

Impending Doom (June 14, 2026)

Wow. Feeling anxious today. The day started off normal, like any other that I've had recently. But a lot of times now, as midday or afternoon hits I start to get the dreaded anxiety/impending doom feeling. It's a bodily anxiety, with nervous thoughts and a feeling of not knowing how to escape anywhere. I drink coffee all morning, and then soda in the afternoon, so I get a steady supply of caffeine throughout the day. That's what I need to work on.

It's the beginning of summer 2026, and there's this new Spielberg movie that just came out called Disclosure Day. It's about aliens (that's all I really know so far, other than how people are reacting after seeing the movie). That stuff freaks me out. I've lived a very sheltered life up until now, and this past year my brain has been imagining other scenarios that I could find myself in, and it freaks me out unnecessarily. I'm imagining things — things that aren't real. Yet just thinking about other scenarios brings me this great sense of fear. Ever since I started taking that 7-OH crap last year, my mind has been working in different ways than it used to.

This is bad for many reasons. I used to stay calm, especially since I would usually drink beer all afternoon, and that would relax me and give me a sense of courage. It also made it so I wouldn't think of all these imaginary things in my head. I've cut way back on the drinking, since every one in my life (family, friends, therapists, doctors) all basically told me I needed to stop drinking. I've tried my best, but it's very difficult to exist in the moment with all this anxiety piled on top of me.

I'm thinking of having a glass of some homemade wine right now, even. It would calm me down and relax me so I could possibly enjoy the day instead of getting all worked-up and worrying about everything. Being an adult is a lot scarier than I had imagined growing up. The possibility of losing everything, people close to you dying, being homeless, getting in trouble, getting attacked... there's a lot to worry about. The voices in my head don't really help either. They tend to be negative and attack me when I tune in or try to meditate.

My Mom is out of town this weekend, and it's Bike Week — the busiest time of the year for the area I live in. I don't have a car and am too scared to even drive by myself anyway. I barely ever leave the house anymore unless accompanied by someone I trust. I don't know what I did, or who I hurt in my past but sometimes I feel like my karma is gonna get me sometimes. It's that impending doom feeling. Feeling like something bad is going to happen. It's been that way for a while now, especially since I stopped drinking. Honestly, I was in a better state of mind when I was drunk, although the cycle of sobering up between drinking sessions would cause a lot of anxiety back then, too. I'd run to the gas station at 8am to buy beer because I could feel the doom feeling coming on. I'd just try to hide from it all the time back then, and now I'm trying to be stronger and face it. But it's hard. Really hard.

I don't have friends around here anymore. My one friend in town has dropped off social media and I've lost contact with him, and my other buddy lives 40 minutes away in Concord. My best friend just moved to Florida last summer and we still call each other, but I can't escape to his trailer anymore to get out of the house. That was my home-away-from-home. My brother and his wife are still in town, my sister and her boyfriend are still here, and Mom and Dad are close by. It'll be ok. For now.