

22mg 2C-B  
29mg 2C-B

1-15-82          Indy Faulkner          - STATE OF BEING

PHYSICAL

My general physical condition is good. The energy level is only modest. Overweight still plagues. The indigestion problems of December seem mostly gone.

EMOTIONALLY

Somewhat tense and hyper, Some difficult either falling asleep or staying asleep long. Much dreaming - much more than usual - and very restless. I seem quick to answer, actually interruptive and impatient with most people.

PSYCHOLOGICALLY

Very depressed. The general feeling is that nothing in my life is working and that I'm not able to fix it up.

My relationship with Peggy is very difficult. More often than not I want her to leave. I don't think that would turn my life around, but it would eliminate one problem and make life simpler. And it isn't all directly her. I have unexpressed expectations. I look for only specific responses that would meet those expectations and am blind to any other responses. I feel very alone and not lovingly supported. There is friendship support. I seem to want a physical warmth that is missing without my asking for it. From my point of view there is a sensitiveness to me that is missing that I think asking for cancels being loved. I feel giving without getting - on at least my share on my scale. And, I don't seem to be open lately to being patient and just a witness.

The house living situation is upsetting because it's crowded.

Work is a mess. Putting together a new company - primarily the funding - is difficult. I'm forced to confront my deepest belief systems. So all is still in limbo - and the clock is running.

My mind is creating a network of problem complexity that links each problem to each other so that I become confused as to which comes first and then become immobile.

[Editor's Note: Page 576 has been merged with this page]