

Σ 31mg 2C-B

~32y

January 3, 1981

Modesta Sievens

*BEFORE TRIP:**MENTAL, EMOTIONAL*

*General hopelessness across the board. This kind of hopelessness is probably a healthy kind - that eventually leads to some sort of acceptance.*

*Thought I should have another one goal to work towards this year such as career goals - but decided what I should do is start enjoying my life and that might involve giving up all goals and giving up making +'s and -'s all over the place.*

*Want to give up paranoia this year - these thoughts keep me down all the time.*

*Realize that every time things are going my way I get serious heart palpitations, lose my breath, and have to lie down for 1/2 hour to 1 hour.*

*Don't want to have to try hard for anything anymore. Give up.*

*PHYSICAL. Generally like the rest of the population - overindulged in everything for the holidays and got minimum exercise. Even smoked cigarettes and drank coffee.*