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bath with incense (incense at the smoke shop, bookstore)

lay on floor with ruth

'sounds i like' playlist

making a memory stick:

1.meaning ("this is what this says about me")

2.feelings (even sad/uncomfortable feelings - being present with all of them)

3.sensations (clothes, smells, etc)

4.visualization (what you saw)

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11/28 — i've been showering here in portland in the nighttime like i do at home. my calming playlist, hot water, cold at the end. it feels good, at night, to get that craving. my little time for relaxing my body. and to crave the cold water, too, at the end of the shower i can tell my body wants it. it all feels very grown-up, like i've figured something out. finding rest in the movement of the day.

11/16 – napped today. stretched after walking. going to bed earlier than the last few nights. watched tv in bed for a while.

11/15– PMR in bed