involves focusing on all that I need to focus on. It involves being around and being with the people who are available to love me and give me support.
It involves true letting go -
Surrender. Emotionally and spiritually
on my knees. It involves
doing the work and doing it well,
I think my age plays into all
of this - 37 is about to turn 38 without children, husband,
and clear path forward. Not ready or wanting to let go
of the comfortability of Howard
It's the trying to deal with extremes. Do I cut off entirely or not talking in my mind make it "ok". What is the healthy way to be? It's either all or nothing - how do I cope with the unknown? Wanting to reach out and share my life with others.

Balance. Reality

walk the line...
What are the good things?
Can we forgive self for engaging
Yes. It happened. Even though I made it happen.
What were positive things about it happening?
- I like/can feel passion/sex
- Attraction is important
What is the residual?
- wanting to have sex
- to avoid dealing with emotions?
Why can't be with him?
- Not emotionally available
- Dealing with daughter/mom
- Dealing with [name]
- Emotional immaturity
- Unstable
ups + downs
- Letting another person control emotional states
  - Feels harsh - "all + then nothing @ all"
- Rollercoaster
- Not taking care of self
- Owing over my power
- He could die - another loss, what can I do to improve?
- Not reachable via text and/or phone
- Not deliberately try to be around him
- He is dangerous for me, right now
- Letting go + letting God
- Do opposite of instinct

---

- Have this bizarre conundrum - life is so short - don't waste it + grab what you want. Do fix it.
  - vs.
  - Let time be. Time will heal. Time is on side + only way
  - But
  - What if I don't feel like I have a lot of time?
  - So... simplify
  - Keep it simple
  - Let go, let God
  - Inward focus
  - One day, @ a time
1/27/19

It's been a strange weekend. What I feel in my gut is that it's over - at least for now and probably a long time. What I know now is that he is hurting and doesn't respect my mind enough. I think I have anything to offer thinking I am obsessive (I am), compulsive (I am), and clingy. But those are only parts of me - only parts of the disease.

As a service, I need to let go for him. And I am - but I still want to be his friend. Although is that possible?
Is it possible to just be a
Friend? Time will tell. I am feeling
Stronger by the day + really trying
to keep the focus on me + have
Faith. Real Faith. That things
will work out + be / I will live a
life beyond my wildest dreams.
I will For now, use the Fellowship
as my higher Power. I am
going to do 90 in 90. will make
the 7 am meeting tomorrow.
@ crossroads and have a Full
Day of therapy + Fows. I
get a massage tomorrow too.

I think he is rather immature -
he gets uncomfortable being
around me and I hate that.
His entire disposition has changed -
and he did say that it won't
be like that Forever. But the
guy who I thought I was
Feeling Free is no longer here.
It's just not him anymore.
I want Sobriety at all costs -
I am willing to go to any
heights to get it. I want a
miraculous life - Filled with
things, people, + places I lov-
A few things that were said in 
meeting that resonated with me: 

1. Accept your powerlessness -ack 
situation's. The more I try to 
hold on, the more I will lose. 

2. Align values + virtues with who 
you are - in all that you do. 

What do I value -

1. Integrity 
2. Honesty 
3. Passion 
5. Respect 
6. Love 
7. Family 
8. Humor/Fun 
9. Compassion 
10. Justice/Equity/Equality 

I do value myself. I value the 
woman I am, but I'm not 
honoring here. 

I also think that we won't end 
up being together - I have no 
more illusions. Things that really 
make me wonder/grieve - and I 
saw it the first night I was with 
him. When he kicked me out of 
the car + left me to walk home. 

1. Doesn't give a damn really - 
Super self-centered 
2. Never asks about you or 
Follows up on anything - 
can't be bothered. 
3. Constantly Spilling - could be 
Something else though so not 
trying to be judgemental 
4. His looks sometimes make 
me uncomfortable. 

Bottom line: I don't think he 
was who I thought he was.
what I focus on, grows —
So that all I am going to
Say is now —
I have to get up early for
Meeting — 90 in 90.

1.28.19

I am grateful for another day.
I am grateful for my brother.
I am grateful for the bird that
Sang outside my window when
Asked for Brav e.
He is here with me.
Dear Kevin,

when I first met you, I felt an instant yet unattainable attraction. I was also surprised and happy that there was someone my age - from my area - that felt a familiarity. The first week of treatment you were gone, and I was focused on myself but in the back of my mind - I wondered when you were coming back.

We spent that Friday together again. I felt a mutual attraction - this is where it all began. The text messages - flirtatious in nature -
The first night we were going to meet, I didn't call you and as I was walking home let you know that I didn't think it was a good idea. You were disappointed saying I left you 'hanging' so I gave in and we met.

Kissing you for the first time was magic. I remember thinking that I could just kiss you forever - and one thing led to another and we were entangled in each other's arms and had mind-blowing sex. Towards the end, you were called and you rushed to kick me out of the car. I smiled a cigarette while you sat in the car talking to her - and I remember thinking this is a disaster. You came out and told me you had to go - could drive me home but I insisted on walking. I cried on my way back - thinking about how incredible an experience but how awful the ending felt. As if I had just been used. For sex - a street walker - there was no peace in my heart.

A familiar feeling came over me and I vowed to let it be.
you text me how sorry you were
For how it went down and asked
if you could make it up to me.
And so it continued.
Your text messages + sentiments
became stronger through the next
few weeks, my last day with you
we/I cried as you held my face
+ told me that the future was
unknown...

we made the decision to not
communicate over the holidays —
you wrote me a few mornings
later — the 23rd — saying how
much you missed me. said

you knew you shouldn't contact
me but couldn't help yourself —
that you wanted me to know you
were sleeping on the couch +
I hadn't left your mind.
The texts + sexting continued from
there — sending each other pictures
+ making sweet promises.
You begged me to see you the wk
of the 12th. Saying it would be
a "crime" to not see what still
existed outside the bubble.
I was conflicted b/c I
didn't want to be a mistress +
honesty didn't want to be
"that" woman to your wife
But I came back to Ocean Drive, conflicted + needed to process - both Percy + Randall were out that week + I let it out after being told to "talk about it" - that it would relieve the pain. I became more confused + ashamed of letting our business out in the open.

A few days before New Year's - you text me @ 5 am + began speaking sexually - then ended abruptly + it felt bizarrely familiar again - I felt used + thought it was scffish.

I may not have experienced a good sex life @ home but I did have a partner who thought about me + my needs before his. I wrote you a text that you should concentrate on being @ home. "How can you see if anything possible with your wife when you seeing me @ 5 am?" You asked me to "let you think about it" and hours later said you thought I was right. But that you still wanted to see me on the 12th weekend our conversations / contact got more sparse.
I have to admit that although it's what I had said, it wasn't what I wanted. I text you on the 8th/9th to ask about the 12th weekend + you responded that you were conflicted + didn't think it was best. I broke down & numbed my feelings in cocaine. We didn't speak for the next 10/12 days + I queried what I thought was synchronicity — the spark I had desired for so long — I was finally coming around to letting it all go with you + then receive a text on Tuesday the 22nd — "You haven't left my mind — I relapsed." I am ok + going to career — no needles — my wife is divorcing me. Wish you were here. I'd like to get sober + try with you — but if you don't I'll understand — I guess I wanted this to happen on some level." It was what I had wished for but not (minus relapse) but didn't think it was possible. On Friday the 25th — you once again went radio silent saying you needed time to figure shit out.
I want to make it very clear that I **would** agree that you can only focus on self right now. Your life is @ stake.

But for my health & sanity—what am I supposed to do with these emotions? The Rollercoaster—yow telling me that "you were on heroin, I had just been kicked out of your own house," while writing me those intense texts—makes my stomach churn—feeling used. An innocent victim in your twisted/wicked games.

So where do we go from here?

I have been working on letting go, but I don't want to resent you. I am here for sexual trauma loss—both yow have healed & hurt. I have a part in all of this—that is my work.

How I let myself get involved with unavailable men who can't give me what I need. Maybe this was a Fantasy I created in my head. Maybe yow too are like a drug—addicted to the Feeling of being "safe"—made by another or the Fact that I'd sex
1/30/18

So thankful that January is almost over – only a few weeks left. 1.27.19

Is my date and goddamn it it better be my last. I’ve had one of my hardest days – my sex drive is out of fucking control. Like literally, I am in heat.

I told Kevin the truth about how I was feeling – felt exposed and vulnerable so didn’t go to dinner. Needed a break from seeing him. We are supposed to have a therapy session on Monday and I am still unsure of it all. There is a piece of me that wishes
I didn't have to do it. But maybe it would be healing and then again maybe it would open up more wards that will take me longer to adjust + get use with. I am going to give it a few days + see how I feel. I erased his number from my phone—so can't contact him unless he is to contact me which he won't. I think I need to have sex in order to feel good about not having sex + to get it over with. Neil's friend is a sex addict which might work out well.

I know its not the healthies way to deal with things but @ least its better than drugs. I am focused on myself + my needs + sex seems —@ least at this moment to be one of them. I don't know if I even need to kiss a guy - just come over + fuck me — sober.

I think I'm going to go to the AA meeting tomorrow night. And maybe he will be there? maybe not. But I have always been boy crazy. I remember pulling up my skirt in 2nd
grade and showing the boys my underwear. Hyper-sexualized.

@ a young age, what is this due to? was I molested? I think so - I can't remember.

Specifics but I do remember trauma - I remember not liking the woodzack's house; I remember somewhat being sexualized with caroline; I remember having sex with friends.

@ a young age; showers w/ my dad (probably not appropriate);

Being turned on when I wasn't suppose to be. I remember the Q-tips - I hated getting my ears clean; beating my vagina due to overhearing parents having sex.

What made me so attached?

- my mother not emotionally available.
- my father was - message - I could get love from men.
- "I'm not your mother."
- Blanket being taken away
- Not letting myself go to bathroom
- Being wiped until too late in the game.

I could list all the reasons - but I can't seem to find
The solution.

1/31/19
The last day of February!
Thank you Lord Jesus. I am getting better each day & realizing it was the intimate connection that I am grieving & got obsessed with. It’s been a long time — but it’s not him. He is a sweet guy but I honestly am not that internally attracted to him. He is emotionally immature — aren’t we all — but shows me how I don’t want to be & what I won’t stand for in my life. Today, I feel it isn’t necessary to have a condo with him — what’s the point? I would rather have the mistakes taken the lesson, what did he teach me? — That intimacy is so important to me. — That falling hard ever heals isn’t necessarily healthy — That I choose men who are unavailable to me. He also taught me about my own pathetic/immature/nuddy behavior that I would like to change. I don’t need to be nudy. I need to be self-assured +
Confident that I can + will have
what I desire.
what do you desire?

- Livelihood 2.0 - Financial independence
- A brown haired man who is affectionate, stable, + kind + smart to live my life with
- Children - a family of some kind
- A happy, adventurous, + passionate life with a happy, adventurous + passionate partner

When I am certain that I'd rather be alone than with just anyone - I will find him.
Or he will find me.

You will have all you desire! Trust the process. Trust yourself + your ability to manifest all your dreams. Yu go this,
Ashley Blazer Biden
Prayce

"Please whoever you are

Please keep sober today""

"Thank you for keeping me sober"

Pray upon Awakening + @ down & @

4/17 Acceptance

Big Book

AA Big Book App - Free

Test - Everyday

Pray's + Coins

Praying to be ok - to live
Scrip: Help me live me.
<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
<th>Pros</th>
<th>Cons</th>
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</thead>
<tbody>
<tr>
<td>Insanely deep sex</td>
<td>Wife</td>
<td>Not feeling safe anymore</td>
<td></td>
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<tr>
<td>Kissing - like smell a = 1 breath</td>
<td>Wife, child</td>
<td>Feels guilty - both of us</td>
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<td></td>
<td>Wife not leaving him</td>
<td>No undying commitment to another</td>
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<td></td>
<td>Started relationship when in another relationship</td>
<td>Not available to meet my needs</td>
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<td></td>
<td>Hurt by still in relationship</td>
<td>Long distance</td>
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<td></td>
<td>Might go back to his wife</td>
<td>No romance or real intimacy</td>
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<tr>
<td>Daughters resents me</td>
<td></td>
<td>Doesn't know who he is yet</td>
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<tr>
<td>Hates cold news stories</td>
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<tr>
<td>Not sober + clean</td>
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<tr>
<td>Emotionally unavailable</td>
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<tr>
<td>Reason for being</td>
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<td></td>
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<tr>
<td>Frustrates me - again</td>
<td></td>
<td>More time focused on something that may go nowhere</td>
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<tr>
<td>Back and forth - unstable w/ emotions</td>
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1/31/19

The last day of January - For some reason the 27th post sticks in my head as being a great day. My ego always in the way I met a woman at meeting last night & she was holding a baby 2 months old. She doesn't look like me, don't know how educated, just totally different. Yet she helped me more today than anyone has - maybe I was ready to receive it all, I am so grateful. I feel as if a weight has been lifted, one day at a time.

What are my boundaries -

1. Open to seeing/exploring if separated
2. Open to intimacy again in future
3. No back & forth with my emotions
4. Needs to be sober to engage
5. Being honest with me about state of affairs - is he really unhappy
6. [Blank]
2/1/19
February 1. Heyday. That much closer to spring... although I need to stay present. And be grateful for today. I had some ups’ & downs’ today. Started the day with boxing. which was incredible. Going to go Sunday as well. And next Wednesday + Friday. Ken + I are having a therapy session next week which will be difficult. + super awkward. But it will provide me with closure that is needed. I am going to head to meeting tonight @ 7 pm - marshall's fix clothes & then maybe a movie?

Tomorrow I already have my day planned - Getting up in the Am - 9 am + going to the gym - then Home to Shave -
9 am - gym
10 Am - Shave/ Home
11:30 Am - Lunch @ men's house
2:45 pm - Single process + blow out
5 pm - Dinner?
7:30 - 8 pm - meeting
Hang with Neil?

Sunday
7:30 Am - 9 pm / boxing
Beach with Beau
11:30 Am - brunch @ women's house
Beach During the Day
Meeting @ some spout
5:30 pm - dinner
Superbowl @ quays house

Monday
Clinical Schedule.
when I love— I love so hard.
And I get focused on them— their
love. Their need for me to be
loved. Their validation. Their
Something...
Here I am talking about another
man when I am married! It all
Feels Strange. And disappointed. But
what is the common theme in my
life? That I keep relapsing + I
just can’t this time around. I need
to stay sober long enough to see
the light at the end of the tunnel.
I keep relapsing over + over
again. The longest period of sobriety
was almost a year + that was
horribly painful due to the diagnosis
I haven’t been sober in so fucking
long + need to get sober +
Stay this way... long enough to
Find inner peace + happiness.
I am worth it. I’m 37 years
old + this needs to happen— I
can’t waste any more time.
I got my ass to Shabbat
dinner— met Darin + Sunny.
She is the sweetest little girl—
She drew me a rainbow— I
thought about how nice it will be
to one day have children—
2/2/19
Early morning - The sun has not yet shone. It's shine to thine own self be true. I have to continue to walk in faith - that everything should be exactly how it's meant to be. It is one week today + I'm feeling more settled - in that knowing. God has a plan for me - one that I can't know right now. And that's all I need to know - for now.

2/4/19
I have struggled for control - for absolutes. For some assurances that I will have yet as long as I keep struggling. I do know that I would like to quit smoking for my health.

Hunter's Birthday, yesterday was Beau's Birthday - had a beautiful day @ the beach + in the sun Followed by a meeting and blew out a candle after the meditations where I prayed for him. Things with Kevin have been really friendly & stable.
He actually text me the first time last night to tell me he is glad I had a good day on Beau's Birthday. I have a therapy session with him tomorrow which makes me nervous but think will provide closure. For both of us, it's been a rollercoaster of a ride—
I guess tonight I will figure out what I want to ask and what I want to say...

He is home today signing papers for his new house. I am staying an extra week and will go home next Monday after group although I don't want to started hanging out with a new guy, Eric, who has been through a lot and is clean & sober these days. He lives in Florida. And he is so cute... has his own style and swag. It's been refreshing to be able to kiss another man—he is a great kisser. And he is calming & sweet. I can tell we both could fall for one another...

And that's a little scary but taking it day by day b/c you never know what the future holds.

I'm thinking about a move...
# 45,200.1

down to Florida to get my 6 months under my belt. I could wrap things up @ home + make a move. But I'm going to stay in the present stay in today I have a lot of work to do in the next week + am going to focus on getting it done.
Babs leaves on Wednesday - I am so grateful for her friendship - she has been my rock & keeps me happy. I'll finish out the week here & then go home -

## Moving to Florida

<table>
<thead>
<tr>
<th>Pros</th>
<th>Cons</th>
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<tbody>
<tr>
<td>Recovery community</td>
<td>Away from Athens</td>
</tr>
<tr>
<td>Weather</td>
<td>Away from Family</td>
</tr>
<tr>
<td>Time to be w/ people who don't use</td>
<td>Beauty drains</td>
</tr>
<tr>
<td>Away from Family</td>
<td>Space to focus on only me</td>
</tr>
<tr>
<td>Leaving Job</td>
<td>Leaving Job</td>
</tr>
<tr>
<td>Time/Space to figure out marriage</td>
<td>Don't move for a man</td>
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</tbody>
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I honestly think he is out of my system - the man who he was - with me - is no longer. Neil had a meltdown + said I was putting others at risk, was full of shit about my own recovery, and couldn't be in my life anymore - take care. What I realize is that I've been trying to re-create a relationship with my brother that is no longer in existence. I need to confide in women and not men. Started spending time with Eric - I like my time with him. He is easy, fun, smart, sweet +
gives attention that I know I need. It's like each relationship got me closer to where I want to be, showing me more and more of what I want. I won't see him tonight. And that's ok b/c I'm exhausted and I'm sure he'll also gotten in his ear. Did I mention that Kevin is an ass? Kevin gave me what I sexually needed but not emotionally. I can see now that he wouldn't provide the love, support, and attention. He doesn't have the empathy needed on the sweet side.

I know that Eric does but also know that Eric isn't ready for a relationship and has been known to drift outside. I am not sure what to do with him. I am feeling other than focus on myself. But it be, I so wish I could see him tonight—just lay with him but it will be too late. I need to prepare myself for him abruptly walking away—
2-7-19

owning my pain & realizing that
unlimited happiness resides within.
He called last night & it worried
me - became a little pre-occupied
and I didn't like it. So today
I focus on continuing to own
my pain and not attach to
him to make me feel better.
He said he left phone in car
but who knows - I have faith
that I will be led to the
person & down the path that
is right for me. I am
working on letting/not letting
others control me or my
emotions - it's not a healthy
Space to be.
The truth is - everything I
thought I knew - ended up not
being entirely accurate. Kevin
was soulmate + we were going
to end up together. etc... what
I know now is that Feelings
change, situations change,
& I am looking for stability
in myself. I don't know much
but do know that I am on
my way to finding it.
What is my part in this? My part is that I spoke to too many people about my situation with Kenn. I asked for too many opinions and tried to get validation that I am good enough, sexy enough, hot enough etc... And for that I am sorry. It's over with Kenn and he has to deal with his own drama. I don't think after this that I will be able to look at him the same way again. I am going to walk away from this all with my head held high. Kenn is emotionally immature as am I - I realize it's not what I want anymore. So maybe that's the girl in this all and the lesson that I should only tell people I trust and who have my back - about anything. It's about being a woman and not the little girl. I think I re-victimize myself over and over again. I should never talk to men about sex or any of that bullshit.
2.9.19
He came over this morning — he fell asleep with his phone on vibrate, I over-reacted + now see how I can get so ahead of myself. In my mind, he was on a boat with other women and ignoring all my texts. I think he is nervous too about where this goes — and I get it — but I will only do everything with kindness one day at a time.

2.10.19
The morning. Early mornings. Ken didn’t come to dinner last night — he has been avoiding me like the plague — mean, cold, + distant. I guess that’s his go-to and better I find out while he’s here. His behavior + words manipulative — I’m not great at dealing with all of this yet I have tried. + am trying. I keep thinking that a move down here will be good for me — but then I question myself.
I don't want to move down here for anyone, any relationship, and I need to make sure I'm making the right move—literally.

I trust no one. It just really goes to show—you don't know someone until time passes.

<table>
<thead>
<tr>
<th>Good</th>
<th>Bad/ugly</th>
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<tbody>
<tr>
<td>Sex</td>
<td>Emotionally unavailable</td>
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<tr>
<td>Looks</td>
<td>Back and forth</td>
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<tr>
<td>Standing</td>
<td>Not able to communicate</td>
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<td>Appears one way, acts another</td>
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<td>Manipulative</td>
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<td>Contempt</td>
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<td>Stonewalling</td>
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|       | Cheats on | Inevitable 
|       | Gaslighting  |
|       | Soo |
|       | Not affectionate |
|       | Immature |
|       | Harsh |

What are the qualities that I know I need in a partner?

- Affection
- Kindness
- sweetness
- Sweet nothings
- Humor/Laughing
- Attraction
- Intimacy
- Passion
- Loyalty
- Trust/Honesty/Vulnerability
- Stability
- But adventure
- Adaptation
- Intellectual curiosity
- Independence
- Concern about me
2-10-19
He is still in love with his girlfriend—what the F**k—honestly, I'm an incredible catch & don't know if just trying to fill a hole—have a difficult time being alone although last night woke up feeling sick to stomach & that I was getting sick. Wanted to be alone. This recovery thing takes awhile to set in each time. And the situation with Kevin is a blessing in disguise b/c I am getting over it all. He is up one minute & down the next—he is not kind & has treated me like an asshole—and still I remain kind b/c that's what I want to be but I do know that I now have boundaries & no longer possess these intense feelings. They have faded away—even my desire to be around him. And so...

2-11-19
It's manipulation has its finest—we will learn a great truth—the plan will happen in spite of us—not b/c of us. Sexual Abuse. For sure—weak boundaries
The day ended up on a positive note, had a great clinical day.

The lesson that I learned is I am either completely "put together" and could run the group OR I am the 6 year old little girl on the bench. There needs to be a happy medium. I don't have to be completely closed off or completely immature, dependent, and young. A good skill for me is when I am feeling the little girl want to respond - I acknowledge her. "I am Ashley Blazer Biden. I recognize..."

My 5 year old self. I acknowledge her but the grown-up version of me is now going to address her while careful for her. I was given the hunger games to read as an assignment. "Ken is actually coming around to being sweeter. It's interesting how there are two very distinct sides of me that I would like to meld together. Tomorrow is going to be a great day. Getting up early, meditating, boxing, full clinical day and meeting with sponsor - then meeting - business meeting."
I probably won't see Eric tomorrow + I'm ok with that. It's getting easier to find my time + space with only myself. I wish I had 2 more weeks here to really hone what I am starting to learn. But going to make the most of my time and plan on making a move down here. It's only going to be temporary - although I do love my time @ home.

I want to spend the weekend with Eric if possible - I will be finished the program Friday + have on Monday.

The transition will be difficult for me - this I know for sure - but I have much to do - in the limited time here / there + it's time to make moves.

Schedule for tomorrow -

6:30 - Wake up / coffee
Shower
7:30 am - Leave for gym
Have to do treadmill, stretch + meditate

8:30 - 9 am - Boxing Shower

Grp
2-12-19

learning to fly with half developed wings ... coming down is the hardest thing. It's gotten weird again — up and down. It's really disconcerting and horribly discouraging. I am really trying to take deep breaths and relax into the woman I am and that I want to be — but it's challenging for me — it's abrupt and it hurts my feelings. I would like to explore it have closure around the situation — but will wait to see what Randall says —

2-13-19

A little fearful of what's to come...

feeling anxious but that just means I am living in the future. I must remember to stay present in today — otherwise this sobriety thing isn't going to work.

How can I stay present today? today is all I have — I can repeat that "wisdom is all within".

It has been one of those days where I know I've done nothing wrong but I also regret some of the decisions I've made. I seriously miss how it was. Randall told me that I need to
Let it die; that what will be -
In the future - will be. The only way it will re-ignite is if one of us - both of us - re-engage.

But, I wonder if he has boundaries for me. If he'd rather I not reach out in the future -
Letting it go. Dissolve + taking the lesson learned. Finding the silver lining in all the chaos.

I keep my heart open -
I find solace in that to hurt was never my intention and I deserve more than what is being offered. I am a warrior princess - with a lot to give.

Heart palpitations - Anxiety super increased. Started writing that feels really off-putting. I started feeling that, "Please don't go - will I see you again?" I miss him already.
2-16-19

They say everything happens for a reason + some people only come into your life for a reason.
I knew I was meant to be here with Kevin - to truly let him go.
He wasn't the man that I needed/wanted him to be. He is a decent man with a family that he should bring back together. I think our impulses, compulsions, + obsessions brought us together + gave us rose colored glasses ---

God has a bigger plan. It's now been 7 days since my last cigarette + I don't think I can and/or will be going back there. My energy levels are stable and feel no desire to smoke. When my mom worked me up this weekend I grounded myself + I breathed. It actually worked. My system is off but getting adjusted to new medications. I need to drink plenty of water + going to use the gym later on today.

I don't know how long + I do know that I can't/won't intentionally but who knows he may even find his way back to her. We are so different in many ways ---
our background, maybe some of our values - but we both share similar toys, jokes, and sensibilities.

As he told me today, he is a breath of fresh air. He is racist but doesn’t mean to be - I will educate him, as best I can - and we may find our values are too different and then we will deal with that. Cross that bridge when we get there. He does understand that it’s wrong and I think he is willing to make changes and open to doing better.

That was how he was raised and only completed 10th grade. He doesn’t have a high school diploma or college education, but he has a sensibility, a resilience, an attitude, and a way that is so refreshing, light, and makes me happy. All the education in the world couldn’t make him like that - this is what I love about him.
2-17-19

I am pissed. Freaking out, + acting insane - thinking of Howard - my husband - with another woman! It's actually not fair + not right.

I have been with other men + it's just not fair @ all. Why am I feeling this way and do I need more time to try and figure it out? Does this mean that I am still into my husband?

It's about giving it time - the impulses - the reactions - I need to pause, relax - take a walk - do something that distracts me!

He is probably sound asleep but definitely not healthy. It makes me sad but he is an external party boy. I do think that if that was different things may be slightly differently. I do think that he uses much more than he should + could have a slight problem. I don't know who to approach this conversation.
<table>
<thead>
<tr>
<th>Florida</th>
<th>Pros</th>
<th>Cons</th>
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<tr>
<td>Time Away to Figure out what</td>
<td>Old haunts by friends who use</td>
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<tr>
<td>Ashley wants Recovery Community</td>
<td>Know how to easily access drugs</td>
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<td>Cancer Therapists</td>
<td>Family drama</td>
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<tr>
<td>Work on Recovery + time to get it right</td>
<td>Known for name philadelphia makes hard to move on</td>
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<tr>
<td>Get away from pressure</td>
<td>From Howard Potential to stay in relationship</td>
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**Cons**

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<tr>
<td>Away from family</td>
<td>DE reminds me of Beav</td>
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<td>Summers away from home</td>
<td>Regret not taking chance</td>
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<tr>
<td>Giving up security (Aish and insurance)</td>
<td>People, places + things</td>
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<td></td>
<td>Freedom - Feeling stuck - &quot;Is this it?&quot;</td>
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Monday
7 am - Workout
8:30 Divas
10 am - Fed Ex - Send box Home
12 pm - Carin Fax notes + say goodbye
Is Eric up to Harbour's or my parents' standards? No. He is a surfer - not highly educated - barely knows his grammar but he does know how to love - how to treat me like I need to be treated. He gives affection in ways I only hoped Howard would. It is light and fun. I have to remember that these were the feelings associated with Kevin - and they passed. I need to slow down and give myself time and space to breathe, maybe 6 weeks away from him is actually not such a bad idea.
I think I gotta slow my roll
a little + put the focus back on me +
my recovery. There are many loose
ends to tie up and I am moving
a little fast. I am crazy
attracted to his height, body type,
+ psychic. All I know is that
it feels light + heavy at the
same time. I’m different than
my family. I never gave a shit
about all the rules, ways, how to
be’s, and make you feel less than
for not being. He reminds me
of Jamie + taking me back
to my first one of my first loves.

I also haven’t had my period yet
which makes me slightly nervous
but I’m expecting one any day now.
this has been a really crazy ride
thus far - what a tragic +
amazing journey.

Pros’s

Cons’s

1. one another

2. Family's FB life

3. value - Family

Don't share similar interests
Guns vs. Fashion
No sense of adventure
content @ Jersey Shore
every weekend w/ family
No language or? 
Causal use
lying (white)
no intimacy
Don't kiss
Built up resentments
don't like friends/can't hang out

For so long the sorteck, shyek, quetek side of me has been in hiding. The sweetness that once encompassed me it wrapped me up and me when my brother died. All of the affection - all the trust - went out the window the day that Howard went ahead with the feeding tube. I have forgiven - but don't think that I am able to get it back.

What values don't we share?
- Loyalty
- Financial
- Intimacy / Affection
Things you do want —

1. Affection — holding hands, kissing, hugging, sweet Facehead Kisses, Face Rubs,
2. Laughing — making me laugh + table talk to laugh at me + self
3. Motivation/Desire for reaching 
   Goals/Dreams
4. Spontaneity —
5. Passion —
6. Takes care of others
   - says "hi" & welcoming
7. Social justice
8. Health
9. Honesty
10.

2-20-19

Feeling needy — ping ponging between men at this point — even though I am liking/interested at different times + for different reasons. But feeling out of sorts, confused, not knowing how to navigate this situation. I adore [name] but he is young, immature, and not entirely motivated. He is my surfer dude—reminds me of [name].

The good news is that I don't have to make any decisions now, although it feels as though I do. I put a lot of pressure on myself to figure...
March 1st - After 12 pm

2-22-19

Feel sad today after seeing Howard. Maybe I do try to make this marriage work.

Write out plan:

- Goals/planner:
- Money/Financial:
- Work - what - when:

Financally supported - how?

Weekly needs w/ funds than $2,529.45 
2. 24. 19

Holy crap - here we go again.
Not going down that rabbit hole -
So much has happened. My marriage
is over and it breaks my heart in
two. There are no feelings of
"I need to be with him." -
"I need to see him." - "I need
to kiss him.". I am cheating
this up to an opps and moving
on from here.

February 23rd -

Start moving Forward. Blaze.

I have to keep it together +
pray that I am moving into the
unknown - what am I doing?

Plan Fee. Retreat -

1. Do I announce that resigning?
2. Get to know you
3. SWOT Analysis
4. Where we are + where are we
going?

I am letting Fear control me +
my next moves. I have to have
Faith that I will be able to
make it happen. Am I doing this
For the right reasons? Am I
making sound decisions. How will
I know without staying sober +
moving on from a place of love,
hope, & clarity. Fear has taken
over me; Fear is the opposite ->
OF love ? I have to walk in faith and back up a little from the comfort of another man. He is so easy to live - so present, affectionate, and living but I know it isn't the way to truly deconstruct my life. I must focus on self & my recovery. The last thing I want to do is do any of this for anyone else. Is this where I am suppose to be? I am finished with my work here in Delaware - I do know this place is no longer safe for me or my sobriety. People, places & things - all of which I am here again with + no of which keeps me sober. I must figure something out sooner than later. Maybe I can see if my parents would give me a loan? I don't know where to turn - maybe I turn to Bobby. I feel as though I need $ to be able secure my livelihood - I don't know what to do anymore. Who can help with finding?

1. Bobby
2. Howard
3. Mom + Dad
4. Babs?
How am I here?

12-25-19
Feels crazy. All anxiety producing. Nothing I can do about it today. But do the best I can.

take it one day, one hour, at a time. I told Kirstin that I am resigning as ED and she was shocked. But super supportive.

I have to have Faith that this will all work out. I must have Faith.
2-28-19

'Twas the night before solitude
and all through the house... not
a creature was stirring, not
even a mouse. Preparing for the
unknown... I feel like maybe I
should get a hotel room - a little
limited on money at the moment.

Babs would assist if need be.
I'll figure it out. I'm assuming
he is still picking me up?

I'm just going with the
flow. He was angry as fuck
tonight on the phone. I do
pray he isn't using.

His phone is off. I would
feel responsible on some level.
I have to lean into all this
discomfort and find my way.
It's just cloudy night now.
What's going on - in here?
Should I try to call him
back?

Maybe this is my respite. But,
it will feel different not having
my own place? Why am I
going to stay with him?
3/1/19

A peaceful place. It snowed this morning and so I slept in and missed my flight. Eric is being bizarre - states he is sick but I actually think he used the other day. I can't really know what's going on b/c I am in DE and he isn't being very responsive. I feel bizarrely in a space of confusion yet peace trying to find my footing - on my own this time, who thought I would be single & childless @ age 37. Maybe I did?
Day one. For me, it just makes sense for my life, mind, energy, and future. There is no rhyme or reason, well there is a reason, and those reasons are greater than my desire to use.

It really is about taking my life by the hands and dancing—moving to the beats of life—finding my rhythm and waltzing back to myself—my wants, my needs, my desires.

What do you want from this life?

- Passionate
- Great sex
- Surprises
- Adventure
- Laughter
- Play
- Justice
- Friends
- Wide/open spaces
- Restorative practices
- Emotional stability
- Mental wellness
- Fun clothes + fashion
- Creativity
I actually think he relapsed +

isn't telling me. It hurts my
heart to think that he is using
+ that I may have triggered it.
Boredom is deadly for me. It
is the main reason for use —
But not going to give in this time.
around, I have to stay strong
during this next chapter of my
life. With or without anyone by
my side + most importantly
when no one is by my side.
Solitude is the last line to true
freedom. It's the last chance
I have @ making my dreams

Come true and I can't do

anything to jeopardize it.
Some people come in your life for
a reason, a season, or a lifetime.
Maybe keen came into my life.
For a reason; Neil came into
my life for a few seasons +
homeboy came into my life for
the unknown, how much can I
write out of sheer boredom?
2-6-19
mercury Retrograde. Pisces. Thats the season and heres to a new season. I did it. I Changed the trajectory of my world for a short period or time or forever. I did something for me, by me, and to me. I gave myself a gift. The gift of self love and respect. I manifested it all, those powers are real. And I am learning how to use them for the good of myself. Grateful today. Really grateful.

2-6-19
First Day of Lent. Giving it up to my higher power for a meeting with Hallie + "Raise me up on Eagles wings" was playing in the background. Kevin text that he was sorry for how he treated me. Overall today was a good day - I am grateful for 1) Hallie 2) Chauus 3) Apologies 4) Time 5) The strength to be alone.
2.7.19
First full 24 hours and feeling good settled, went to a morning meeting with Hailey. She has been great since I got home + I am super grateful. Let go, let God. One day at a time, it will all work out if I let it. Eric is still in detox and gets released this time tomorrow. I am feeling neutral with the entire situation. I'm not obsessing or concerned - I know life will bring me what I need in time. It's trusting the process + letting go -

I have a call with mom + dad this evening @ 8 pm. I have to practice patience + tolerance for their feelings + all that is said.

2.8.19
And so, we start again. This gets really old. I am getting old.
I had to block Kiiaddi b/c it just isn't good for the two of us to hang out. I am red, inflamed, and staying indoors today b/c I have to.
Eric left detox + called me this morning. He seems
Sweet, distant, tired, and confused. It's a lot with me moving and dad potentially running. I'm going to a meeting at some point today. I will not continue down this path or live this wasteful life.

3-9-19
Addiction tears lives apart. Keeps people in a cycle of nothingness, anxiety, and worry. I am committed to this new way of life via my actions.

I feel different this time - I feel "ok" with being alone + doing things on my own. This shift came in Florida when I was forced to figure it out on my own. I'm not scared like I used to be however I do have moments of doubt. Am I making the right move? Leaving behind my dog, my family, my home. I do feel like a change of scenery could do me go but I do wonder if I will get lonely.
Joe Biden without question has the best chance in a general election, that is what the news is reporting now. I think it might be the road to recovery - I've been vulnerable and being courageous as I can be.

3/12/19

So... we are running. An announcement will be in April or Early May. It is all super anxiety producing but I just have to take it one day at a time + relax. I knew the move to Del Ray will be good for me to get away and really focus on my recovery. I just have to stay relaxed and confident about my decision to get really stable + really healthy. Is a move what's going to make the difference - how do I know? How do I know that I'm making the
Eight more? Literally. I'm not sure if I'll get closer to Eric + then will have to detach from him as we move further into 20/20. He isn't the guy that I would normally go to for help. I wasn't trying to get my feelings all mixed up in it. But he happened + I have to trust that God has a plan for me that I can't yet know or see. I wish I could just go back to living + living with Howard. Back to a settled marriage. Back to happiness, love, + joy.

But these days have passed +

I'm not sure they can + will return. I do know that I have to stay away from the devil - it only brings me more anxiety, fear, + pain. There is nothing good that comes with that.

3/16/19

I relapsed. Fucking again. Insanity is the definition. Always hoping it will be different + it never is. Stuck in this cycle of "F*ck my face, Repeat". It's insanity at its worst. There is nothing to do anymore other than just
Stop doing it. It makes no sense. Eats away at my self-esteem, and I am isolated for days at a time. I had all those plans for today. Finally was feeling good again. But when I feel good is when I'm in danger. The difference this time around was that I told Elizabeth, Mom, and Dad this morning. Mom and Dad worried but incredibly supportive. I am so lucky to have them on my side. They've never given up on me.

E has also been so supportive. He asked if he could come and stay with me for the next few days—timing is off, but a sweet gesture. It's kind of nice to have someone who understands my struggle and who doesn't shame me but rather lifts me up and continues to encourage me. Howard is absolutely seeing someone else. He doesn't call, doesn't really care, and is preoccupied half the time. I guess the same is happening for me.
So I can’t really make a stink about it—although I am hurt beyond belief. When I think about the fact that he didn’t come visit me in treatment, I am actually crushed. He gave up on us the moment I went away, and that’s just the reality of it all. I miss my doggie—wish she was here with me. I picked so that doesn’t make sense to see him, what a crazy transitional period in my life. I feel so out of sorts, so disconnected from my former life and at the same time there is a lightness—of doing things differently—finding a new way to live, making it on my own. Depending on myself. For life.

3/14/19

Feeling stronger & better than I was—yesterday was a doozy. Today I feel slightly anxious and not particularly grounded. There is the voice inside me that wants me to get... but it’s never been different. It never works out
The way I planned, it's insane and my ability to forget despite negative consequences is what you call addiction. The restlessness is real, the limbo feels super unsettling and I long for peace. Trying to take the vain approach - that it negatively impacts my looks, hair, face, body, and overall health. How quickly I forget thought - I think it would be a good idea when the consequences cause me so much pain. Angela is in rare form this past week.

She has been moody and completely unavailable, I'm just ready to move away from all the drama. Going to spend the next few weeks - two to be exact - getting myself as healthy as possible for my trip down. Starting yoga again on Monday and hope will continue. Hallie and Natalie go to Abu Dhabi for the Special Olympics so will be gone the entire week. I think today I will organize my clothes and start sorting it all out.
3/23/19

This day next week, I will be on my way to Del Ray beach, Florida. I feel a little underprepared but not much I can do about it. I'm doing the best I can. I have to clean out my car entirely and pack it up. I have so many clothes so it's going to be harder than I think. I think I'm going to try and get to a yoga class today and tomorrow. Tonight I have dinner w/Kate Boehmke. I have to make sure I am keeping a tight budget - 40k to last me at least 6 months. It all feels like a little much. But I am confident that I will do it. There is a piece of me that feels that I should get a u-haul. Bye, I have so much stuff to bring. I was going to pack the car without bags so there is more room - but it ain't going to be easy! Especially with a tall guy in the car, I can do it all though and I'm going to. It's just figuring out who is driving down with me - I worry about my car getting...
broken into. But maybe we just drive through the night. If we leave @ 5 pm - there is a chance of getting there by the following morning. Plan for trip.

Sunday - make sure entire car is cleaned out.

Monday - get car oil changed + checked

Tuesday - Thursday - continue to organize clothes

Friday night/Saturday - pack the car!
3/24/19

Full overwhelmed by it all - moving but in the right direction. A full car to pack + a full week ahead. Tomorrow I head to DC for the day + then back for yoga, more packing, etc...

I would like to imagine that I'll be able to get almost everything in my car. It's just the process of what I am going to take vs. what to leave behind. All my stuff getting thrown around - things @ my parents vs. things @ 608 vs. things on my person.

I will say that Sobriety is the ultimate way to go! E is still trying to figure out his ticket home - when I get to Florida, going to dump entire contents into trash bags - I am going to have to make @ least 3 moves in next 6 months.
3/25/19

I am feeling uneasy about it all. Maybe this is how it's suppose to feel. Feeling as if this is completely normal. If I didn't have high emotions and it's first day of nothing than this is to be expected. E has been distant and for some reason feels that it all has to do with his ex. I've just been feeling some type of way lately. Being w/ Athena has brightened up my week and I was going to give her back to Howard tomorrow.

But when will I see my girl again. April probably. I can't believe I have in 6 days. I am now going on Sunday - but that may change. I went to the Hamilton Hotel and saw the uniforms E designed. They look great! It is exciting to say the least but for some reason not as excited as I should be. I think it's a mixture of things. I'm going to go to yoga tonight + hopefully run out a bit — let the zen in. I'm making
The right decision? Sometimes I feel like I'm making a mistake - that I should stick around here and do what I need out of NYC, but that also is a little late.

9.7.19

Moved in + now living in Del Ray. Won't be the best of nights. I used. I would like to start over + not make this a chaotic transition. But I'm getting organized and really trying to turn it around. Today is Day #1 without the hard shit +

I'd like to keep it that way. Although it's somewhat difficult when he is on drugs - I want to be supportive but don't know how. He will either need to detox on his own or go back to detox for a little while. I do have to be solid regardless + I really want to, I want this now more than ever. Going to go to women's diversion meeting in the am + meet with my sponsor in pm. Really trying to get my ass organized + focused. It feels really good to be here. I feel free...
4.7.19
I'm pretty sure I'm going to make it.

4.8.19
It's been 4 days without one + 3 days without the other. I am starting to come back to life. I am not ok with what's going on - he has to make a decision that this will be the last time @ least last time here. I can't do this with him it wasn't what I signed up for. It's not fair to me or my recovery. Tomorrow I am getting up early and going to a meeting.

7.28.19
OK baby - time to buck up. I am calling in all the troops and hunker down for 3 days. Today is Friday - the start of a new weekend and I am fully ready, geared up, and in shape to take this battle on full throttle. Today I am most likely not going anywhere but I will say that tomorrow you have no choice. You are going to start working the program. Following all recommendations to a T.
And really - I'm ready for it. No more talk - only action. No need - possibly to get me through today but that's medication management. It's going to be a great real new start - Refresh. Hold up - let's do the damn thing.

There is a feeling - of the family I knew - certain smells - sounds - an overall being wrapped up in the coziest blanket. Memories of past times when I felt safe and perfectly content. And that was ripped out from me. Processing 35 years of one way and it's only be 4 years of another - completely new, discombobulated, piece-meal, and shattered. But it's about facing these new emotions with grace and dignity. That's all I can do at this point.
website relaunched

→ Photos re-touched
Press Release -
Press Launch -
Tuesday, June 4th
→ invite people.
Fashion installation - hire models
"Rosana"

→ connect to phn

→ built at our Hamilton website.
Thundae Moon

The Thundae Moon is upon us—releasing old emotions and getting “clear” on what I want. The confusion + standstill “ness” seems to be lifting.

I am attempting to try a different route. The route of Refuge Recovery and medical marijuana. Lately, I have been eager + excited to engage in the campaign this Fall. My mood has been stable and things starting to look “up” for me.

I am slowly recovering from my last episode. It’s Day #3 and going to wait some time before jumping “in” again. It feels more organic to not focus solely on my addiction. But instead, to focus on my health + overall well-being.

7-17-19
7.17.19

This date deserves its own page and special attention! Because it has been my most productive and happiest one. For a few months, why might you ask? Sober, Day #4, productive and non-stop since 9 am. It is now 4 pm. The Full moon has passed and I am really trying to remain free today. Why do you want to do anything that ruins your vibe and makes you feel like shit?

You get it done and pick your fee in the minute the entire time. Straight out of boredom, maybe this time is telling me to slow down? I have pumped leaps and bounds to get here and why now making it complicated and stressful? Why sabotage a good thing. And it's such a waste of money, time, and energy. I'm making serious progress and don't need it all to be spoiled away by a quick, rash, and brutal decision. How do I find peace around it all? Is there peace to be found? I am going to be tested tomorrow, Fri, etc.
Sat and what lie am I going to here to tell? what do I do? It will pass. I wonder if it will pass... keep holding tight and don't make arrangements for it again - no poking and prodding today is day #4. It's the hardest day to overcome. Well, the next few days, but do you want to keep having to go through the "come through" phase - this is torture - and over and over again. Stop the insanity. Put it all to rest. New moon, new attitude. New, new.

7.22.19 #2

Here we go again! The anxiety and worry is palpable. I realize and understand that this is my journey and I need to figure it out for myself. I need to get clear and relaxed about my own recovery. I think the angry @ myself - for letting myself and my parents down. I haven't figured out my working "Formula" - I don't know - I haven't truly figured it out giving it "up" to God hasn't been working but I guess I've also been
giving "in" to the urges. And I need to release my life to a
that's the first step in getting not let this addiction destroy him.
"clean" + "clear". It's sad, we, it's all so sad. How could
the feelings I have produced such time + energy goes into but
in others. My dad cried on the same topic over + over again, really
the phone saying he has the am going to relax, do
debate in a week + "Now has what I need to keep it
to worry about you." And he healthy!

med. maybe he knows what 120.23.19
is doing + it's worked but my calm be Day. I think the
Feelings of guilt often are initial shock of my period is
overwhelming. I have to put an out of my system. The
so what is needed to stay a day shit period is over +
determined, strong, + healthy now its time to make some
It's now out of my system improvements to my overall

Nose
health + wellness. It was a beautiful day + now absolutely pouring - thunderstorm. I got a good night sleep + saw today, Josey cancelled. Mom + Dad in a much better space, my heart hurt to see them so upset. My mindset has begun to change in that it's not about beating the drug test or using around it. It's about using the test as an additional safeguard which I am open to - with the understanding that medical grade marijuana might also be in my system. I have to do this not to avoid getting caught or failing but b/c I intrinsically + internally want to get there. I think I'm on my way. Tomorrow's accessibility + set-up allows for me to partake but at what cost to me? What does it do for you? You end up with the following - Red, crusty, + ****ed-up nose. Tired, lathargic, moody, not thinking clearly. unmotivated + sad. Isolated + shame.
why re-create what has been done to you - b/c it's the only place that is "known" to me - it's what I've used to cope - I made a promise. A promise to wait to use until next Wednesday and to attend one yoga class b/tw now & then. It's the habit of it all -
my aversion to authority & finding gaps in order to "free, fool, or get away", I think I will continue for my parents sake & see how the next few weeks pan out.

But, it would be amazing if you examined your frame of reference - an outdated lens that doesn't serve the woman you want to become. The new lens is that it doesn't work towards your highest good. At least right now is unable to be done with negative consequences to health & living. It pollutes your mind & your body - truly, it can cause damage to so many parts of your beautiful body. I sense a shift and it couldn't come...
Soon enough! I have so badly wanted to quit and I knew it's a dangerous disease — but I also knew that maybe my path isn't traditional. I by no means mean that I'm a "special", "better," or "more important". It just means that maybe I try something that resonates with me. And this includes —
- short term medication mg/mL
- TCA
- EMDR for resilience
- long term psycho-therapy
- body work
- moving my body!
- learning
- getting involved in my hood!

This is the winning Rx'ing and just must be done. The procrastination is really wearing on me. The impostor syndrome must go. The feeling of not being enough, giving enough, doing enough. Some of that is true — I'm not following thru or getting up despite . But I do know that's directly linked to usage. The issue is this —

Pamely has access + I love the first or second "hit". But it's downhill from there. Stay in today, stay present.
7.27.19

The last week of July is upon us, what do I deserve for the month of August?

1. Getting involved in Dharma Recovery groups + abstaining for that girl for the entire month of August - continuing from July.
2. Attend as many groups as possible + do the uncomfortable.
3. Work out my body every day.
4. Meditation every day.
5. Relax into the unknown.
6. Sort through confusing emotions.

I'm ready.

7.30.19

Today is the day - 101 - That's my plan today, the medication is helping stay positive. Yesterday it was an overwhelming urge in my body. A Restlessness so deep. What I realize is that access to any of it - flooding the emotions - ignites the fire. Once the first spark its over. The house of recovery is burnt down. So it's the only way to get rid of all contacts. So I know what I must do.
The other reason is finances -

down to the wire.

It's a good day and I will keep on this journey. What's the difference this time around -

new perspective. Wanting to -

10 reps be well. It's that time - and

what a wonderful time it is. I

The day was a wash but I

am going to keep staying clean.

1 2 3 4 5

Thur Fri Sat Sun Mon Tue

The 5th day is def the worst.

So if I calculate this right -

The 5th day will be Saturday

This weekend, I want to do something that increases my wellness.

1. Foundation #5

1/2 body weight

2. Eat breakfast as up

3. Reduce sodium + sugar intake

4.
Stress Addiction has created
money issues
Dodging/having to keep secrets
stress
missed appointments
canceling entire days due to fear
cleaning/mess
Having to lie/dodge
Waiting for it + aftermath

Guilty or Ashamed
- Have to deal with fear
- Canceling obligations
- Putting self in dangerous situations
- Spending $$
- Lying about tests (one more time)

-- worthiness
- Yes, not worthy of success
- My ideas about future
- Worthy of
- Worthy of a healthy life

Fear of being caught?
- I should have feared it more

Dissatisfaction -
It's never enough, always wanting
more + panicking when realize
it's over.

Stealing - No.

Starting lying about addiction
Since age 13
- Bluntly: yes!
- Always
Lied to: mom, dad, Howard, kids/
entire family.
Lied to myself
Extend is that haven't used or can.
Present: 

God 
Sarah 
Alyson 
Kelly 
Hunter 
Kathleen 
Mim 
Dad 
Howard 
Mom 
Cousins 
Kids 
Aunt 
Uncle 
Friends 
News paper 

Why: 

taking Beav 
Body 
Body 
Drug + Family 
Drug + Family 
Drug + Family 
Drug + Family 

taking Beav 
Body 
Body 
Drug + Family 
Drug + Family 
Drug + Family 
Drug + Family 

addiction, lying, having 
Hurt, lying, not showing up 
lying, not showing up 
being absent 
Not backing him up 
Not showing up, lying 
Friends 

Hurt 

Howard 
Dad 
Mom 
Kids 
Hunter 
Beav 

Athena 
John 
matt 
matt 
Gregory 

Pumping 
Being able to be 
"normal" 

Tasting 

not showing up, being absent 

Spawning garbage
SELF
- Away from love
- Weight
- Health
- Looks
- Disappointed not reliable - let self down, by letting others down
- Don't take needed actions to move forward
- Financially
- Reputational
- Ability to participate in life
- Life to self - "it will be different this time"
- Against value of integrity
- Hurting career path

Isolated?

That's all it did. 3 years it took before went out.

Crazy anxiety "lost" not known to self. Disassociated. Constant fear/anxiety

Hated/judged
- Breasts
- Butt
- Body
- Face
- Dishonesty/not showing up
- Not being "worthy"
- Don't deserve it
- Impostor syndrome

Envy

Kathleen - intact family
Breasts
Good? - couple who have it
- Kristen-Lyn

People doing it - action
Alka training - wish could be that dedicated
Connection/sobriety of others - Courtney
People who can use without addiction - Iva

Less than
- Not in awhile. But used to compare self a lot to others
I think most were "better", "brighter", "more beautiful" kind of over it.
Supercilful - not really
- was a little self-righteous during
  Hallie + Hunter_Fiasco

Greedy - people have felt used
- that only call or want
  to be with them in order
  to use

Needy - latching on to 17 relationships
- b/c don't want to be alone

Selfish - not thinking how breaks
  Families heart
- what I want to do
- missing important events
- not being caring or present

Need to be happy ... or least feel
  Thought.

A loving Relationship + Family
- my brother being alive + family
- which again
  I need to make money

Misery
- looks "yuck"
- Finances!

Physical disorder
- drinking when drunk
- Bad area
- unknown characters

Grief/trauma
- Bullying
- Dad younger health
- Bus drive
- Death
- Rape + Sexual encounters
- Verbal abuse

Physically
- Not strong + healthy
- Skinny
- Aging Skin
- Hair loss
- Fatigue + energy loss

Emotional
- Constant depression + doubt
- Beat self up
- Always going to be sad
- No way out
- Self-hatred
Disappeared -
Entirely
- all things social ce active
- work + responsibilities
- friendships left behind

MIS Fortune
- marriage

Different
- isolated + alone - connected + in love
Active/involved - isolated + not involved in anything

Creating/Building - hiding + dissolving
Family - me, my self, + I

Friendships
Enza - damaged
Work relationships / stuff - damaged respect
Howard - list of trust
Shefim - absent
Bryan - stranglers
August. 2 more months in Del Ray.
I do know its time to go —
lack of excitement, movement, + opportunity. Lac Miami but think it's time to get back home + work on campaign. Headquarters in Philadelphia. Spent good portion of that time on the road. The work is new. Nothing compares to that rush/high/ excitement of getting. I am searching for ways to escape. I am actually pursuing chances/times to do. Planning it all out — like tomorrow. I have been going at my face more than usual. Changing medications I must work my body out. It's almost midnight... tomorrow a few hours away. Will I? I may... but what's that about? It's about the predictability of addiction, craving, wanting, needing, having to have — this is all very normal + part of the disease. The only way to arrest this situation is to sustain + by sustaining over time, that feeling & put into remission and life unfolds due to new situations +
activities replace. It's fucking
science & it's also very true
that come end of time here -
It's break-down. But I also
need to get to the head
Space where I am able to
have real clarity. I am
Struggling so hard to
Find the will & ultimate
Solution to this. They say Rock
Bottom- only way to come up
but I don't want to get have
to go that low. I guess
It's like this in the beginning
Feeling crazy I only Day # 4

Constant Reluctness -
No excitement -
8.4.19 # 5
And again, it's like nothing
I've seen before
The hard headedness is
on another level, like I
don't think I've ever met a
more stubborn human being.
Is this really going to be it?
Because you can't afford to
continue on. Your looks & health
are at risk. It only gets
worse & once that's gone
there is little to do to get
it back. Natalie's Birthday
Day #2 + to be honest, I am triggered. B/c of him.
There was a brief moment that I thought it might be a great idea but that quickly went away. The truth is that you so desperately want to do it differently. Have another type of relationship - but you can't surrender to that reality + maybe things will start turning around - B/c I know that's not what you want to spend time doing - quite the opposite - but the pull is so real.

Today, proud of the young woman she is becoming. I feel grateful + proud to be her "auntie." The girls have been distant with me, maybe it's my love for hallie + continued support. I can't pressure them anymore, to forgive, trying to hydrate + reboot my week ahead. I think it's fitting that Kelly would take the day, as Rather Mane, August 3rd + 30th - I kind of like the ring of all that.)
So, I cleaned up today. I hope it goes on with it. I think I'm going to be home for at least a week - see how integration feels.

And I'll spend all of September down here - focused + healthy.

8.5.19 #4

Hacked

8.12.19 #17

Really. That was. It! It's been a wave of emotions - ups + downs.

8.14.19

It's when I get overwhelmed - I tend to want to "escape" r/ or shut down. The feeling just crept up and made me want to "run" + smoke - but I know that's not a great idea / option. So instead, I am writing about it.

I am getting anxious about seeing Howard. It feels a little crazy. I've been so
used to being on my own + doing it me!! + now have to think about others. There is anxiety + not sure where it comes from... maybe its "Lack" of having substances - it's been 5 full days. It's been the longest I've gone in awhile. I think it might be good for me to run on the treadmill.

8.30.19
I've been waiting! Silly how this date has so much significance in my life. But it was the day I began the "clear vision" journey that has lasted now for 6 years. 6 years without drinking + sometimes I miss it + other times, most times, I thank my lucky stars! The 29th would be the other date if I can hold to it.

wise intention, wise effort, wise action. I feel like I am able + willing - that working girl/CEO in me - wants
Today recovery like a business
making sure I get to a meeting
everyday, workout my body,
treat body with love + care.
Do the next right/wise thing.
Am I getting closer to peace +
Serenity or Farther away From It?
Tonight I will go to Refuge
Recovery + Be amongst some
similar peeps. I, so badly,
want to give yoga another try -
Free my body from toxins. I
think I'm going to go home on
Sunday + head back down
Sunday/Monday evening.

I have a big week + one that
I am excited For - not much
to do until Monday.
Sunday - Home in DE
- discuss money w/parents
Monday -Shore?
Tuesday - Call Accountant re taxes
wed -
Thurs
Fri -
Sat
Sun -
8/31/19

Today's theme was "denial" - to be compassionate for others, denial, keep them safe and warm in comfort. That's what I am going to do for any Howard is among the Fishies! Day @ The Beach with a book, sunscreen, and peace, went to a great NA meeting today! It was @ a local homeless shelter + I was the only woman not of color. I want to give back again. I see myself directly + positively impacting people's lives for the better. I miss my work - but I also know that that will only happen if I'm taking care of myself. Today is technically day 4 - the next few are slightly precarious - but I am going to get through. My finances also need to be straightened out. But I am going to make movement in the financial responsible path + now that my higher power + manifestation will bring gifts + fruits to break. Today I make 2 choices that positively impact me + those I love.
9.1.19

First day of September - usually my favorite month - the beginning of Fall, the end to a long, hot, summer. I'm still trying to put the pieces back together. Figuring out my long-term plans while also trying to stay present. I remind myself that I'm exactly where I need to be. There are loose ends and sad conversations ahead of me.

But I'm getting on the same page as Howard, saying goodbye to Delray, figuring out financial arrangements and living set-up. It's gotten better - don't feel so alone however it's still not where it should be. Been 3 weeks + I still haven't slept with him. Entire month at home. It's been partly circumstance + partly choice. But something has to give + sooner the better.

The one thing I do know is that I spend entirely too much time on my phone - Insta, FB, etc... So today I am going to take a break + not pick phone up until much later in day.
Everything is as it should be.
I expect and accept great abundance to come into my life.
3. 3. 19
This will ruin your entire life.
Caron Detox.
Fired.
Annoyed.
Feeling un-courageous.
Defeated.
9. 4. 19
Second day - Now on unit.
All the women are lovely and staff has been great.
Feeling anxious as tonight is first debate on climate change.
Feeling horrible about what I put my dad through.
The idea of being 100% sober is appealing to me but foreign. My life sober - what does that look like? Productive, try, healthy, purpose, passion.
I don't want to be here long - 14 days. Feels right but will have to see how that goes.
Moment decided to use - accomplished something. No longer feel helpless could, would, take action that makes me feel better.
Being in control, when so many things feel out of my control.
Relieved when make initial decision

19 15 16
Husband - Feeling no agency - no say - avoiding feelings for risk of conflict.
Spoke to Elizabeth about debate - she said he did "great" - gave specific details and said was strong. This makes me incredibly happy. A sense of relief called it weird and there was no answer, so left a message.
Right now I am just going with the flow... Feeling sad but resigned. I am here + there is where I'm supposed to be. I am trusting that all will work out... giving it up to God. Missing both at the same time. Feeling that I so badly want to talk to Eric but know that this time + space away is good for me. It's a re-commitment, a refresher to remind myself that I'm not alone, that I don't have to continue living in the obsession I am most likely going to experience intense cravings in day 5 or 6. But this time I will have a buffer. I won't be able to access that two week period will be the longest I've been gone in awhile. I just mapped it out + the results were a little shocking. I think the longest period of abstinence has been 15 days since basically March. So what is it - it's picking up the first one + I do that all is downhill from there? 9.5.19

Second day @ women's unit. It was a good day... I reached my goal. I went to the gym, smoked less cigarettes, worked through reservations with AA vs. NA. August 30th will always be a special day. For me but my sobriety date is 9.4.19 I'm using Bev as my higher power. It's getting easier to comprehend 100% sobriety + my long term goal is one year + continuous sobriety. I won't have phone privileges for another 12 days which sucks. But I guess it's better for me to truly focus on myself. The women here are amazing. I truly love them. Forming strong/bonds this post may be the real deal; only took me 15 years to get here. But better now than never.

9.6.19

Feeling less anxious today. Just a little pissed at self. I feel slightly embarrassed + silly that I'm back in this spot but ultimately it was the courageous thing to do. My goal was
Today is to continue working out +
going to the gym. To hone into
the "critical moments" + truly
get clear on what I must do to
ensure I'm not here again.
That involves saying "goodbye"
to some really close friends (Peter,
Angela, Kiadil, Shenday, Nick).
Those are the repeat offenders. I
think for a period of about 6
months I will have to stay
dick of anyone who uses.
I can contact via phone but not
see in person. What are my
"critical moments"?
- Angry at press
- Sense of accomplishment - reward
- Feeling like I'm not being heard
- Powerlessness
- Being around others who are high
- Boredom: lack of structure. Free...
- Opportunity to get 72 hr. time-
  period.

9.7.19
Today was a good day + I am
grateful. For so much. I am
finally at peace with being here.
Knowing it's the absolute best
thing for me. I spoke to 3 today.

He looks great + sounded great -
saying how much he misses me.
I miss him too. The dilemma of
it all - but I do know that
it will work at the way it should.
I'll think he is regretful of not
staying sober + fucking up time
again. But it would have been
him or me. I am actually
excited for him to go to a
meeting with me. And then I have
Howard coming to see me
tomorrow. I am nervous + feel
happy that he is coming @ the
same time. I knew this is my
time + will not pick up undue
Any + all circumstances for a
period of one year. Asking my
higher power for signs to
help + support me in this
extremely difficult yr. Excited
to walk up for coffee tomorrow.

9.8.19
In bed with my coffee. Had
nightmares all night. Dreamt I
got with Brendan who was
with 112 @ the time. Dreamed
that people from my past were
trying to kill me - the speaker
From last night + some new 
when people kept getting phone 
calls from people who said that 
they wanted to kill me + was 
hiding all around. Think it was 
who is that trying to kill me. 
Taddy is 6 days clean + sober.
Howard came to visit - it was lovely. 
First time in over a year. Sad 
that I've been in 3 places since 
then. Where do we go from here? 
I'm not entirely sure. Talked to 
Erie today and he seems lost 
in his future plans... afraid he 
will relapse... when I leave. 
I can't control his behaviors 
I can't control anyone but myself. 
Today is day # 15 + I can't 
tell my cravings + irritability 
kicking in. Just gotta get through 
the next 19 days.

9.11.19

The past 2 days have challenged me. 
But I'm on the mend. Howard 
will give me money to live for 
the next 6 weeks. My cord has 
gone to my chest. Bronchitis - 
I must stop smoking. Tomorrow 
is the day Howard + I got 
engaged 8 years ago. I have 
my great feeling about the debate. 
Tomorrow is a good day + it was 8 years - it's a sign.

9.13.19

Friday, the 13th. Feeling really 
down today. Am I the 
date? Is it the weather? Is 
the fact that I've quit smoking? 
It's been 2 full days. I quit 
more nights. Getting through the 
weekend which is all about 
some down time. This will be 
good for me. I will read. 
Do work, write letters, + 
really try to Focus. This is my 
cross to bear. Giving it all 
over + up to God. I can't 
know where Howard's head is 
+ although I know he loves
me...I just don't know if we can make it work. It sucks but there is not much I can do right @/ in this moment but pray for guidance from the universe/higher power. Feeling homesick too. I think it's b/c I'm not going home.

9/15/19

It's 6 am in the morning - rainy & foggy outside but bright & clear inside this head of mine. I had a pretty amazing God moment/higher power moment - woke up at 5:30 am and for some reason picked up an article on the bedside table - wasn't visible just in one of those slots. I was going to read the "Judy Collins" article but instead was drawn to an article written by "David Black". Not only did he have the same doc as me but he said a few things that have resonated with me more than most. He also used like I had.
Poignant Advice -

"My drug addiction was meant to turn down that kind of intensity. Whether it's intense joy or intense involvement in working."

"Part of it was the intensity - which sometimes is the intolerable burden of consciousness" - It's too much!

"I didn't give up on myself."

"I knew that there would be times when I really wanted to use, but I could decide not to."
Now I am aware of the experience of suddenly having a silence when the reality floods in everyday. It gave me a model for experiencing the world in a way that the intensity, instead of being threatening, becomes joy-producing, physiologically.

Joy + anxiety + excitement + fear - physiologically - the same neurology is going on. It's just that our interpretation differs.

We describe it to ourselves as one thing or another. So I'm learning more and more how to describe that feeling not as anxiety or fear - but as joy.

You can feel it as joy most when you are moving in the same direction that God is moving in the world.

When in opposition it feels like fear + anxiety.

When you're moving in the right direction, it feels like joy + bliss. - David Black
I am feeling intense sadness. Feeling homesick + interestingly I only have 3 more nights and two more days. I may ask if I can leave & go home on Tuesday evening. Not too sure I should push it or request it. What's a few more hours. Although would be so nice to go home. I think it's due to me not smoking - dopamine levels have plummeted. They say that day #3 is the hardest. Although I want to look it up on the internet.

Feelings - those mother Fckers!
I think I'm going to ask to leave on Tuesday morning. Afternoon, or maybe I stay thru Wednesday. Going to give it up to higher power + ask that the right answer come along...

Keva - what was the Fucking point? It was too good to be true. He fucked around with my heart & totally used me. He loved his wife the entire time. I blocked it out - I used bc of him + need to get honest about that with someone. I don't think...
I realized the pain that was caused today. Funny how things surface. It's been a long while since I have been sober for.

14 days.

9.11.99

Meditation with Meredith today - she took us to the island of possibilities. It was surprising what came up for me... Howard was there and we were happy together and I had children.

That was a first for me.

There were children by my side and Howard was my love. There was justice, passion, clarity, responsibility, love, hope, and a deep sense of calm.

9.16.99 continued

I'm going to discontinue this journal after I leave here. I no longer have use of the past other than a reminder. I am heading into the future and leaving my addictions behind on magic mountain.
I have learned and processed a lot while here— in just the two weeks I’ve been away. I’ve learned my triggers, learned some useful DBT skills, re-integrated and proved to self just how good I can be when sober, made some good/lasting friendships; reminded self of what needs to be done, re-committed myself to complete sobriety, quit smoking! It will be one week when I leave here + feel dealt with some fucked up triggers/stressors. I re-committed myself to health + wellness. I need to be there for the kids, for my parents, for Howard, and for myself. This needed to happen and it was the perfect timing— Divine intervention.

I will live in Bean’s honor.

I will stop hurting myself.

I will stop abusing my body.

I will surrender to feeling.

I will surrender to this disease— wholeheartedly, fully, completely, gladly.
9.17.19
My last full day on magic mountain I am so grateful for this gift of recovery. I know I have my higher power/encounness/guardian angels by my side. For the first time I feel as though I have myself. I have my own back.

9.18.19
It's 3 am in the morning and I can't sleep. went to bed at 10 pm - 5 hours of sleep. I know it's b/c I had a strong cup of coffee @ 4 pm and I am going into town today. I had a beautiful coin out. And surprisingly, Kate said the most profound & meaningful words. The I have beauty + pure muscle in that braid. I am leaving here renewed - restored - reenergized. For my life. 14 days ago, I was dropped off and now I am leaving with more confidence + hope than I've had in awhile. I am so grateful for who I've met, what I learned and who I am becoming without...