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"A Month in Quarantine with Me: A Diary"

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10/1/2020

Today I decided I am going to be sober for one month. I have let myself down too many times this year with alcohol and I'm done doing that. Each time I make this promise to myself I end up breaking it, and I know that I use alcohol as a crutch for my emotions or my busy mind. I need to stop ignoring my own personal problems and start looking at them head on and tackling them like that. I have been a bad wife, I have let my husband down too many times due to alcohol and I don't want to do that anymore. I sometimes feel like I'm not myself anymore, I want to try to find that person again and I need to stay active and actually do something I tell myself I'm going to do. This indecisiveness must end because it's driving me nuts. I think I have been too agreeable my whole life. I want others to like me and I want to like them, but I think I agreed to too many things and I need to take a step back and look at my life as a whole. But just one day at a time. Day one, no alcohol, I can do this, I've done one day plenty of times. It's one day, and tomorrow is another one day, and the day after that. Each new day I'm going to try to think it's day one. Here is to all my day ones.

10/3/2020

Yesterday was a rough day for me, I was feeling really depressed. I think I was sad because there is a friend I have that I want to keep close with but I don't think it's for the best. I am having a hard time staying in love and I don't know if I can keep pretending. I think that's what is making me so upset, that I haven't been honest with myself about the people I care about. Day three of being sober has been fine though. I thought about buying a pack of cigarettes today, but I didn't. I think I need to take a nap. My world and my brain are draining me and I don't wanna be drained any more. People at work don't care about the virus, it's infuriating. Trump has the virus, and it's an interesting turn of events.

10/5/2020

Yesterday I was really depressed again, but today I'm feeling a lot better. I just was reading about the Persian Empire for my History class and there was this religion that I had never heard of before. This religion was called Zoroastrianism and they had a saying "good words, good thoughts, good deeds." And it was a good reminder to keep positive and to say kind things, do good things, and think kind things. So I'm going to try to keep that up. Being sober today is great, I don't understand why people get so up in arms when I say I want to try to be sober, I think alcohol especially this year of 2020, has become such a norm for everyone and I fell into the hole and I'm climbing out. I also read that the longer you drink alcohol, the more your body gets used to the dopamine release, and you need more in order to obtain that same dopamine level. And I have a feeling that I was really depressed these last few days because I took away that dopamine release. But the good news is our brains heal and can move on to find dopamine from natural things, so trying to find the dopamine in educating myself and a new hobby I'm gonna try out, roller skating!

10/7/2020

I was going to give a piano lesson today, the first private music lesson I would have done since the Covid-19 shutdown but turns out the student had a relative that was tested positive for the Corona virus. I am considering this a dodged bullet! I wasn't too keen on the idea of doing the lesson, but my friend really wanted me to do it and I figured if I wore a mask I wouldn't be in too much trouble. I'm glad they informed me and didn't let me come over. Again, this is something that I do; When I'm very busy I tend to throw more things to do on my pile of duties and overwhelm myself. Happy this was cancelled, corona virus or not. I'm feeling sad again today, I feel like I want to be with another person but I'm not going to ruin my marriage over it. Feelings are fleeting but I also really enjoy this person's company. I don't know why I don't want to stay with a good guy, I just don't think I was ever really in love with him. I'm figuring out stuff and I'm wondering what the reason to be in a relationship is all about. I got married young and wanted to start a family, but I also got married because I had a very Catholic upbringing and living with someone before getting married was looked down on, and my people pleasing self couldn't bear the thought (and still cannot bear the thought) of disappointing my family. I don't know if that's the reason I'm staying married. I hate the fact I'm even writing any of this down but if I can't keep track of my emotions I probably won't be able to have a solid thought process on this as a whole. Leaving my husband would break him into pieces and I can't live with that, knowing I would hurt him makes me not want to hurt him, and I know that I would be fine wherever I went. I have always been a go with the flow kind of person and I never really made waves for myself. The biggest wave I made was getting married, and now going to school was my second. Anyway, just trying to navigate this whole thing. Side note, I have been sober for one week and I'm proud of myself.

10/8/2020

Well pretty sure I broke my wrist today! Got an X-ray and waiting to hear back from my doctor. Skating did me dirty! I am chaos. Yesterday was the VP debate for this 2020 election and the biggest buzz about it was the fly that would not get off Mike Pence's head. A bug that will go down in history I believe.

10/10/20

Okay did not break my wrist, everyone we can relax! My wrist is still pretty sore but I'm taking it one day at a time and letting it heal. I have taken days off work because cooking and cleaning in a busy kitchen with a hurt wrist is not what I need to be doing. I'm ten days sober and feeling great other than my wrist pain. Today I went skating again for lack of better judgement and crashed and burned in front of a small family and horrified the father. It hurt pretty bad falling but after a minute I got back up and skated back. Kinda funny being a grown woman roller skating and eating shit in the dirt. I think I'm going through a midlife crisis haha. Actually, I was contemplating this thought today. I think that when I become sober I try to fill the void of which I filled with alcohol. I wouldn't say I ever had an "in the ditch" kind of moment with alcohol, but I very well could have. I think I have this mentality of self-sabotage without really realizing it. I go for chaos or something that might be bad for me just for the thrill of it. I don't consider myself a daredevil either, but maybe I'm just a normal person caught up in all this self-reflection. Therapy might be a good idea at this point. This pandemic has got me doing funny things.

10/13/2020

Today I am sober 13 days and I'm really proud of myself and I'm feeling great. I'm listening to a woman speaking about addiction and I wouldn't say that I had a terrible problem, but everyone's path of sobriety is different and if alcohol isn't serving you anymore then it might be time to change your relationship with it. I also went to a small seminar on communication through CSUSB's health and wellness center and it gave me a lot of great skills to practice. I need to be better at communicating my feelings instead of bottling them up. I'm going to be 30 next month and I want to be better at a lot of things. I want to be a better communicator and be more honest. Here's to trying.

10/22/2020

"You try to drown your sorrows, but sorrows float." This is something a woman said on a sober-girl podcast and it really resonated with me. I think a lot of me would drink because I was bored, sad, unhappy, but none of these things go away after a drink. If anything, the feelings are worse later on. How long can you go on ignoring your problems? I don't feel like I ever did anything dumb or said anything too outlandish being drunk, but then again I probably did because I was drunk and wouldn't realize, haha. But people don't love you more when you drink, there is a definite "coat of armor" that alcohol gives us for our social anxieties. I feel like I've been going through a bit of an identity crisis, dealing with a lot of "loss of self" of which my new therapist mentioned. I don't really know what I want right now and that's okay. I'm trying to figure it out. I do know that I like what I've been doing for myself this month and I'm trying to figure out what I like again. Today I am 22 days sober and I'm proud of myself, but at this moment having a drink sounds nice, but I know that in an hour or so this craving will go away, and I will be happy to have had the self-control. My therapist wants me to keep track of my cravings, keep up the sobriety and just work on being kind to myself.

10/31/2020

Today is the first sober Halloween since being an adult and I feel pretty good about it. I was invited to a Halloween party but I didn't go, mostly because of Covid. As much as I want things to get back to normal and want to go to see my friends and family and hang out, I know that by seeing them there is a possibility to spread the virus and not even know it. I would hate it if I got someone sick. So, I stayed home with my husband and we watched movies and ate candy and it was a nice night. I really miss seeing people and gathering, but I just think if everyone just listened in the first place and shut down we would have gotten over this whole thing already. I keep seeing this meme that says along these lines, "staying at home this whole time while watching other people party is exactly how it feels for people who do the group project by themselves."

11/3/2020

Today is election day! What a year it has been. I was just thinking to myself today, wow. 2020 has been hard, but 2019 was pretty hard, and quite honestly I feel like these past four years have been a blur. But, I have done a lot of growing this year and even more with this past month. I have been trying to be

more honest with myself, and more honest with the people around me. No one can read minds! And I had a feeling that people could read mine and wow was I wrong. Another note, I am so proud of myself for doing sober October! It was challenging for me, but I did it. I feel like I could have broken the promise to myself anytime, but I didn't and that's something new for me. Making a choice and sticking with it. I also feel like I have a better grip on my drinking behavior. I don't want to drink at home by myself, I enjoy being sober. I will probably drink with my friends when I see them, but other than that I don't see myself falling into my bad habit again. I'm looking forward to the time ahead where I can feel all my feelings and not use escapism. I have been escaping from myself for a few years now and I'm trying to get myself back. Feeling good! I'm turning 30 years old on Friday, and I think I have mentioned I was having a bit of an identity crisis. Feeling like I'm getting to know myself again. I talked with my therapist again yesterday and she told me that I fall into my childhood behavior of seeking approval from my primary relationships, and I have been protecting myself for years and got burnt out with the exhaustion of trying to be the person everyone wants or expects of me instead of doing or being the person that I want to be. So, here's to discovering who I want to be and where I want to go. Not exactly sure where that will take me but I'm not going to stop myself from becoming my best self.