

1 or 2 ketamine trips - liked it
A - ???? color + sounds (200-250A full trip)

~38yr.

Melvine Vanwinder

1/7/82

What follows is an assessment of where I am right now, and the issues and concerns I have.

Physically, I am in good shape, although, perhaps a few (10-15) pounds over the weight I'd like to be. My knees are starting to bother me after perhaps 5 years of running 3-4 times per week. I am fearful that I drink more alcohol than is good for me; there are certainly times my performance at work is effected by a hangover.

4 glasses-
wine

I have a concern that my sexuality is driven completely by fantasy, and I am afraid that this impairs my relationship with Kristine my wife. That is, I need to have fantasies in order to want sex, and since it's not OK with me to be totally generated by my fantasies, then our sex life suffers.

Work goes well, and I am gaining more responsibility and acknowledgment all the time. I still seem to feel that the "really important" job will come along, although I cannot define it. Therefore, I have set no goals other than within the context of my present job.

My biggest fear is of death. Another way of stating that is that I fear a wasted life - they are certainly related for me, The fact of my own personal death is almost uncomfortable.

As I record this, it sounds rather negative. The truth is that life is better than it ever has been, and I absolutely rejoice in being alive, and I am thankful for my relationships and the opportunities I have.