

WEEK-AT
A-GLANCE

*Business
Reminder*

1973

DEAR GOD,
 I DON'T WANT TO
 DRINK AGAIN, TO
 SCREW UP MY MIND
 ANY WORSE THAN IT
 IS, TO BE AFRAID
 TO START ALL OVER
 AGAIN. TO BE DISMAYED,
 TO SPIN MY WHEELS.
 I WANT MY SELF-
 RESPECT. TO BE
 ABLE TO PULL,
 STAGGER & MAKE
 AN EFFORT. TO BE
 A PART OF THE
 WORLD.

PANK SZ 6-22-73

E 21



WEEK
 AT
 A GLANCE

| 1973 | | JULY | | | | | | | 1973 | |
|------|----|------|----|----|----|----|--|--|------|--|
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| 29 | 30 | 31 | | | | | | | | |

173 Friday, June 22

174 Saturday, June 23

GET MAS ✓

p 83

KEYS

5:30 GEORGE ✓
 SON DINNER-

APOLOGIZE TO
 TRAI FREEMAN O
 KNEWT. O

DAPPED BY
 WITH KIDS

DEAN GONE TO HANS
 VERY ROUGH DAY
 WANTED TO DRINK AND
 WORK ON TAPE RECORDER.

DID SOMETHING GOOD
 FOR MYSELF. CALLED

DIDN'T GIVE QUITE
 A FULL DAY'S WORK

PRAYED FOR COURAGE
 TO TELL GEORGE HOW I
 FELT. TONIGHT I

GET MAD AT

AM ALONE AND DON'T
 FEEL LONELY. DID
 WELL ON SNACKS

ASKED
 GODS FORGIVENESS
 + HELP. DECIDED

20⁰⁰ IN BANK

TO SLOW DOWN +
 TAKE COFFEE BREAKS

APOLGIZED TO

10th + 11th
 175 Sunday, June 24

10th + 11th

from **JUNE 14**



WEEK
AT
AGLANCE

| 1973 JULY 1973 | | | | | | |
|----------------|----|----|----|----|----|----|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

165 **Thursday, June 14**

FLAG DAY

4 2.00 SHELLE CASH
6.45 CARD

20.00

6.45

5.00

31.45

PAID

166 **Friday, June 15**

~~40.00~~
DRUNK!

PASSED

2ND - 3RD

167 **Saturday, June 16**

SICK!

b6
b7c

168 **Sunday, June 17**

FATHER'S DAY

**DIDNT GO RIGHT
TO SLEEP.**

SICK!

1973 JUNE 1973
 S M T W T F S
 3 4 5 6 7 8 9
 10 11 12 13 14 15 16
 17 18 19 20 21 22 23
 24 25 26 27 28 29 30

WEEK AT A GLANCE

from **JUNE 25**

Monday, June 25 176

HOT

LOOK DAILY
 FOR BEAUTY
 AROUND ME

Tuesday, June 26 177

HOT
 STUDY GROUP

BOUGHT FAN
 13.95

NAS INSPECTIONS

4³⁰ 10gal

I don't drink
 because I
 want something
 out of life!

Wednesday, June 27 178

PICK UP
 7³⁰ NAS

5-30 115

GOING FOR
 3 MONTHS

b6
 b7c

← Clip for Current Week

9-49911 K12 LL

from **JUNE 28**



WEEK
DATE

| 1973 | | JULY | | | | | 1973 | |
|------|----|------|----|----|----|----|------|--|
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 | | |
| 29 | 30 | 31 | | | | | | |

179 Thursday, June 28

~~\$700 DUES~~
TOTAL

SPRINKERS
WANT

DIDNT BOY
ANY

Do I feel
I deserve more
in life and
someone should
give it to me
or

Do I feel too
inadequate to
do anything
for myself

AGGRESSIVE
DONE

180 Friday, June 29

WENT TO
IN BETWEEN
THEN VALLEJO

GOOD DAYS
WORK

Case [redacted]
18.
875

181 Saturday, June 30

WITH NANA

b6
b7C

182 Sunday, July 1

WITH NANA

1973 JUNE 1973
 S M T W T F S
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 3 4 5 6 7 8 9
 10 11 12 13 14 15 16
 17 18 19 20 21 22 23
 24 25 26 27 28 29 30

WEEK
 AT
 A
 G
 R
 A
 N
 C
 E

from **JUNE 18**

Pray for

Monday, June 18 169

Tuesday, June 19 170

Wednesday, June 20 171

up 6:30
 READ # 83 - COFFEE.

889 179

MYSELF
 KIDS, [REDACTED]

BREAKFAST
 HONEST DAYS DOWN

DON'T DOUBT
 ON DESIRES.

DIAMOND

IT'S OK TO

ENOUGH

EVENING MEDITATION

EXPERIENCE.

PASS before

10:30am

ISLAND NOON

CALL [REDACTED]

NO COFFEE

DO SOMETHING
 GOOD FOR MYSELF.

AFTER 6:00pm

(MANIQUE.)

THANK YOU FOR
 my decisions

NO SNACKS

SOBRIETY IS
 A PEACE OF
 MIND +

SELF RESPECT
 needs.

TAKE SNACKS

LOSS OF COMPULSION
 TO DRINK.

FEEL ITS GOING
 TO TAKE THIS TIME

ABILITY TO THINK
 OF OTHERS.

DID GOOD AT WORK
 GOT ON MY KNEES

FOOD DENIAL
 HEALTH

TUNING IT DOWN
 - THE ONLY WAY

TO CAN HAVE PEACE
 OF MIND -

BEING COMFORTABLE.

b6
 b7C

← Clip for Current Week

9-49911 K12 LL

10-31-73

from NOVEMBER 12

Monday, Nov. 12 316

Tuesday, Nov. 13 317

Wednesday, Nov. 14 318

AA is very anti drug. many speakers say that they have refused medication from their doctors saying they have addictive personalities. Many say AA is all the psycho therapy anyone needs. The book "Alcoholics Anonymous" doesn't say this though.

AA - 5th CHARTER THOSE WHO FOLLOWED OUR PATH AND DO NOT RECOVER ARE INCAPABLE OF BEING HONEST WITH THEMSELVES.

p64 LIQUOR NOT A SYMPTOM

"SELF" DEFEATED US. SO AS TO BE SELF DEFEATING.

12X12 - OUR INSTINCTS ARE OUT OF HAND

MY THERAPIST TELLS ME THAT MY SELF DEFENSE MECHANISMS MUST BE BROKEN DOWN.

BY THE TIME MOST PEOPLE GET TO AA THEY ARE READY TO GET OFF THE DOWN ELEVATOR BECAUSE THEY HAVE BEEN HURT OR SHOCKED ENOUGH. THE 12 STEPS TRY TO HELP A PERSON FROM HITTING THAT LOW. I HAVEN'T HIT THAT LOW. I'M GOING TO CONFRONTATION TO TRY TO SMASH MY EGO & SELF DEFENSE MECHANISMS.

1973 JULY 1973
 S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

WEEK AT A GLANCE

from JULY 23

Monday, July 23 204

Tuesday, July 24 205

Wednesday, July 25 206

STATED UP - BREAKFAST
 DENIED EMOTIONAL FAULTS
 MILEAGE \$640

GOT ANGRY AT
 [] FOR SAYING
 SHIT WHILE I WAS
 TALKING.

COPING MECHANISMS ->
 SHOUTING.

RECHANNELING - DRIVING

b6
 b7C

INTELLECTUALIZING ->
 HEAD TRIPPING.

YOU CANT TALK ABOUT SOMETHING
 UNTIL YOU ARE [] ON
 IT.

CONFRONTATION
 BREAKING DEFENCES.

Where to be hurt?
 - Follow through
 repressed emotions
 anger - threat
 hurt - plea.

SAYING THAT BECAUSE
 HE

← Clip for Current Week

from **AUGUST 2**



WEEK
AT
A GLANCE

| 1973 AUGUST 1973 | | | | | | |
|------------------|----|----|----|----|----|----|
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

214 Thursday, Aug. 2

215 Friday, Aug. 3

216 Saturday, Aug. 4

SHIRKING
RESPONSIBILITY

I can see the
self pity trip.
but not enjoying
punishment

NOT EXPRESSING
ANGER (AFTER
CONSIDERATION)

PUNISHING MYSELF

NOT WANTING TO
ADMIT MY GOOD
+ GOOD FEELINGS

ABOUT MYSELF
feel I don't
deserve them
NOT WANTING TO
FORGIVE MYSELF

ACCEPT MYSELF
NOT AS A
PERFECTIONIST

IMAGE

PUT

ACCEPT THE PAST
BUT NOT THAT IT
HAS TO GO ON
THAT WAY

FORGETTING WHAT
I GET OUT OF THE
PROGRAM.



217 Sunday, Aug. 5

KEEP CIGARETTES IN
CAN.

1973 JULY 1973
 S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31.

WEEK
 AT
 A GLANCE

from **JULY 30**

Monday, July 30 211

Tuesday, July 31 212

Wednesday, Aug. 1 213

NEED RECOGNITION
 FROM OTHER FOLKS?

CHECK ON AIDS

P. U. CHECK b6
b7c

PRAY FOR GUIDANCE

SPOT CHECKS ON
 FEELINGS

DID ENVELOPS

NO COFFEE AFTER
 6 PM.

← Clip for Current Week

9-49911 K12 LL

1973 AUGUST 1973
 S M T W T F S
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30 31

WEEK AT
 A GLANCE

from **AUGUST 6**

Monday, Aug. 6 218

Tuesday, Aug. 7 219

Wednesday, Aug. 8 220

RETAINING CALL

LICENSE FRAME

22

← Clip for Current Week

9-49911 K12 LL

from **OCTOBER 25**



WEEK AT A GLANCE

| 1973 NOVEMBER 1973 | | | | | | |
|--------------------|----|----|----|----|----|----|
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

298 Thursday, Oct. 25

299 Friday, Oct. 26

300 Saturday, Oct. 27

SUNDAY OCT 28

NANA -

GO TOMORROW AND TELL NANA WHAT THEY SAID. MAYBE THERAPY + REST WOULD DO ME GOOD WHICH I MIGHT NEED. POISON HEALOGIC. -

Do DOCTOR BOOK POISON PANSLY.

COMMON SENSE MEDICAL ADVICE

ANODYNE RELIEVE PAIN.

2-6 DROPS 4-1 GRAIN.

PANACONIC

DEER TEA

MILK

PEARL LEAVE + DAMK.

HOPS - ~~FOR~~ - DEER ->

b6
b7c

301 Sunday, Oct. 28

9-49911 K12 LL

MAs 532-7743
from JULY 19

WEEKS
AT
A GLANCE

| 1973 AUGUST 1973 | | | | | | |
|------------------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

200 Thursday, July 19

201 Friday, July 20

202 Saturday, July 21

NAVMAR

REPORTS

LIVERMORE

LEAVE 7:30

VINTAGE

TRY TO FIND
SLEEP CYCLE &
NOT INTERRUPT IT.

TS

GO TO BED AT
FIRST DROWSINESS
+ DON'T FIGHT IT.

ITS

OR YOU WON'T BE
ABLE TO SLEEP
LATER.

OWN



b6
b7C

REWARD

203 Sunday, July 22

1973 JULY 1973
 S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

WEEK
 AT
 A
 GLANCE

FICO
YORKVILLE
from **JULY 16**
CLOVENDALE
FORT BRAGG.

Monday, July 16 197

Tuesday, July 17 198

Wednesday, July 18 199

*COFFEE FOR
 MEETING.*

[Redacted]

[Redacted]

b6
 b7c

[Redacted]

(25)

SHERIFF.

← Clip For Current Week

9-49911 K12 LL

1973 JULY 1973
 S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

WEEK AT A GLANCE

from JULY 23

Monday, July 23 204

Tuesday, July 24 205

Wednesday, July 25 206

STAYED UP - BREAKFAST
 DENIED EMOTIONAL FAULTS
 MILEAGE 5640

GOT ANGRY AT [] FOR SAYING SHIT WHILE I WAS TALKING.

COPIING MECHANISMS - SHOUTING.

RECHANNELING - DRUGS

INTELLECTUALIZING - HEAD TRIPPING.

YOU CANT TALK ABOUT SOMETHING UNTIL YOU ARE JOINING ON IT

CONFRONTATION - BREAKING DEFENCES.

Where to be hurt?
 - Follow through.
 repressed emotions
 anger - threat
 hurt - plea.

SAYING THAT BECAUSE HE

← Clip for Current Week

9-49911 K12 LL

1973 JUNE 1973
 S M T W T F S
 3 4 5 6 7 8 9
 10 11 12 13 14 15 16
 17 18 19 20 21 22 23
 24 25 26 27 28 29 30

WEEK AT A GLANCE

from **JUNE 25**

Monday, June 25 176

Tuesday, June 26 177

Wednesday, June 27 178

HOT

HOT
 STUDY GROUP

PICK UP
 7³⁰ NAS

LOOK DAILY
 FOR BEAUTY
 AROUND ME

BOUGHT FAL
 13⁹⁵

NAS INSPECTIONS

4³⁰ 10 GAL

5-30 115

I don't drink
 because I
 want something
 out of life!

GOING FOR
 3 MONTHS

← Clip for Current Week

9-49911 K12 LL

60

from **JULY 5**



WEEK
AT
A
GLANCE

| 1973 | | AUGUST | | | | | | | 1973 | |
|------|----|--------|----|----|----|----|--|---|------|--|
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | | | | | |

186 Thursday, July 5



187 Friday, July 6

TAKE [] TO
DISNEY ON PARADE?

LETTERS []
PHOTOS
NEWSPAPER.

188 Saturday, July 7

b6
b7C

PRESENT BEING
SHORT HANDED AT
WORK.

5th FLOOR

1515 CLAY ST

422-2010

YOUNG PEOPLE
S.F.

189 Sunday, July 8

1973 JULY 1973
 S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

WEEK
 AT

from JULY 2

Monday, July 2 183

Tuesday, July 3 184

Wednesday, July 4 185

ATA
 GNOOP/THERAPY
 [Redacted]
 [Redacted]

[Redacted]
 HAVING MONEY-
 WITH ME ALL
 THE TIME MAKES
 NO BIG THING
 OUT OF PAYDAY.

INDEPENDENCE DAY
 HOUSE WARMING
 NOON!!
 EAT-
 NANA KIDS
 VALERO FIREWORKS

b6
 b7C

UP 6:30

DONT GET
 EXCITED ABOUT
 WEEKEND. PLAN
 ACTIVITIES.

CAVE TV TO KIDS

BED 11:00
 NO T.V.

701 16²

CALLED [Redacted]

GAS FUND!

16² 7.40

8.89
 4.30
 5.30
 8.25
 7.40

24.14

-14 PAN

20.00

← Clip For Current Week

9-49911 K12 LL

from **JULY 12**



WEEK
AT

| 1973 AUGUST 1973 | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

193 Thursday, July 12

NOON

3RD FLOOR

ADMIN BLDG

OAK ADD

194 Friday, July 13

MENLO PARK DIVISION of VA HOSE

FROM BLDG 101

TR

ON OAK TRD.

FROM

ON WILLOW TRD

3RD. BLDG ON TRIGHT

195 Saturday, July 14

196 Sunday, July 15

| | | | | | | | | |
|------|------|----|----|----|----|----|--|------|
| 1973 | JULY | | | | | | | 1973 |
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| 29 | 30 | 31 | | | | | | |

WEEK
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E

from **JULY 9**

Monday, July 9 190

Tuesday, July 10 191

Wednesday, July 11 192

[Redacted]

3:00 PM

b6
b7C

← Clip for Current Week

9-49911 K12 LL

No 532-7743
from JULY 19

WEEK
AT
A GLANCE

| 1973 AUGUST 1973 | | | | | | |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

200 Thursday, July 19

201 Friday, July 20

202 Saturday, July 21

NAUMMO

REPORT'S

LIVERMONGE

LEAVE 7:30

VINTUE

TRY TO FIND

SLEEP CYCLE &

NOT INTERRUPT IT.

TS

GO TO BED AT

FIRST DROWSINESS

+ DON'T FIGHT IT.

1 TS

OR YOU WON'T BE

ABLE TO SLEEP

LATE

OWN



b6
b7C

REWARD

203 Sunday, July 22

from **OCTOBER 25**



WEEK
DATE

| 1973 NOVEMBER 1973 | | | | | | |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

298 Thursday, Oct. 25

299 Friday, Oct. 26

300 Saturday, Oct. 27

SUNDAY OCT 28 NANA -

GO TOMMOROW AND TELL NANA WHAT THERY SAID
MADE THERAPY + BEST WOULD DO ME GOOD
WHICH I MIGHT NEED. POISON HEMOLOGIC. -

DOCTOR BOOK POISON PANSLEY.

COMMON SENSE MEDICAL ADVISOR

ANDRYNE RELIEVING PAIN.

2-6 DROPS 4-1 GRAIN.

PANACOLIC

DEER TEA

MILK

PEACH LEAVE + RANK.

HOPS - ~~322~~ - DEER ->

301 Sunday, Oct. 28

9-49911 K12 LL

b6
b7c

SEE AUGUST 29

from NOVEMBER 1

(2)

(3)

5 MIN AT A TIME

W
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| | | | | | | |
|--------------------|----|----|----|----|----|----|
| 1973 NOVEMBER 1973 | | | | | | |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

305 Thursday, Nov. 1

306 Friday, Nov. 2

307 Saturday, Nov. 3

1. DRINKING: working the AA program as well as I could and trying to resist the urge to drink. Sometimes I used everything I could think of. I would feel a kind of stupor. I called people for help. There are two things that would keep me from drinking and I don't believe they are available to me. Antabuse or efetimin.

MOTIVATION

2. Inconsistency in efforts. This good and morning + evening meditation. Carrying diary with me for spot checks during the day. RECOGNIZING ASSETS + ACCOMPLISHMENTS

3. Humility: Trying to find a higher power or meaning to life. Praying on my knees morning and night. Accepting what I have - conflicts with my need for goals. Love without return. APOLOGIZE - BLOOD -

4. GOALS: FAMILY TOGETHER - AA. DEEDEE. AA PROGRAM, RELATIVE TO PEOPLE IN A MATURE WAY. STOP DRINKING, END OF + OTHER CHARACTER DEFECTS.

308 Sunday, Nov. 4

(5)

5. SELF CONCEPT. STOP TRYING TO PLEASE OTHERS SO MUCH. DOING NICE THINGS FOR MYSELF. SELECTING WOMEN. THINGS I ENJOY THAT AREN'T SELF DEFEATING

(A) →

| | | | | | | |
|--------------------|----|----|----|----|----|----|
| 1973. OCTOBER 1973 | | | | | | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

WEEK AT A GLANCE



from **OCTOBER 29**

Monday, Oct. 29 302

Tuesday, Oct. 30 303

Wednesday, Oct. 31 304

I had been in a a actively and seriously for several months before I started this diary on January 1st.

Its purpose is to help me plan my days towards a meaningful life.

I was going to a a meetings ~~so~~ rightly and I believe I was starting to take my therapy seriously.

I seem to be coming across to everyone that I am not serious.

That I only went to therapy during a crisis - my whole life has been a crisis. Before Mr Smith

therapy was unrewarding and painful.

In this book are some rewards

I have received from ^{Mr Smith} a a and Group Therapy. I got alot from a a

even though I didn't relate with the people in a a too well I think I

recently started to relate with the therapists + clients in our group. Following

is a condensation of my diary - problems and what I was doing about them.

← Clip For Current Week

9-49911 K12 LL

from **NOVEMBER 8**



WEEK AT
AGLANCE

| | | | | | | |
|--------------------|------------------|----|----|----|----|----|
| 1973 DECEMBER 1973 | | | | | | |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 ³⁰ | 24 ³¹ | 25 | 26 | 27 | 28 | 29 |

312 Thursday, Nov. 8

313 Friday, Nov. 9

314 Saturday, Nov. 10

~~NEED FOR SELF RESPECT~~
(NEW NEED) → to be able to sell myself to others and be able to deliver the goods.

I didn't try to sell myself to the psychiatrists at Nepa the or probation officer in Fairfield. I don't know if "sell myself" is the right phrase. Anyway it went badly.

I think I was mind tripping + I told them so. They
→ HONEST = MIRAGE OF CAN ^{wanted me to answer} _{anything.}

DAYS WORK

(A) I WAS STARTING TO GET COMPLIMENTS FROM MY BOSS ABOUT WORK + COOPERATION.

HOW ABOUT SHOWING SOME OF THE OTHER SIDE?

MAJOR THINGS THEY DISAGREED ON

① SCHIZOPHRENIC? PARANOID?

② MD 50 I have never had a

hang up for kids that I knew of. When I am sober kids are reflex to mentally somewhat disorienting sexually. Such ideas ²⁰¹⁵ Sunday, Nov. 11 have had briefly about without desire.

I love children and am very ashamed + sorry I hurt Carolyn. I saw my children naked alot and it didn't excite me.

1973 NOVEMBER 1973

| | | | | | | |
|----|----|----|----|----|----|----|
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

WEEK AT A GLANCE



from

NOVEMBER 5

Monday, Nov. 5 309

Tuesday, Nov. 6 310

Wednesday, Nov. 7 311

⑦ SELF DISCIPLINE

MONEY MANAGEMENT

SELF DEFEATING THINKING

(5 MIN AT A TIME)

HATRED

WOUND SEX PANTISIES

RESSENTMENT OF AUTHORITY

RATIONALIZING THE PAST

PUNISHING MYSELF

FOOD

APPOLOGIZE

SLEEP

DISHONESTY

SELF PITY

TRYING TO LISTEN TO OTHERS

LESSEN ESCAPE MECHANISMS - ELECTRONICS

TAKE INTERESTS IN PEOPLE + NATURE

⑧ MIND TRIPPING - NO REPLACEMENT FOR

PHYSICAL ACTION (WHAT HAVE I DONE ABOUT THE PROBLEM?)

⑨ THINK OF MY NEEDS + TAKING CARE OF MYSELF WHILE EXTENDING MYSELF OUTWARD - VISITING SICK PEOPLE

PRAYING FOR OTHERS INCLUDING THOSE I RESSENT

ENCOURAGING OTHER ALCOHOLICS

GAVE BLOOD

← Clip for Current Week

9-49911 K12 LL

from **NOVEMBER 15**



WEEK
AT
A
GLANCE

| 1973 DECEMBER 1973 | | | | | | |
|--------------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

319 **Thursday, Nov. 15**

320 **Friday, Nov. 16**

321 **Saturday, Nov. 17**

*I give to my best shot
and then I screw it up after
people have helped me.*

322 **Sunday, Nov. 18**