

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 supposed I feel outside my deck.

Florida seems safe + comforting to me, I am supposed to map 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 in 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
hurting or just pretend + put
it out of my consciousness.

1-26-19

So open your eyes to a new
a light → I have wandered
around your darkened land all
night. Cried 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
mane 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
concrete decisions in the next
few months.

A year from now...

January 2020

- (1) Been subce from C + hard for a year!
- (2) working on Livelihood as main job / project.
- (3) Living? Florida weather, but home is where my family is.
- (4) Super solid single - or beginning to date / find romance!
- (5) Not in Relationship Limbo
- (6) Eggs frozen / harvested / pregnant.
- (7) Fucking non-smoker.
- (8) Exploring other opportunities + taking them - For career.
- (9) No Debt + credit built.

I know that adventure must be added to my sobriety list -

And it is. I am jumping in shower, 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

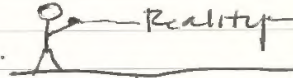
me is my brothers. How I don't
have them in my life anymore
I'm looking forward to starting
my clinical week, really diving
into therapy and working on the
parts of me that need love,
support, and tenderness. what
does that look like? well for
starters it begins with truly
letting go of all expectations.
Committing myself to Reality @
all costs - knowing this is
where 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 + being with the people who are available to love me + give me support.

It involves true letting go -
Surrender. Emotionally + Spiritual
on my knees. It involves
doing the work + doing it well,
I think my age plays into all
of this - 37 + about to turn
38 without children, husband,
a 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 + not talking - in my
mind make it "ace". What
is the healthy way to be?

It's either all or nothing - how
do I cope with the unknown +
let it go? wanting to reach out
+ share - my life with others

Balance.  Reality
walk the line...

How do I react at?

what if I know in my gut
that its no longer there?

What are the good things?

Can you 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/wife
- Dealing with Howard
- Emotional immaturity
- unstable

ups ↑ + ↓ downs

- Letting another person control

Emotional States

- Feels harsh - "all + then nothing @ all"

- Rollercoaster

- Not taking care of self

- Giving up my power

- He could die - another loss
what can I do to improve?

- Not reach out 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. Go

For 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 - @ least for now +

probably a long time. what I

know now is that he is hurting

doesn't respect my mind enough

think I have anything to offer

thinking I am obsessive (I am

compulsive (I am); and dingy

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 Fews 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 + Fews. 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
falling for is no longer here.
It's just not him anymore.
I want sobriety at all costs -
I am willing to go to any
lengths to get it. I want a
miraculous life - filled with
things, people, + plans I love

A few things that were said in meeting that resonated with me -

- ① Accept you're powerless - over situations. 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
- ④ Kindness - random too.
- 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 hers.

I also think that we won't end up being together - I have no more illusions. Things that really make me wonder / quiver - 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 For 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 Father.

I am grateful For the bird that

Sang outside my window when

asked For Beans.

He is here with me.

Dear Kenn,

When I first met you, I felt an instant yet unattainable attraction. I was also surprised + happy that there was someone my age - from my area - + 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 + 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 others arms + had mind blowing sex. Towards the end - your wife called and you rushed to kick me out of

The car - I smoked a cigarette while you sat in the car talking to her - and I remember thinking this is a disaster. You came out + 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~~ no peace in my heart. A familiar feeling came over me + I vowed to let it be.

Enc Dengke

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 +
honestly didn't want to be
"that" woman to your wife

But I came back to Ocean Drive
connected + needed to process -
both Tracy + Randal were out
that week + I let it sit
after being told to "talk about
it" - that it would release the power.
I became more confused +
ashamed of letting our business
sit in the open.

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

I may not have ^{been} 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 @ Sam?"
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. ~~at you~~

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 knew 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
Carri - 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 ~~was~~ 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 100% 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 -
you telling me that "you were
on benon, + 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 you 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
you two are like a drug -
addicted to the feeling of
being "safe" - made by another
or the fact that the sex

~~2020~~
was incredible for the first time -
in a long time. whatever it
was - feelings were felt +
remain unsettled. I think it
is best we talk in person,

1/30/19

So thankful that January is
almost over - c'est la vie! 1.27.19
is my date + 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 +
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 over 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 healthiest
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 underpants. 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 woolzacks 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 growing + got obsessed with. It's been a long time - but its 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 convo

with him - what's the point?

I would rather leave the mistake - take the lesson. What did he teach me? - That intimacy is so

important to me. - That falling head over heels isn't necessarily healthy - That I choose men who are unavailable to me. He

also taught me about my own pathetic/immature/nedy behavior that I would like to change.

I don't need to be nedy. 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. You go this,
Ashley Blazer Biden.

Prayer

" Please whoever you are .

→

" Please keep sober today "

" Thank you for keeping me sober

Prayer upon Awakening + @ Dawn
86

Prayer: 417 Acceptance

Big Book -

AA Big Book App - Free

Text - Everyday

Pr's + Con's

Praying to be ok - to love
Self. Help me love me.

Other Assignments -

1) 5 Gratitude each day
- Nothing can purchase

2) Pr's + Con's list of Kevin

3) Affirmations.

4) Set Boundaries for me

Reason, Season, Lifetime.

Continued Relationship with Kevin

Pw's	Cw's	Pw's	Cw's
Insane/deep sex	WIFE CHILD		Not Feeling safe anymore
Kissing - like smell of breath	WIFE not having him Started relationship when in another relationship		Feels guilty - both of us
Insane/deep sex	WIFE not having him Get hurt b/c still in Relationship		No undying commitment to another
	might go back to his wife		Not available to meet my needs
	Daughter resents me		Long distance
	WIFE calls News Storm		No Romance or Real Intimacy
	Not sober + ches		Doesn't know who he is <u>Yet</u>
	Emotionally unavailable		More time Focused on Something that may go nowhere
	Reason for leaving		
	Fucks me out - Again.		
	Back + Forth - unstable w/ emotions		

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)

1/31/19

The last day of January - For some reason the 27th just sticks in my head as being a great day. My ego always in the way I met a woman @ 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 @ a time.

2/1/19

February! Hurray. That much closer to Spring... although I need to stay present. And be grateful for today. I had some up's + down's 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 @ 7pm - marshalls for 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 Shower -

9 am - gym

10 Am - Shower/Home

11:30 Am - Lunch @ men's house

2:45 pm - Single process + blow out

5 pm - Dinner?

7 or 8 pm - meeting
Hang with Neil?

Sunday

7:30 Am - gym/boxing

Beach with Beau

11:30 Am - Brunch @ women's house

Beach during the Day

Meeting @ some point -

5:30 pm - Dinner

Superbowl @ guys 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 @ 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 - meet Daren + 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 -

Reframing my life.

2/2/19

Early morning - The sun has not yet shown 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.

I have struggled for control - for absolutes. For some assurances that I will never get as long as I keep struggling. I do know that I would like to quit smoking for my health.

2/4/19

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 + what I want to say...

He is home today signing papers for his new house. I am staying an extra week + 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 more

\$45,200.

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

Pro's ⑧

Recovery community

weather

Time to be w/ people who don't use

Away from Family drama

Space to focus on only me

Leaving job

Time/space to figure out marriage

Sponsors here

Con's ⑨

Away from Athens

Away from Family

~~Family drama~~

Leaving job

Don't want for a man

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 @ 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. Its like each relationship get me closer to where I want to be. Showing me more + more of what I want. I won't see him tonight. And thats ok b/c I'm exhausted + I'm sure Neil has also gotten in his ear. Did I mention that Kevin is an attack thought? Kevin gave me what I socially needed but not emotionally. I can see now that he wouldn't provide the love, support, + attention. He doesn't have the empathy needed or the sweet side —

I know that Eric does but also know that Eric isn't ready for a relationship + has been known to drift outside. I am not sure what to do with how I am feeling other than focus on myself + let 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 power + realizing that unlimited happiness resides within.

He ~~did~~^{didn't} call 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 power 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 - Its 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.

2-8-19

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 gift 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 + 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 @ a time.

2.10.19

The morning. Early mornings.
Kevin 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 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
 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.

good	Bad/ugly
Sex Looks standing	Emotionally unavailable Back + Forth Not able to communicate Appears one way, acts another manipulative contempt stonewalling cheats on wife gas lighting ego not affectionate immature harsh

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

- 1 Affection ✓
- 2 Kindness ✓
- 3 Sweetness
- 4 Sweet nothings ✓
- 5 Humour/Laughing ✓
- 6 Attraction ✓
- 7 Intimacy ✓
- 8 Passion ✓
- 9 Loyalty ✓
- 10 Trust/honesty/vulnerability ✓
- 11 Stability but adventure
- 12 Adoration
- 13 Intellectual curiosity
- 14 Independence
- 15 Cares about me
- 16

2-10-19

He is still in \heartsuit with his girlfriend - what the fuck - 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 get 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 those intense feelings. They have faded away - even my desire to be around him. And so...

2-11-19

It's manipulation has it's 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 Blaze 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 caring for her. I was given the hunger games to read as an assignment. Ken is actually coming around + being sweet. 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 + leave 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

Group

2-12-19

learning to fly with half developed wings... Coming down is the hardest thing. It's gotten weird again - up + down. It's really disconcerting and horribly discouraging. I am really trying to take deep breathes 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 + have closure around the situation - but will want to see what Randal 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. Randal 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 lessons 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 new drug that
feels really AF-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 know I was meant to be here with Kenn - to truly let him go. He wasn't the man that I needed / wanted him to be. He is a descent 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. Its 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 I feel a 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/want 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 joys + jokes + 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 + then we will deal with that. Cross that bridge when we get there. He does understand that it's wrong + I think he is willing to make changes + 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 ♥ 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 eternal 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

Florida

Pro's

Con's

Time Away to
Figure out what
Ashley wants

Old haunts
↳ Friends who use

Recovery community

Know how to easily
access drugs

Care Therapists

Family drama

Work on Recovery
+ time to get
it right

Known for name

Get away from pressure

Philadelphia makes
hard to move on

From Howard

- potential to

stay in relationship

cons

Away from Family

DE reminds me of
Beau

Summers away from
Home

Regret not taking
chance

Living up security
(Ashley's pw)

People, plans + things

Boredom - Feeling
"Stuck" - "Is this it?"

Monday

7 am - Workout

8:30 Divas

10 am - Fed Ex - Send box Home

12 pm - Carrin Fxx notes + say
goodbye

2-19-19

I've left Del Rey, Beach in Flight to La La Land for an exclusive Executive Producer dinner event. Eric dropped me off - had an amazing 3 weeks with him. He made me happy, made me smile, feel loved, and wanted. He was vulnerable with me in a way I loved - felt super safe in his presence. He admitted to me that he was/is smoking pot - that his prerogative. I know for me - for now - I can't smoke or do anything. It just feels too good being sober.

Is Eric up to Howard'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 + fun. I have to remember that these were the feelings associated with Kevin - and they passed. I need to slow down + give myself time + space to breath. maybe 6 wks 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 Alano. Taking me back
to my first - one of my firsts - 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.

Howard / marriage

Pat's

Love another

Family's love

Value - Family

Com's

Don't share similar interests
guns vs. Fashion

No sense of adventure

Content @ party show
every weekend w/ family

No Language of love

Casual use

lying (white)

No intimacy

Don't Kiss

Built up resentments

don't like friends / can't
hang out

What values don't we share?

→ Loyalty

→ Financial

→ Intimacy / Affection

For so long the softer, shy, quiet side of me has been in hiding. The sweetness that once encompassed me + wrapped me up left 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.

Things you do want -

- ① Affection - holding hands, kissing, hugging, sweet forehead kisses, face rubs,
- ② Laughing → making me laugh + ~~tabble~~ to laugh @ 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 Eric but he is young, immature, and not entirely motivated. He is my surrogate dude - reminds me of Jamie Alano. 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

everything out. IF Dad runs

It truly messes up everything with
homeboy, it all makes me nervous

But that's not happening today -

I have to stay in the moment -

It all feels heavy but need to

keep it easy.

\$ 2,529.45

March 1st - After 12 pm

4th

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 - where -

Financially supported - How?

~~weekly calls w/
Jonathan~~

2.24.19

Holy crap - here we go again.
Not going down that rabbit hole -
So much has happened. my marriage
is over + 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 chalking
this up to an opps and moving
on from here. February 23rd -
Keep moving Forward, Blaze.

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

Plan For 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 love - so present, affectionate,
and loving 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 supposed to be?
I am finished with my work
here in Delaware - I do know this
place is no longer safe, 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 McGlinn?
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 McGlinn
- ② Howard
- ③ Mom + Dad.
- ④ Babs?

Sat, Sun, Monday, Tuesday

How am I here?

2-25-19

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 + she was

shocked. But super supportive.

I have to have Faith that this

will all work out. I must have

Faith.

Rx - 10504159

Rx - 10453048

Rx - 10473818

Rx - 10489404

Rx - 10485587

Ax - 10608554

Rx - 10497336

2-28-19

It was 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 wrong.

The phone is off. I would
feel responsible on some level.
I have to lean in to 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?

Break
Away

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 gang or bloc 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
& 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 well-being
- 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.

Sobriety is the last link 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 Ken 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. That's
the reason and here's to a new
season. I did it. I changed
the trajectory of my world for
a short period of time or
forever. I did something for
me, by me, and to me. I
gave myself a gift. The gift of
self love + respect. I
manifested it all, those powers
are real. And I am learning
now to use them for the
good of myself. Grateful
today. Really grateful.

2-6-19

First Day of Lent. Bringing it up
to my higher Power, went to
a meeting with Hallie + "Raise me
up on Eagles wings" was playing in
the background. Ken Lenane
text that he was sorry for how
he treated me. Overall today
was a good day - I am grateful
for 1) Hallie 2) Chorus 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 Haskie. she has been great
since I got home + I am super
grateful. let go, let God one
day @ 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. Its 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 Kiaddi b/c it
just isn't good for the two of
us to hang out. I am red,
inflamed, and staying in doors
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.

3-9-11

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
good but I do wonder if I
will get lonely.

Joe Biden without question
has the best chances 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 + being
courageous as I can be.

3/12/19

So... we are running. 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 know the move to Del Ray
will be good for me to get
away + 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

Right move? Literally. I'm nervous that 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 for + ~~def~~ wasn't trying to get my feelings all mixed up in it. But it 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 those days have passed +

I'm not certain 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 "Fuck my Face, Repeat" Its insanity at its worst. There is nothing to do anymore other than just

Stop doing it. It makes no sense. Eat away at my self-esteem + I am isolated for days at a time. I had all these 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, + Dad this morning. Mom + 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 + stay with me for the next few days - timing is off + not right but a sweet gesture. It's kind of nice to have someone who understands my struggle + 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 + is pre-occupied 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
& 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 + @ 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.

3/16/19

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 its 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 though + 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 + 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 + Natalie go to Abu Dhabi for the Special Olympics so will be gone the entire week. I think today I will organize my clothes + start sorting it all.

3/23/19

This Day next week, I will be on my way to Del Ray beach Florida, I Feel a little under prepared but not much I can do about it. I'm doing the best I can. I have to clean out my car entirely + 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 + get to a yoga class today and for tomorrow, tonight I have dinner w/ Kate Brehner. I have to make sure I am keeping a tight budget - 40k to last me

@ 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 - B/c 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 + 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

Feel 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 @ Co. 8 vs. things on my person.

I will say that sobriety is the ultimate way to go!

2 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 its suppose to feel - feeling as if this is completely normal. IF I didn't have high emotions and its first day of nothing than this is to be expected. E has been distant - feel as though feelings changing - and for some reason feel 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 leave in 6 days. I am now going on Sunday - but that may change. I went to the Hamilton Hotel and saw the uniforms I designed. They look great! It is exciting to say the least but for some reason not as excited as I should be. I think its a mixture of things. I'm going to go to yoga tonight + hopefully even out a bit - let the zen in. I'm I making

The right decision? Sometimes
I feel like I'm making a
mistake - that I should stick
around here + do what I need
out of NYC - but that also
is a little late.

4.7.19

moved in + now living in Del Ray
wasn't 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.
~~W/updates~~
Although it's somewhat difficult
when Z 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
Divas 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 - wasn't what I signed up for. It's not fair to me or my recovery. Tomorrow I am getting up early + 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 -
lets 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 + perfectly
content. And that was ripped

out from me. Prussing 35
years of one way and its
only be 4 years of another -
completely new, discombobulated,
piece-meal, and shattered.
But its about facing these new
emotions with grace + dignity.
thats all I can do @ this
point.

Website Relunched

→ Photos Re-touched

Press Release -
Press Launch -

Tuesday, June 4th

• Invite people.

Fashion installation - hire
"Rosana" models

- Connect to John

• Built at on Hammett
website.

★
7.16.19 Thunder Moon ●

The Thunder 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. Its 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 deserve its own page + special attention! Because it has been my most productive and happiest one for a few months. why might you ask? Solace, Day # 4, productive + non-stop since 9 am. It is now 4 pm. The Full moon has passed + I am really trying to remain free today. why do you want to do Anything that lures your vibe + makes you feel like shit! You get 0 Done + pick your face in the mirror the entire

~~7.17.19~~
time. Straight out of boredom. maybe this time is telling me to slow down? I have jumped leaps + bounds to get here + why now making life complicated + stressful? why sabotage a good thing. And its such a waste of money, time, + energy. I'm making serious progress + don't need it all to be spoiled away by one quick, rash, + brutal decision. How do I find peace around # all? Is there peace to be found? I am going to be tested tomorrow, Fri, ok

Sat and what lie am I going
to have to tell? what do I
do? It will pass. you want it
to pass... keep holding tight
+ don't make arrangements for
it again - no poking + prodding.
today is day # 4 often 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 - ~~acc~~
+ 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
+ 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 + 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 for also been

giving "in" to the urges. And I need to refocus my life +
that's the first step in getting not let this addiction destroy
"clean" + "clear", ITS sad me, ITS all so sad. How
the feelings I have produced such time + energy goes into
in others. My Dad called on the same topic over + over again,
the phone saying he has the = am going to relax, do
debate in a week + "Naw hashat I need to + keep it
to worry about you." And he healthy!
oned, maybe he knows what H. 23.19

is doing + its worked but my calmer day. I think the
feelings of quit often are initial shock of my period is
overwhelming. I have to put an end to my system. The
do what is needed to stay 1 day shit period is over +
determined, strong, + healthy now its time to make some
Its now out of my system. improvements to my overall

health + wellness. It was
a beautiful day + now
absolutely pouring-thunderstorm.
I got a good night sleep +
Saw Jody today. Jacey
cancelled. Mom + Dad in a
much better space. My heart
hurt to see them so upset.
My mindset has begun to
change in that its not about
Beating the drug test or
using around it. Its 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, irritated, + Fucked-up NOSE
Tired, lethargic, moody,
Not thinking clearly
unmotivated + Sad.
Isolated / shame.

Why re-create what has been
done to you - b/c its the only
place that is "known" to me -
Its what I've used to cope -
I made a promise. A promise
to wait to see until next
wednesday and to attend one
yoga class b/tw now + then.
Its the habit of it all -
my adersion to authority +
finding gaps in order to "trick,
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
lense - an outdated lense that
doesn't serve the woman you
want to become. The new lense
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 wouldn't come.

soon enough! I have so badly
wanted to quit and I know
it's a dangerous disease -
but I also know that maybe
my path isn't traditional.
I by no means mean that I
a "special", "better," or
"more important", it just
mean that maybe I try
something that resonates w/
me. And this includes -

- Short term medication mgmt
- Yoga
- EMDR for resilience
- Long term psycho-tropic
- Body work
- moving my body!
- Learning
- Getting involved in my hood

This is the winning Rx'tion
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 -
Janey 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 desire for the month of August?

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

I'm ready

7.30.19

3

Today is the day - lol - 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 - touching the embers - ignites the fire. once the first spark its over. The house of recovery is burnt down. so - its the only way to get rid of all contacts. so I know what I must do.

The other reason is Finance —
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
be well. It's that time — and
what a wonderful time it is.

The day was a wash but I
am going to keep staying clean.
1 2 3 4 5
thurs Fri Sat ~~Sun~~ Mon Tue

The 5th day is def the worst.

So if I calculate this night —

The 5th day will be Saturday

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

① Foundation #5

1/2 body weight cones

10 grips

② Eat breakfast ASAP

③ Reduce sodium + sugar intake

④

Stress Addiction has created

many issues

Dodging/hurrying to keep stress

missed appointments

cancelling entire days due to Face

cleaning/mess

Hurrying to lie/dodge

Waiting for it + aftermath

→ Day to Day - am I going to ruin?

→ crazed in moment to moment

Dissatisfaction -

It's never enough. Always wanting
more + panicking when realize
It's over.

Stealing - no.

Starting lying about addiction

Since age 13

- Blatant - yes!

- Always

Lied to: mom, Dad, Howard, kids/
entire Family.

Lied to myself

Extend is that haven't used OR can.

Guilt or Ashamed

- Have to deal with Face

- Cancelling obligations

- Putting self in dangerous situations

- Spending \$

- Lying about tests (one more time)

worthiness

- yes, not worthy of success

of my ideas about future

- worthy of ♡

- worthy of a healthy life

Fear of being caught?

- I should have feared it more

Essential

why

God
 Sarah Basley
 Alyson
 Kelly
 Halle
 Hunter
 Kathleen

 Mom
 Dad
 Howard

 mom
 Cousins
 kids

 Aunt
 Erin
 Juliana
 Harris
 News paper

taking Beau
 Body
 Body
 Boo
 Drugs + Family
 Drugs + Family
 madness + not
 being aware /
 judgemental
 Dad
 \$, control
 Being able to be
 "normal"
 patronizing
 copying
 mischaracterizing
 Family
 Relationship w/dad
 Andy + coolness
 dad comment
 Debate
 Spewing garbage

Howard
 Dad
 mom
 kids
 Hunter
 Beau

Friends

Mutwun
 Athena
 John
 matt -
 matt
 Gregory

addiction, lying, leaving
 hurting self, lying
 lying, not showing up
 being absent
 Not backing him up
 Not showing up, lying
 using
 Not showing up,
 being absent
 pumping
 leaving
 addiction
 cheating / lying
 cheating, lying
 using, \$

SELF

- Away from love
- weight
- health
- looks
- picking at face
- Disappointing + not reliable -
let SELF down, by letting
others down
- Don't take needed actions to
move forward
- Financially
- Reputation
- ability to participate in life
- lie 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 - extract Family
Breasts
Good ♡ - couples who have it
- Kristi-Lyn
People doing it - action /
Alexa - training - wish could
be that dedicated
connection / sobriety of others -
Courtney
People who can use without
addiction - Iva.

Less than

- Not in a while. But used to
compare SELF a lot to others
& think most were "better"
"brighter", "more beautiful."
Kind of over it.

Superior

- not really
- was a little SELF-righteous during Halle + Hunter's Flasco

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

Needy - latching on to 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 you
thought.

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

Misery

- looks "yuck"
- Finances!

Physical Danger

- Drinking when drunk
- Bad areas
- unknown characters

trauma

- Bullying
- Dad younger - health
- Bus driver
- Beau's 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 or active
- work + responsibilities
- Friendships left behind

Misfortune

- marriage

Different

- isolated + alone - connected +
in love

Active/involved - isolated + not
involved in anything

creating/building - hiding +
dissolving

Family ← me, myself, + I

Friendships

Enca - damaged
work relationships / staff - damaged
respect

Howard - lost of trust.

Shefan - absent

But there - strangers

Sex life good - using/isolated

SELF-LIFE

justice → not being true to
my values.

8.1.19 #4

August. 2 more months in Del Ray.
I do know its time to go —
lack of excitement, movement, +
opportunity. Lac miami but think
its time to get back home
+ work on campaign - Headquarters
in Philadelphia - spent good
portion of that time on the
road. The work is now 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.
Its almost midnight... tomorrow
a few hours away. Will I?
I may... but whats that about?
Its 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
is 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 buckle-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 here
to go that low. I guess
it's like this in the beginning
feeling crazy. only Day #4

constant Restlessness -

NO excitement -

8.4.19 #5

And again, it's like nothing
I've ever 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 - and once that's gone
there is little to do to get
it back. Natalie's Birthday

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 hailee + continued support. I can't pressure them anymore to forgive. Trying to hydrate + reboot my week ahead. Think it's fitting that Kelly would take the day. or rather mane. August 3rd + 30th - I kind of like the ring of all that!

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 yw so desperately want to do it differently. Have another type of relationship - but yw can't. It's just not possible! Surrender to that reality + maybe things will start turning around - B/c I know that's not what yw want to spend time doing - quite the opposite - but the pull is so real.

So, I cleaned up today.
Eric hopefully goes on with
it. I think I'm going to be
home for at least a ~~week~~ ^{month} -

see how integration feels.

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

8.9.19 #6

Hacked

8.12.19 #7

Really. That. was. IT! IT's
been a wave of emotions - up's
+ down's.

8.14.19

IT's when I get overwhelmed -
I tend to want to "escape"
+ / or shut down. The feeling

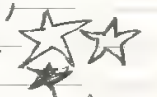
just crept up and made me
want to "run" + smoke -

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 "me" + now have to
think about others. There is
anxiety + not sure where it
comes from... maybe its "Lack"
of having substances - its been
5 full days. Its been the
longest Ive 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 + some days 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

to run 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 further away from it?

Tonight I will go to Refuge
Recovery + be amongst some

familiar 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

fr -

Sat

Sun -

8.31.19

Today's theme was "denial" -
to be compassionate for others
denial + keep them safe +
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, +
peace, went to a great NA
meeting today! It was @
a local homeless shelter +
I was the only woman not @
Cilok. 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 + manifestations
will bring gifts + fruits to
bear. ↙ Today I make (+) choices
that positively impact
me + those I ↘

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 + remind self that I'm exactly where I need to be. There are loose ends and sad conversations ahead of me 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 + still haven't slept with him. Entire month @ 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 + accept great
abundance to come into my life.

9.3.19

This will ruin your entire life.

Caron detox

Tired.

Annoyed.

Feeling un-courageous

Defeated

9.4.19

Second day - Now on unit.

All the women are lovely +
Staff has been great.

Feeling anxious as tonight is
first debate on climate change.

Feeling horrible about what I
put/stress I just put my dad
through.

The idea of being 100% sober
is appealing to me but foreign.
my life siberia - what does that
look like? Productive, joy, healthy,
purpose, passion.

3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13
+ w m F S S M T W Th F

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
make me feel better

Being in control, when so
many things feel out of my
control

Relieved when make initial decision

14 15 (16)
S S M

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 + said was
strong. This makes me incredibly
happy. A sense of relief.
called Howard 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 + here is where I'm suppose
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 gone in a while.
I just mapped out + the
results were a little shocking
I think the longest period of
abstinence has been 10 days
since basically March. So
what is it - its picking up the
first one. Once 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 Beau as my higher
power. It's getting easier to
comprehend 100% sobriety + my
long term goal is one year of
continuous sobriety. I won't have
phone privileges for another
2 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 just might 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 Scott. Feel
slightly embarrassed + silly that
I'm back in this spot but
ultimately it was the courageous
thing to do. My goal now

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, Kradii, Shendan, Nick). Those are the repeat offenders. I think for a period of about 6 months I will have to stay clear 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 its the absolute best thing for me. I spoke to E 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 out the way it should/will. I think he is regretful of NOT staying sober + fucking up time together up. But it would have been him or me. I'm 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 know this is my time + will not pick up under Any + All circumstances for a period of one year. Asking my higher power for signs to help + support me in this extremely difficult \heartsuit Δ . Excited to wake up for coffee tomorrow.

9.8.19

In bed with my coffee. Had nightmares all night. Dreamt I got with Brendan who was with Liz @ the time. Dreamed that people from my past were trying to kill me - the speaker

From last night + some new
organs peeps. kept getting phone
calls from people who said that
they wanted to kill me + was
hiding all dream. Think it was
bugs that are trying to kill me
today 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
Eric today and he seems lost
in his future plans. I'm afraid he
will relapse... When I leave.
I can't control his behavior -
I can't control anyone but myself.
Today is Day # 15 + I can
tell my cravings + irritability
kicking in. just gotta get through
the next 14 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 cold has
gone to my chest - Bronchitis -
I must stop smoking. Tomorrow
is the day Howard + I got
engaged 18 years ago. I have
a great feeling about the date.
Tomorrow is a good day +
it was 8 years - it's a sign.

9.13.19

Friday, The 13th. Feeling really
down today. eff. Is it the
date? Is it the weather? Is
it the fact that I've quit smoking?
It's been 2 full days. I quit
on 9.12.19. I leave here in 5
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
C + 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 +
I think its 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
wake up at 5:30 am and for
some reason - picked up an
article on the bookshelf -
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 wrote 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 its intense joy or intense involvement in working."



"Part of it was the intensity - which sometimes is the intolerable burden of consciousness" - its 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 + more how to describe that feeling not as anxiety or fear - but as joy." You can feel it as joy must 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 fuckers!
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...
Kevin Lemane - reem - 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 b/c
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 ~~was supposed to be 15~~
~~14 15 16 17 18 19 20 21~~
~~22 23 24 25 26 27 28~~
~~29 30 31~~

122

9.16.19

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

That was a first for me.
There were children by my side
+ on my back and Howard
was my love. There was justice,
passion, clarity, responsibility,
love, hope, and a deep sense
of calm.

9.16.19 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
+ leaving my addictions
behind on magic mountains

I have learned + 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-interated 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, recommitted 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, + for myself. This needed to happen + it was the perfect timing - Divine intervention. I will live in Dad's honor. I will stop hurting myself. I will stop abusing my body. I will surrender to feeling (F) 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/consciousness/
guardian angels by my side
+ for the first time 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 its b/c
I had a strong cup of coffee @
4 pm and I am going "home"
today. I had a beautiful
coin out. And suprisingly, Kate
said the most profound + meaningful
words. The I have beauty +
pure muscle in that brain.
I am leaving here renewed -
Restored - reenergized for my
life. 16 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

The poison + shit polluting
my previous body.

It's been 7 days without a
cigarette + 16 days without
any substances in this body
of mine. Keep going -
moving ahead to a healthier
life filled with wellness.