

i carry alot of guilt for using
edibles pretty much regularly now



used
to be a
straight edge

its weird given
i've relied on psychiatric
medication for years
for a belief i'd become
normal

i don't want to go back
because i don't want to be
normal

trying to defend my usage makes me feel
like i'm a wreck trying to defend &
rationalize a form of self harm, when i
don't know if it actually falls under it



do i
have
a
problem?

↑ does this
once & feel
good

questioning myself isn't
a good indicator that it
is a real problem as
i've come to question any
choice or behavior i make
that wasn't validated by an
external source.

essentially good feeling w/o permission
= bad!!! stop that

i do confess alot of my use comes from
enjoying the freedom from stupid ass lines
of thinking like this. i end up realizing
how dumb my thoughts are, i've been able to
dig and find where it came from & know from
then on. it gives clarity & freedom



i'm free
no!!

i make stuff
i feel stuff
i think stuff
i actually act
instead of sit there
and do nothing

ive been able to reexamine my coping skills
and many sources of critical/core beliefs
we have more system clarity & cohesion
ive battled & combatted alot of my delusions



i'm not suffering
as much. i'm ok.

but because i think
about how it comes from
something out side of a
pill bottle from CVS, it's

bad

& not ok.

even on meds, i felt this same guilt
anytime i'd start to feel ok again, i
felt i was doing something

Wrong

bad.

because i believe
if i'm ok, then
others will
suffer.



if i suffer,
then others
won't suffer.

i am not allowed to move.

believe me, i know it's
stupid. i know
now it's not needed.
it's very hard to let
go and be okay with
the uncertainty of all that
comes in life

i don't
want to be
ok and
then hurt
again.

i'm afraid
to lose being
happy but
being taken from me.



life is short though.

and we know alot of
ideas we have come from
not so cool places and it's
ok to break the icky rules.

it's gonna be ok even if it's
not happiness forever. it's
better to experience something
than to go on in life never
knowing at all what's out there

aware
this
is
not
needed



im not "throwing my life"
away by using edibles.
im constantly worried i
am whenever i think that
my usage falls under abuse.

When this isnt on my
mind, when im grounded
& in my art or element,
im able to deal with
many uncertantys and not be
so heldup by it. why cant
i feel OK using without guilt?

i hadnt felt this
guilty for weeks.
i want to feel ok

i bathe

i brush my teeth twice a day

i cook & eat healthy as i can
C we love veggies & greens

i clean up

i do what im asked to do

i go to work

i havent cut myself

i work on commissions

im not dragging anyone
down with me

i need to be ok at being "bad"

"stupid"
"immature"
"unstable"

everything i've been
taught is bad

"piece of shit"
"weird"
"scary"

"childish"
"naive"
"helpless"

everything that was made
to be bad that never
served in our favor



So why cant
i just feel
okay?
why cant it
be ok!?
it's not even
my high THC content

"bad"
is better
than what
i think is
"good"

there
really
is worse
things
i can
do
than
use 5mg
of
an edible



and i can do
everything good
& still fall
under the
dumb definition
of "bad"
i believe i
inherently am
i think i rather
be bad nowadays

i've deeply researched how
the drug works & understand
the risks ~~it's~~ its less fear of
loss of control, but rather being
told im bad & getting in trouble

if these stupid
chocolate bars &
candies help me
fight these
thoughts and
definitions like
no med could,
then let me be
bad.

im too old to get
in trouble, im
in control.