

Included in this document package (in order):

1. Goals for neurological treatment
2. Timeline and summary of symptoms
3. History of treatment
4. History of impairment
5. Notes I have taken about my condition, since November 2020. I use Facebook messenger because it has timestamps. I do not take notes for every day, but you can get a sense of my condition from the days that I do take notes on. This is sort of a diary of my symptoms during those times. In some cases, I write in updates more frequently than others.
6. Documents from my psychologist, John Monguillot. One was prepared for the courts, but it has my diagnosis.

My goals for the 03/26/2021 appointment (and subsequent appointments, as needed):

1. I would like for my diagnosis of PTSD to be further confirmed. Currently my psychologist and my hospital (Atrium Health) are in agreement that I have this condition.
2. I would like insight into what causes my depersonalization (this symptom hasn't occurred since around July – August of 2020. When I began to use relaxation therapy during July, my PTSD episodes abated in intensity. Depersonalization would only occur during acute episodes.)
3. Related to the above, I would like to know if the fact that I experience depersonalization, as well as some of the features of my depersonalization, are indicative of a severe case of PTSD/severe traumatic stress brain injury.
4. I would like insight into why the functional impairment that results from my condition occurs. I have specific questions about this that I can address in our appointment.
5. I want to schedule a brain scan of some sort. I am looking for a physical documentation of my condition. If it is possible, I would prefer a scan that will give a physical picture of my injury. Otherwise, perhaps an fMRI would be able to show my condition through brain activity. I am open to any sort of scan that you feel is appropriate.

The purposes of the above goals include 1) to document my condition for social security disability; and 2) for my personal knowledge.

Summary of symptoms

February 2019

- I seem to be having mild symptoms of traumatic stress.
- This includes emotional pain and bouts of hostility

April 2019

- I am kidnapped and intense symptoms begin
- I feel emotional pain and am hostile
- I have a shell shock feeling
- Both the pain and shell shock feeling are accompanied by intrusive memories of and reliving of what had occurred. This is a pattern that continues on an ongoing basis.
- I begin to have great difficulty reading. Reading had been a daily activity for me.
- I have a feeling of constant stress that feels like a psychological paralysis. This continues to the present.
- This is the first month that my symptoms cause great interference with my ability to work.

May of 2019

- symptoms continue to go through the roof
- Symptoms include terrible grief that is accompanied by a feeling of intense emotional pain. During these times, I have intrusive memories, reliving of events, and intrusive thoughts.
- Also includes a feeling of being “pounded” with grief, when grief hits. The “pounding” is a physiological feeling
- I describe myself as “melting” several times during the day
- I continue to be hostile at unpredictable times. I make harsh statements to my former manager named Courtney
- I temporality self-medicate by taking extra Adderall. I do this because I have work to do that I can’t get done. I notice that the extra Adderall seems to abate, to a degree, my distress.
- My doctor responds to my request for more Adderall by telling me “it’s not good for me’ and to go to the emergency room if I “feel like I can’t make it”. I had made a statement to that effect.
- My difficulty reading becomes more acute in this month
- I start to live in constant fear that some officer will come to my door and put me in handcuffs, while processing a civil commitment petition for no valid reason.
- It is around this month that I start being hostile and irritable to staff at Atrium. I also do the same to people elsewhere, such as customer service people at restaurants or my bank. I will scream and curse. I will get extremely irritated over trivial matters. I cannot control the hostility and irritability when it occurs.

June of 2019

- symptoms are intense still.
- I notice that I have a compulsion to work at my computer

- I notice that I cannot read for more than about 5 minutes before the above compulsion takes over
- I feel as if I may have some great difficulty concentrating because I cannot read, but it doesn't make sense to me. The reason it doesn't make sense to me is that I feel that my obsessive working at my computer would be indicative of some ability to concentrate. I believe that I may have reported to Atrium that I was able to concentrate for this reason. In actuality I believe my concentration was severely impaired by this point in time.
- I get a good amount of work on a previous client's website during this time, due to my compulsion to be at my computer.
- It is around the end of this month that I begin to become unfit to be around people, due to terrible emotional pain and hostility

July 2019

- Symptoms are as in June, but they abate for about 3 or 4 days during this month.
- Such abatements have had me thinking that I was "better" many times. For some reason the symptoms of my condition will abate and then get worse again.

August 2019

- I realize that my hospital is committing crimes and around this same time my symptoms go through the roof.
- I can no longer tolerate working at my computer for hours at a time. My compulsion to work at my computer is replaced by a compulsion to pace the floors. I work at my computer much, much less.
- It is during this month that I first recall experiencing profound depersonalization
- At this time my fear of being kidnapped by the police increases. I am a prisoner at will of Wells Fargo and Atrium Health.

Sept of 2019

- Symptoms are consistent with August
- Discover Bank sues me, creating more stress
- I was confident, however, that discover bank would not pursue attachment on my assets. I had told their litigation counsel that I had no assets in excess of what N.C. allows me to exempt

Oct and Nov 2019

- Symptoms remain unchanged, and I periodically call discover bank's litigation counsel. I ask them what kind of legal actions they are contemplating. I reassert my desire to pay them when I "get better", and I reassert that I am at this point disabled and also "judgment proof" in terms of my assets.

December 2019

- Discover Bank pursues attachment on my assets. This is a process whereby they can sell up to 100% of my belongings
- To save some portion of what I own, I have to fill out exemptions paperwork. This is paperwork where I list any assets that I wish to exclude, and their value

- At this point my symptoms are crippling and I cannot fill out paperwork at all
- Stress starts to go through the roof

Jan 2020

- On January 16th, 2020, everything I own would be eligible for a sheriff's sale. I owed discover bank roughly \$11,000, and my assets were not worth much more than this. The safe assumption is that literally everything I own would have been sold.
- To prevent this, on January 15th, 2020, I fill out the minimal paperwork to file an emergency chapter 7 bankruptcy petition. I am in a state of panic as I am riding in a cab to file my petition. My petition is stamped at 4:16 pm. The bankruptcy court closes at 4:30 pm. This means I averted a sale of everything that I own by 14 minutes.
- The remainder of my bankruptcy petition is due by January 29th. The remainder mostly consists of a set of schedules lettered A through J. This is another ~ 20 pages of paperwork, in a rough estimate
- December and January 2020 would be another marker. My symptoms would hit a higher level in these months. This higher level of symptoms would persist.
- It is important to note that in the preceding months, as well as in subsequent months, my symptoms will ebb and flow. I may have intense symptoms for 3 to 6 weeks, then have a period of 1 to 2 weeks where my symptoms are much less
- Related to the above bullet, for a long time I have had superstitious beliefs about these occurrences where my symptoms would abate. I would try to think of what I had been doing differently, and would erroneously attribute these slumps to small differences in my sleep or the amount of psychotropic medication I was taking (I have a variable dose on one of my medications. I have historically taken 5mg to 10mg at my discretion).

February 2020 through May 2020

- I live in hell with terrible symptoms and in fear of something going wrong with my bankruptcy. These months were a nightmare and were full of hellish symptoms that sometimes include profound depersonalization.
- A recurring feature of my depersonalization is a shift in my identity. I retain my same name and do not feel as if I have "mutated" into someone else, but the way I see myself will start to include perceptions myself of being one or more of the following: "powerful" in a sense that is grandiose, "evil", "cruel", and/or capable of causing great harm to people
- In this depersonalization, I seem to in the moment not be fully conscious that these shifts in my identity are inaccurate or not consistent with how I previously have seen myself
- However, after the fact, I clearly recognize that these perceptions about myself were a product of depersonalization. This recognition will "stick" in my memory, and in subsequent periods where I am experiencing depersonalization, I will be open to the possibility that any "dark" thoughts that I think may be a distortion. I retain contact with reality, excepting these altered perceptions and my feeling of being "disconnected". I also retain my ability to reason. I do not hallucinate or have delusions. I merely have a shift in how I perceive myself.

- It is also important to note that during my depersonalization, my eyes seem to take on a different look. They will be kind of “wide open” and their position will be kind of fixed or “still”. I get this from observing myself in the mirror when the depersonalization occurs.
- It is also important to note that I do not lose contact with reality
- In April 2020, I file for disability benefits. I was unable to complete my application in time because I had to fill out paperwork and take it to the post office to mail it. My feeling of psychological paralysis makes it very hard to drive anywhere. I also have extreme difficulty filling out paperwork. I eventually type a word document to be used in lieu of the items on the paperwork. My mother comes and gets them and mails them. By this time it is too late and my application has already been denied.

June and July of 2020

- Near the end of May I receive a final discharge of my bankruptcy. This means all of my debts (excluding student loans) were erased. Discover Bank’s fraud and perjury-based judgment on the county records is also eliminated (as I have no real estate, they cannot put a lien on any of my property. Their attachment process was halted by my Chapter 7 petition.)
- In July, I begin to use new treatments. I use progressive relaxation techniques. These treatments help and my condition improves. I am still however profoundly ill and disabled. My usable hours go from an average of maybe 30 minutes per day (before my new treatments, I would have consecutive days where all I do is suffer, followed by days where I might have 1 to 2 hours of usable time.) to 1.5 to 4 hours per day.

August 2020 through December 2020

- The improvements in my condition from July stick, although I am profoundly disabled.
- I continue to avoid people and to be highly sensitive to stress
- I begin EMDR at near the end of December. I use a website called Virtual EMDR. My psychologist recommended this.
- It is around this time that I notice that some of my intrusive thoughts are future oriented. I will imagine future distressing situations and have traumatic stress reactions to them.

January 2021

- EMDR improves my condition. I do sessions ranging from 4 to 30 minutes and I do them 5 to 15 times per week.
- I estimate that my usable hours during the day average 1.5 to 5.5. It seems that the lower end of that scale is more typical.
- I did have one day where I had no usable hours at all, and I was in profound distress for this day.
- I have also noticed, as of the past four or five months (at this moment it is 1/31/2021) I have an increased capacity for empathy. I have always been a kind hearted person, but I feel empathy more profoundly. I cry over sad things much more readily. I believe that this is somehow a consequence of my brain injury, and I also believe that this increased empathy has set in much earlier than when I first noticed it.
- New abuse from Atrium triggers more traumatic stress.

February 2021

- I have traumatic stress symptoms as previously described. These include future oriented traumatic stress symptoms.
- I document a time when I have physiological traumatic stress symptoms in the absence of any intrusive memories or future oriented intrusive thoughts. These physiological symptoms have been ongoing for many months, but I documented one (on my notes) for the first time this month.
- I reduce the frequency of my EMDR. I discover that EMDR is exhausting me, due to doing it almost every day. Here I start to do EMDR twice a week.

March 2021

- Symptoms continue, but Benadryl seems to help over time
- I temporarily discontinue EMDR, due to financial constraints

History of Treatment for PTSD

August to October 2019:

- I first realize that I am experiencing PTSD. I contact my old psychologist from the mountains and I buy a workbook for PTSD sufferers
- Psychologist John Monguillot confirms that I am suffering from PTSD. He issues a diagnosis of PTSD Chronic

October through Nov 2019

- John recommends some combination of SSRIs, EMDR, and Benadryl
- I initially take SSRIs, as I have historically
- I also work on my workbook and I call John during times when my distress is severe. I intend on getting EMDR at this time. My ability to get healthcare is limited due to the ongoing crime my hospital is engaged in

December 2019

- My plans to expand my treatment to EMDR is halted when discover bank begins to pursue my assets. I am extremely ill at this point, and I have to use every waking minute fighting to keep them from selling everything that I own. I continue to use John for help and advice

January 2020 through May 2020

- I am unable to expand my treatment protocol due to my every waking minute being consumed
- I am primarily consumed by my Chapter 7 Bankruptcy case. If my case is dismissed, everything I own is eligible for sale.
- I also begin to write a letter to send to the authorities. It describes criminal behavior from Wells Fargo and the various entities that Wells Fargo has induced into criminal behavior.
- I sent a complaint in march 2020 and the US DOJ responds that my complaint is not in sufficient detail.
- Around the end of March 2020 and the beginning of April 2020, I begin to create a web portal to house the evidence for my criminal and civil case against Wells Fargo et al. I buy a prebuilt HTML package for \$50 and write several programming scripts that allow me to load videos.

June through July 2020

- My bankruptcy case is closed near mid to late May. In June and July I begin to explore new treatment options.
- Finances are a concern, as well as the criminal behavior of my hospital. These 2 are a barrier to getting EMDR. I struggle to afford food, as I live off of what money my mother will give me.
- I begin to use a relaxation machine that I own to do breathing exercises. I condition myself to react less to intrusive memories and re-livings. I do this on my own for one

session, and then I report this to John. John says that this is a sound treatment and recommends that I do these exercises 1 to 2 times per day.

- I follow John's advice and this treatment improves my condition greatly

August 2020 through December 2020

- During this time, I am involuntarily hospitalized. My mother fills out a petition with the magistrate
- The hospital Novant Health recommends that I discontinue the SSRIs. It turns out that, for some reason, I feel better without the SSRIs.
- I also use Benadryl during this month.

January 2021

- It is at the end of December to beginning of January that I begin to use EMDR, through a website called Virtual EMDR. John recommends this. I am able to afford EMDR largely because my mother has begun to give me more money.
- I do 5 to 15 sessions of EMDR per week
- EMDR improves my condition and seems to be as effective or possibly more effective than my relaxation exercises.

February 2021

- I tone down EMDR to two sessions per week. Doing so many sessions had me fatigued all day for most days.

March 2021

- I take Benadryl once more, and up my dosage. It seems to help. I begin to use it regularly. It seems to reduce my shell shock symptoms
- Later on, symptoms come back and I am not sure how much Benadryl helps me.
- (03/24/2021) It does seem that Benadryl helps
- My fear of criminal abuse involving the mental health system intensifies as I approach my treatment date at Novant Health

History of Impairment From PTSD

April of 2019

- This is when I begin to be seriously impaired
- I am very given to sudden bouts of hostility that is accompanied by emotional pain.
- I am also given to irritable outbursts. I will be cruel and hostile to people
- I begin to have extreme difficulty concentrating
- I feel a psychological paralysis
- I begin to have trouble reading

May of 2019

- In this month I become completely disabled. By “completely” I mean that I cannot work at all for a large part of this month
- I begin to self-medicate by taking extra Adderall. On some days I am able to get work done if I take extra Adderall. My doctor will not increase my dose when I ask for an increase.
- I have severe emotional pain and a feeling of paralysis. The emotion pain is accompanied by physiological feelings that are extremely uncomfortable (this can be called pain, but it feels different than any physical pain that I have had related to other things. It is a shell shock feeling and it is terrible)
- I continue to feel a psychological paralysis. The way I describe this is that anything that takes “willpower” is extremely hard to do and I usually cannot do it.
- I cry multiple times per day on most days.

My impairment during May and going forward is as follows:

- I continue to break down in tears and cry multiple times per week and sometimes multiple times per day.
- I cannot clean my house, except on very rare occasions
- I have extreme difficulty filling out paperwork
- I have generalized difficulty in all daily affairs and daily tasks. I find it paralyzing to go to the grocery store, the drug store, or to the post office. Anything that takes focus or “willpower” is extremely hard
- For the larger part of the day, doing just about anything is off the table. My distress is too severe (at all times, when I reference “distress”, I am referring to emotional pain, hostility, etc. that comes with re-living my traumatic events and/or with intrusive memories of traumatic events, and this also includes future oriented thoughts that create traumatic stress)
- I am however, during some times of some days (what I call “usable hours”), able to type written documents. I can also write programming scripts (before becoming disabled I was a web application developer. I am skilled at programming web servers and web browsers. I am also proficient with software that provides an interface to program your operating system (it is called winAutomation).

- I am given to hostility and outbursts. I will yell and scream at people. I will curse loudly at people. I am also given to issuing legal threats. I cannot control this behavior when it occurs.
- I measure my progress in how many “usable hours” I have during the typical day. By usable hours I mean I am able to do anything other than pace the floors or suffer. It is important to note that my usable hours are contingent upon me having zero stress from the outside world. By this I mean that if I am in a condition where I have usable hours and I am subject to even the smallest stress, my period of usable hours will be over. I will become highly distressed, often for many hours.

Up until roughly Nov - Dec of 2019, I would work on previous clients’ websites in small increments of time. I would fine tune their sites or build functionality. I was unable to complete my last client's site, due to my condition. Since then, I have taken on one small job that I can recall. I helped write and test a webhooks script and was paid \$500. This was for a man who I have worked with in the past and is more a friend. I do not take new clients, due to my hostility and the excessive accommodations that I would need. I have an extreme over reaction to stress and cannot be held to deadlines and expectations as is typical in the working world. For a period of time, I also worked on my personal website wealthcreatingwebsites.com.

As of the last ~ 9 to 10 months, I spend my usable hours by typing documents or working on my computer on different computer projects that I have. I find it to take an enormous amount of willpower to complete paperwork. I have had paperwork to fill out for Medicaid and Social Security. I have to muster up all the willpower I can, and it will often take a string of days or even weeks. I will be unable to fill out paperwork for several days or weeks in a row, and then finally get the “willpower” to do it.

- I will typically have 1.5 to 5.5 usable hours during the day, at current. My illness seems to fluctuate. I will have a period of a week or weeks where I am doing very poorly, and then I will have a week where I have much less symptoms. I seem to be able to work on software better than anything else. My next best ability is writing word documents. My usable time is hard to measure, because it often comes in small blocks. I would say 5-to-20-minute blocks are typical. I will do some activity for 5 to 20 minutes and then pace the floor. Stress seems to build up, and it builds up faster when I am still. Pacing the floor will often abate my stress. I have occasional days where I do not have even 1 usable hour.
- I am otherwise generally impaired in doing anything, and even simple tasks like checking the mail seem to be difficult. I am under a constant state of stress and extreme psychological discomfort. I feel as if I am a profoundly damaged version of my old self. I am able to take care of myself, however. I am able to bathe and to meet my needs for food, water, etc.
- I have a profound inability to concentrate. I have profound difficulty reading, relative to my previous self before this condition. Sometimes I cannot read even a few paragraphs. The most I am able to read, at once, seems to be about 22 to 25 minutes. This is when I am doing extremely good.

Before I had these symptoms, I would typically read 1 to 4 books per week, and my record was 3 books in one day. This was during a time in which I was employed full time. Since I have been disabled, despite working extremely rarely, I have read less than 5 or 6 books. This is over a period of now almost 2 years. I have read partial parts of books, however. I still do buy books from time to time. I like getting them in the mail and it provides some level of relief to browse through them and read what I can.



Leonard

Home



Leonard Clinton Williams III

Leonard Clinton Williams III

Have been in terrible hell all night

Mar 16, 2021, 9:11 AM

Leonard Clinton Williams III

Yesterday symptoms abated about 3 hours after that last message. Then they came back with intensity for the last 4 hours of the day

Mar 15, 2021, 2:37 AM

Leonard Clinton Williams III

Pacing in terrible hell

Mar 14, 2021, 4:51 AM

Leonard Clinton Williams III

In terrible hell

Mar 14, 2021, 4:37 AM

Leonard Clinton Williams III

In absolutely terrible hell

Mar 13, 2021, 6:39 AM

Leonard Clinton Williams III

Otherwise pacing continuously

Mar 13, 2021, 5:16 AM

Leonard Clinton Williams III

Took about 10 minutes to sit down

Mar 13, 2021, 5:16 AM

Leonard Clinton Williams III

Now getting worse

Mar 13, 2021, 4:43 AM

Leonard Clinton Williams III

Symptoms abated for about 10 mins

Mar 13, 2021, 4:43 AM

Leonard Clinton Williams III

7 out of 10

Mar 13, 2021, 3:01 AM

Leonard Clinton Williams III

Getting worse

Mar 13, 2021, 3:00 AM

Leonard Clinton Williams III

Level 5 out of 10

Mar 13, 2021, 2:58 AM

Leonard Clinton Williams III

In hell right now

Mar 13, 2021, 2:58 AM

Leonard Clinton Williams III

Symptoms have returned

Mar 13, 2021, 2:58 AM

Leonard Clinton Williams III

Got up at 8 pm

Mar 10, 2021, 9:25 PM

Leonard Clinton Williams III

Feeling paralyzed

Mar 10, 2021, 9:25 PM

Leonard Clinton Williams III

Have been in terrible hell on and off for 2 to 2.5 hrs

Mar 8, 2021, 9:10 AM

Leonard Clinton Williams III

Out of 10

Mar 8, 2021, 4:15 AM

Leonard Clinton Williams III

In distress level 5

Mar 8, 2021, 4:15 AM

Leonard Clinton Williams III

Sit down a bit and am back to pacing

Mar 8, 2021, 4:15 AM

Leonard Clinton Williams III

Symptoms are barely abating

Mar 8, 2021, 3:53 AM

Leonard Clinton Williams III

Still pacing

Mar 8, 2021, 3:35 AM

Leonard Clinton Williams III

10*

Mar 8, 2021, 3:26 AM

Leonard Clinton Williams III

This is level 5 out of 20

Mar 8, 2021, 3:25 AM

Leonard Clinton Williams III

Getting intense right now and I'm going to start pacing

Mar 8, 2021, 3:25 AM

Leonard Clinton Williams III

It's now 3:25 and for the past 30 minutes symptoms have begun to onset

Mar 8, 2021, 3:25 AM

Leonard Clinton Williams III

I got up at 7:30 pm

Mar 8, 2021, 3:25 AM

Leonard Clinton Williams III

Starting to have terrible symptoms now

Mar 8, 2021, 3:25 AM

Leonard Clinton Williams III

But then in later hours I began to have terrible symptoms

Mar 8, 2021, 3:24 AM

Leonard Clinton Williams III

They were good

Mar 8, 2021, 3:24 AM

Leonard Clinton Williams III

The first few hours of the day

Mar 8, 2021, 3:24 AM

Leonard Clinton Williams III

It was horrific level 9 to 9.5 out of 10

Mar 8, 2021, 3:24 AM

Leonard Clinton Williams III

However yesterday where was a period of time that I was in severe distress

Mar 8, 2021, 3:23 AM

Leonard Clinton Williams III

Have had now 3 days where symptoms have been less

Mar 8, 2021, 3:23 AM

Leonard Clinton Williams III

Have not been in hell for much at all of today, and when I am it is only level 2 or 3

Mar 5, 2021, 12:06 AM

Leonard Clinton Williams III

Having a day of less symptoms

Mar 5, 2021, 12:06 AM

Leonard Clinton Williams III

Got up at 2 pm

Mar 5, 2021, 12:05 AM

Leonard Clinton Williams III

Am in hell right now

Mar 1, 2021, 9:24 PM

Leonard Clinton Williams III

Then ate

Mar 1, 2021, 9:24 PM

Leonard Clinton Williams III

Worked on medical docs for 15 minutes

Mar 1, 2021, 9:24 PM

Leonard Clinton Williams III

Still pacing and in hell

Mar 1, 2021, 7:30 PM

Leonard Clinton Williams III

Not being able to work on my medical documents is stressing me

Mar 1, 2021, 7:24 PM

Leonard Clinton Williams III

Level 6 out of 10

Mar 1, 2021, 7:23 PM

Leonard Clinton Williams III

In hell

Mar 1, 2021, 7:23 PM

Leonard Clinton Williams III

Have been stressed over money

Mar 1, 2021, 7:05 PM

Leonard Clinton Williams III

Did Kasina at about 4:30

Mar 1, 2021, 7:05 PM

Leonard Clinton Williams III

Got up at 4:10 pm

Mar 1, 2021, 7:04 PM

Leonard Clinton Williams III

Pacing

Mar 1, 2021, 7:04 PM

Leonard Clinton Williams III

I worked on them for about 5 minutes and then couldn't concentrate any more

Mar 1, 2021, 7:04 PM

Leonard Clinton Williams III

Working on medical docs

Mar 1, 2021, 7:04 PM

Leonard Clinton Williams III

That is the insight that I am having

Feb 27, 2021, 6:38 PM

Leonard Clinton Williams III

Or at least one cause

Feb 27, 2021, 6:37 PM

Leonard Clinton Williams III

That's what causes these traumatic stress symptoms that do not have intrusive thoughts

Feb 27, 2021, 6:37 PM

Leonard Clinton Williams III

Has sent me into hell

Feb 27, 2021, 6:36 PM

Leonard Clinton Williams III

Over thinking about a potential web project

Feb 27, 2021, 6:36 PM

Leonard Clinton Williams III

A tiny bit of stress

Feb 27, 2021, 6:36 PM

Leonard Clinton Williams III

Testing

Feb 23, 2021, 7:07 PM

Leonard Clinton Williams III

Testing

Feb 23, 2021, 7:06 PM

Leonard Clinton Williams III

Testing

Feb 23, 2021, 1:57 PM

Leonard Clinton Williams III

Testing 2

Feb 23, 2021, 1:55 PM

Leonard Clinton Williams III

Testing

Feb 23, 2021, 1:54 PM

Leonard Clinton Williams III

Yesterday I had symptoms most of the day

Feb 19, 2021, 10:14 AM

Leonard Clinton Williams III

Cannot remember rest of today much, only that I was not able to work

Feb 18, 2021, 12:38 AM

Leonard Clinton Williams III

Got up at 1 pm

Feb 18, 2021, 12:37 AM

Leonard Clinton Williams III

Have been in hell for hours

Feb 18, 2021, 12:37 AM

Leonard Clinton Williams III

Having more severe symptoms now

Feb 16, 2021, 11:26 PM

Leonard Clinton Williams III

I had symptoms on and off but they were fairly mild

Feb 16, 2021, 11:25 PM

Leonard Clinton Williams III

I would say I got 5 hours of work done

Feb 16, 2021, 11:25 PM

Leonard Clinton Williams III

I worked on my software

Feb 16, 2021, 11:25 PM

Leonard Clinton Williams III

It had me in the zone and very productive

Feb 16, 2021, 11:25 PM

Leonard Clinton Williams III

Took extra adderall today

Feb 16, 2021, 11:24 PM

Leonard Clinton Williams III

This message was unsent

Feb 15, 2021, 4:24 PM

Leonard Clinton Williams III

Am now getting acutely distressed

Feb 15, 2021, 12:25 PM

Leonard Clinton Williams III

Have been having good day for past 3 hours

Feb 15, 2021, 12:25 PM

Leonard Clinton Williams III

Getting distressed

Feb 15, 2021, 8:45 AM

Leonard Clinton Williams III

Today seem to be a low symptom day too, thus far

Feb 15, 2021, 7:00 AM

Leonard Clinton Williams III

had relatively low symptoms yesterday

Feb 15, 2021, 6:59 AM

Leonard Clinton Williams III

Did Kasina

Feb 15, 2021, 6:59 AM

Leonard Clinton Williams III

Got up at ~ 5 am

Feb 15, 2021, 6:59 AM

Leonard Clinton Williams III

Kasina helps to calm down after Emdr

Feb 12, 2021, 6:42 AM

Leonard Clinton Williams III

Kid Kasina again

Feb 12, 2021, 6:42 AM

Leonard Clinton Williams III

Other than Kasina/EMDR

Feb 12, 2021, 6:03 AM

Leonard Clinton Williams III

For past 2 weeks it seems like I can't get more than about an hour or an hour and a half done out of the day

Feb 12, 2021, 6:03 AM

Leonard Clinton Williams III

Did Emdr a little earlier

Feb 12, 2021, 6:02 AM

Leonard Clinton Williams III

Not usually able to clean

Feb 12, 2021, 6:00 AM

Leonard Clinton Williams III

Cleaned my apt then did Kasina

Feb 12, 2021, 6:00 AM

Leonard Clinton Williams III

Or 1:30

Feb 12, 2021, 6:00 AM

Leonard Clinton Williams III

Got up at 1 am

Feb 12, 2021, 6:00 AM

Leonard Clinton Williams III

Seems to be a not too severe day

Feb 11, 2021, 9:09 AM

Leonard Clinton Williams III

Got up at 1 am

Feb 11, 2021, 9:09 AM

Leonard Clinton Williams III

Have been in hell on and off all night

Feb 11, 2021, 9:09 AM

Leonard Clinton Williams III

8 out of 10

Feb 10, 2021, 9:23 AM

Leonard Clinton Williams III

In unbelievable hell

Feb 10, 2021, 9:23 AM

Leonard Clinton Williams III

6.5 out of 10'

Feb 10, 2021, 8:35 AM

Leonard Clinton Williams III

Still in hell

Feb 10, 2021, 8:35 AM

Leonard Clinton Williams III

In terrible hell

Feb 10, 2021, 7:44 AM

Leonard Clinton Williams III

Stopped for about 5 mins to work on computer

Feb 10, 2021, 6:45 AM

Leonard Clinton Williams III

Have been pacing

Feb 10, 2021, 6:45 AM

Leonard Clinton Williams III

Level 6 out of 10

Feb 10, 2021, 6:20 AM

Leonard Clinton Williams III

For past 10 minutes have been in hell

Feb 10, 2021, 6:20 AM

Leonard Clinton Williams III

Felt bad from time I woke up

Feb 10, 2021, 6:20 AM

Leonard Clinton Williams III

Did Kasina.

Feb 10, 2021, 6:20 AM

Leonard Clinton Williams III

Got up at 4 am

Feb 10, 2021, 6:20 AM

Leonard Clinton Williams III

Getting evidence for neurologist

Feb 9, 2021, 2:07 AM

Leonard Clinton Williams III

For past 30 mins have been compiling evidence and it is causing me terrible stress

Feb 9, 2021, 2:07 AM

Leonard Clinton Williams III

Did Kasina not long after waking up

Feb 9, 2021, 2:07 AM

Leonard Clinton Williams III

Didn't get anything done for a while

Feb 9, 2021, 2:07 AM

Leonard Clinton Williams III

At about 10:50

Feb 9, 2021, 2:06 AM

Leonard Clinton Williams III

Got up

Feb 9, 2021, 2:06 AM

Leonard Clinton Williams III

Have been in hell on and off since ~ 9:30 pm

Feb 8, 2021, 12:10 AM

Leonard Clinton Williams III

got up at ~ 8 Pm

Feb 8, 2021, 12:10 AM

Leonard Clinton Williams III

As of past 15 mins has been intense

Feb 7, 2021, 4:34 AM

Leonard Clinton Williams III

Hell abated a bit at 2 am or so

Feb 7, 2021, 4:34 AM

Leonard Clinton Williams III

Also having thoughts about the police

Feb 7, 2021, 1:23 AM

Leonard Clinton Williams III

Hell is back

Feb 7, 2021, 1:23 AM

Leonard Clinton Williams III

Having intrusive thoughts about WFB, atrium, and situation with mother

Feb 7, 2021, 12:03 AM

Leonard Clinton Williams III

As of past hour in terrible hell

Feb 7, 2021, 12:02 AM

Leonard Clinton Williams III

Did Kasina

Feb 7, 2021, 12:02 AM

Leonard Clinton Williams III

Got up at 8 pm

Feb 7, 2021, 12:02 AM

Leonard Clinton Williams III

It is helping

Feb 5, 2021, 9:37 PM

Leonard Clinton Williams III

Took extra adderall

Feb 5, 2021, 9:37 PM

Leonard Clinton Williams III

10 on a scale to 10

Feb 5, 2021, 8:32 PM

Leonard Clinton Williams III

Horrific hell

Feb 5, 2021, 8:31 PM

Leonard Clinton Williams III

I am in terrible

Feb 5, 2021, 8:31 PM

Leonard Clinton Williams III

Unbelievable hell

Feb 5, 2021, 4:32 AM

Leonard Clinton Williams III

From 4 to 8 on a scale of 10

Feb 5, 2021, 4:25 AM

Leonard Clinton Williams III

Hell has went up and down but been continuous

Feb 5, 2021, 4:25 AM

Leonard Clinton Williams III

Still in absolute hell

Feb 4, 2021, 11:37 PM

Leonard Clinton Williams III

And this has created terrible stress

Feb 4, 2021, 10:16 PM

Leonard Clinton Williams III

My mother seems to be on a budget

Feb 4, 2021, 10:16 PM

Leonard Clinton Williams III

Or trying

Feb 4, 2021, 8:24 AM

Leonard Clinton Williams III

Going to bed

Feb 4, 2021, 8:24 AM

Leonard Clinton Williams III

Is back now

Feb 4, 2021, 8:24 AM

Leonard Clinton Williams III

Hell abated around 5 am

Feb 4, 2021, 8:24 AM

Leonard Clinton Williams III

Still in hell

Feb 4, 2021, 12:54 AM

Leonard Clinton Williams III

Is at level 7 out of 10

Feb 4, 2021, 12:16 AM

Leonard Clinton Williams III

Hell is getting worse

Feb 4, 2021, 12:16 AM

Leonard Clinton Williams III

5 out of 10

Feb 4, 2021, 12:13 AM

Leonard Clinton Williams III

In hell

Feb 4, 2021, 12:13 AM

Leonard Clinton Williams III

Did Kasina, Emdr and Kasina again

Feb 3, 2021, 11:59 PM

Leonard Clinton Williams III

I'm noticing that I'm better able to work on computers than anything else

Feb 1, 2021, 1:02 AM

Leonard Clinton Williams III

Earlier worked for 1.5 hours on ptsd docs

Feb 1, 2021, 1:02 AM

Leonard Clinton Williams III

Also was able to work on software

Feb 1, 2021, 1:01 AM

Leonard Clinton Williams III

Was able to read for 15 mins

Feb 1, 2021, 1:01 AM

Leonard Clinton Williams III

Alternating between pacing and laying on bed

Jan 31, 2021, 3:18 AM

Leonard Clinton Williams III

Cant concentrate

Jan 31, 2021, 3:18 AM

Leonard Clinton Williams III

Feeling bad

Jan 31, 2021, 3:18 AM

Leonard Clinton Williams III

Profoundly unable to concentrate

Jan 31, 2021, 1:29 AM

Leonard Clinton Williams III

Feeling like I want to get something done

Jan 31, 2021, 1:29 AM

Leonard Clinton Williams III

Been up since 9:30 last night

Jan 31, 2021, 1:13 AM

Leonard Clinton Williams III

Pacing

Jan 31, 2021, 1:13 AM

Leonard Clinton Williams III

Cannot get anything done

Jan 31, 2021, 1:13 AM

Leonard Clinton Williams III

feeling psychological paralysis

Jan 31, 2021, 1:12 AM

Leonard Clinton Williams III

I'm in hell

Jan 30, 2021, 12:44 AM

Leonard Clinton Williams III

I feel a psychological paralysis

Jan 29, 2021, 10:34 PM

Leonard Clinton Williams III

And I'm pacing and feeling distressed

Jan 29, 2021, 10:33 PM

Leonard Clinton Williams III

That's how much I've gotten since I got up at 3 pm

Jan 29, 2021, 10:33 PM

Leonard Clinton Williams III

Seems like I will get about 1.25 hours work done today

Jan 29, 2021, 10:33 PM

Leonard Clinton Williams III

Today has been hell

Jan 27, 2021, 11:45 PM

Leonard Clinton Williams III

Did emdr and Kasina and it does not help

Jan 27, 2021, 4:07 PM

Leonard Clinton Williams III

Been in terrible distress for past 2 hours

Jan 27, 2021, 4:07 PM

Leonard Clinton Williams III

I'm still in distress

Jan 27, 2021, 2:18 PM

Leonard Clinton Williams III

I think it may have caused my distress

Jan 27, 2021, 2:17 PM

Leonard Clinton Williams III

I became highly distressed as soon as I woke up and saw this email

Jan 27, 2021, 2:17 PM

Leonard Clinton Williams III

I had an email that people needed to come to my apt to check my water sub meter

Jan 27, 2021, 2:17 PM

Leonard Clinton Williams III

I woke up about 1 hour ago

Jan 27, 2021, 2:16 PM

Leonard Clinton Williams III

Level 6 out of 10

Jan 26, 2021, 6:21 PM

Leonard Clinton Williams III

In distress now

Jan 26, 2021, 6:21 PM

Leonard Clinton Williams III

Started day good

Jan 26, 2021, 6:21 PM

Leonard Clinton Williams III

Lying down a minute

Jan 24, 2021, 5:05 PM

Leonard Clinton Williams III

Level 5 or 6 out of 10

Jan 24, 2021, 5:05 PM

Leonard Clinton Williams III

Have been pacing as I am in distress

Jan 24, 2021, 5:05 PM

Leonard Clinton Williams III

Did Kasina

Jan 24, 2021, 5:05 PM

Leonard Clinton Williams III

Been up for 1 hour and 15 minutes

Jan 24, 2021, 5:05 PM

Leonard Clinton Williams III

Been distressed and pacing for past hour

Jan 24, 2021, 1:04 AM

Leonard Clinton Williams III

Important to note that I became hostile with my friend brian last night

Jan 23, 2021, 6:29 PM

Leonard Clinton Williams III

Has my mind taxed and pacing

Jan 23, 2021, 5:56 PM

Leonard Clinton Williams III

Then looked up stuff online

Jan 23, 2021, 5:56 PM

Leonard Clinton Williams III

Read for 20 minutes straight

Jan 23, 2021, 5:56 PM

Leonard Clinton Williams III

Feeling very little distress but unable to concentrate or be productive

Jan 23, 2021, 4:13 PM

Leonard Clinton Williams III

Have been up since 2 Pm

Jan 23, 2021, 4:13 PM

Leonard Clinton Williams III

Did Kasina

Jan 22, 2021, 11:41 PM

Leonard Clinton Williams III

Have been relatively calm and distress free

Jan 22, 2021, 11:40 PM

Leonard Clinton Williams III

Got up at 7:45 pm

Jan 22, 2021, 11:40 PM

Leonard Clinton Williams III

Then worked on my ptsd docs

Jan 22, 2021, 4:46 AM

Leonard Clinton Williams III

Did Kasina

Jan 22, 2021, 4:46 AM

Leonard Clinton Williams III

Laid in bed for 30 mins

Jan 22, 2021, 4:45 AM

Leonard Clinton Williams III

I got up at 2:45 am

Jan 22, 2021, 4:45 AM

Leonard Clinton Williams III

Maybe 4

Jan 22, 2021, 4:45 AM

Leonard Clinton Williams III

Level 3 out of 10

Jan 22, 2021, 4:45 AM

Leonard Clinton Williams III

Feeling distressed and pacing

Jan 22, 2021, 4:45 AM

Leonard Clinton Williams III

But I have a Persistent feeling of psychological paralysis

Jan 22, 2021, 4:25 AM

Leonard Clinton Williams III

I have been feeling quite a bit better

Jan 22, 2021, 4:24 AM

Leonard Clinton Williams III

Now in severe distress

Jan 20, 2021, 6:19 AM

Leonard Clinton Williams III

I got up at 11 pm last night

Jan 20, 2021, 6:19 AM

Leonard Clinton Williams III

Today has been good until now

Jan 20, 2021, 6:19 AM

Leonard Clinton Williams III

Doing more Emdr

Jan 18, 2021, 9:12 PM

Leonard Clinton Williams III

Level 5 out of 10

Jan 18, 2021, 9:11 PM

Leonard Clinton Williams III

At the moment

Jan 18, 2021, 9:10 PM

Leonard Clinton Williams III

This appears to be helping me but I'm in severe distress

Jan 18, 2021, 9:10 PM

Leonard Clinton Williams III

Times

Jan 18, 2021, 9:10 PM

Leonard Clinton Williams III

Also did Kasina Multiple time's

Jan 18, 2021, 9:10 PM

Leonard Clinton Williams III

Did Emdr multiple times

Jan 18, 2021, 9:09 PM

Leonard Clinton Williams III

At level 4 for sure, not quite 5

Jan 18, 2021, 3:54 PM

Leonard Clinton Williams III

Distress has increased

Jan 18, 2021, 3:53 PM

Leonard Clinton Williams III

Pacing

Jan 18, 2021, 3:37 PM

Leonard Clinton Williams III

Am in distress at about 3 or maybe 4 out of 10

Jan 18, 2021, 3:37 PM

Leonard Clinton Williams III

Did Kasina

Jan 18, 2021, 3:36 PM

Leonard Clinton Williams III

Found adderall after looking for 20 mins

Jan 18, 2021, 3:36 PM

Leonard Clinton Williams III

Was in distress

Jan 18, 2021, 3:36 PM

Leonard Clinton Williams III

Couldn't find adderall

Jan 18, 2021, 3:36 PM

Leonard Clinton Williams III

Got up at 2:35 Pm or so

Jan 18, 2021, 3:36 PM

Leonard Clinton Williams III

I'm at 8 now

Jan 17, 2021, 9:48 PM

Leonard Clinton Williams III

Going up rapidly

Jan 17, 2021, 9:48 PM

Leonard Clinton Williams III

distress is at level 7 out of 10

Jan 17, 2021, 9:47 PM

Leonard Clinton Williams III

Did 2 Kasina sessions today

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

7 out of 10

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

In terrible distress now

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

Has me optimistic

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

It seems to have an effect

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

Did Emdr

Jan 17, 2021, 9:45 PM

Leonard Clinton Williams III

Today has been a good day

Jan 17, 2021, 9:44 PM

Leonard Clinton Williams III

^i was very upset over this

Jan 17, 2021, 9:44 PM

Leonard Clinton Williams III

And I couldn't play it

Jan 16, 2021, 9:24 PM

Leonard Clinton Williams III

Friend sent me a "find the words" game

Jan 16, 2021, 9:24 PM

Leonard Clinton Williams III

In total hell

Jan 16, 2021, 9:02 PM

Leonard Clinton Williams III

Wanted to do Emdr and got back up

Jan 16, 2021, 9:01 PM

Leonard Clinton Williams III

Did partial Kasina

Jan 16, 2021, 9:00 PM

Leonard Clinton Williams III

May do Kasina session

Jan 16, 2021, 8:10 PM

Leonard Clinton Williams III

About to take headache powder

Jan 16, 2021, 8:09 PM

Leonard Clinton Williams III

Pacing

Jan 16, 2021, 8:09 PM

Leonard Clinton Williams III

In severe distress still

Jan 16, 2021, 8:09 PM

Leonard Clinton Williams III

Ate chef boyardee

Jan 16, 2021, 8:09 PM

Leonard Clinton Williams III

Going to pace

Jan 16, 2021, 7:50 PM

Leonard Clinton Williams III

In distress level 8 out of 10

Jan 16, 2021, 7:50 PM

Leonard Clinton Williams III

6 out of 10

Jan 16, 2021, 7:48 PM

Leonard Clinton Williams III

Trying to read caused me to go into a state of distress

Jan 16, 2021, 7:48 PM

Leonard Clinton Williams III

Drank soylent shake and then just now tried to read

Jan 16, 2021, 7:48 PM

Leonard Clinton Williams III

Wanted to try reading again

Jan 16, 2021, 7:47 PM

Leonard Clinton Williams III

20 mins ago was feeling good

Jan 16, 2021, 7:47 PM

Leonard Clinton Williams III

Paced for about 5 mins on and off

Jan 16, 2021, 7:47 PM

Leonard Clinton Williams III

Past 10 mins am feeling sad and distressed

Jan 16, 2021, 6:43 PM

Leonard Clinton Williams III

Was doing ok

Jan 16, 2021, 6:43 PM

Leonard Clinton Williams III

25 mins is a long time

Jan 16, 2021, 5:10 PM

Leonard Clinton Williams III

And just read for 25 mins straight

Jan 16, 2021, 5:10 PM

Leonard Clinton Williams III

Am feeling sort of ok at the moment

Jan 16, 2021, 5:09 PM

Leonard Clinton Williams III

Have been in distress on and off

Jan 16, 2021, 5:09 PM

Leonard Clinton Williams III

Am in terrible distress

Jan 16, 2021, 2:29 PM

Leonard Clinton Williams III

Did Kasina

Jan 16, 2021, 2:29 PM

Leonard Clinton Williams III

Got up at 1:35 or so

Jan 16, 2021, 2:28 PM

Leonard Clinton Williams III

Level 7 out of 10

Jan 15, 2021, 7:22 PM

Leonard Clinton Williams III

Am in terrible distress

Jan 15, 2021, 7:22 PM

Leonard Clinton Williams III

I will use it for Emdr

Jan 15, 2021, 4:36 PM

Leonard Clinton Williams III

It lists my traumatic memories

Jan 15, 2021, 4:33 PM

Leonard Clinton Williams III

Made document for ptsd

Jan 15, 2021, 4:33 PM

Leonard Clinton Williams III

Been distressed

Jan 15, 2021, 4:33 PM

Leonard Clinton Williams III

Getting uncomfortable and distressed

Jan 15, 2021, 4:08 PM

Leonard Clinton Williams III

Will do again later

Jan 15, 2021, 4:08 PM

Leonard Clinton Williams III

Calling Kasina session off

Jan 15, 2021, 4:08 PM

Leonard Clinton Williams III

Have been in slight to medium distress on and off all day, level 3 to 5 on scale of 10

Jan 15, 2021, 3:56 PM

Leonard Clinton Williams III

Going to do Kasina session

Jan 15, 2021, 3:55 PM

Leonard Clinton Williams III

In distress

Jan 15, 2021, 3:54 PM

Leonard Clinton Williams III

Did Kasina session that finished about 10 mins ago

Jan 15, 2021, 11:36 AM

Leonard Clinton Williams III

was in distress at about level 2 or 3 out of 10

Jan 15, 2021, 11:36 AM

Leonard Clinton Williams III

Got up at about 10:40

Jan 15, 2021, 11:35 AM

Leonard Clinton Williams III

Was in distress for most of yesterday.

Jan 15, 2021, 11:35 AM

Leonard Clinton Williams III

Level 4 to level 7

Jan 14, 2021, 4:57 PM

Leonard Clinton Williams III

Since a few minutes past last update

Jan 14, 2021, 4:56 PM

Leonard Clinton Williams III

Been having relentless distress

Jan 14, 2021, 4:56 PM

Leonard Clinton Williams III

Feeling lethargic

Jan 14, 2021, 3:05 PM

Leonard Clinton Williams III

Been feeling a little ill the past 2 days

Jan 14, 2021, 3:04 PM

Leonard Clinton Williams III

Pacing

Jan 12, 2021, 11:31 AM

Leonard Clinton Williams III

Maybe 8

Jan 12, 2021, 11:31 AM

Leonard Clinton Williams III

Level 7 out of 10

Jan 12, 2021, 11:31 AM

Leonard Clinton Williams III

In horrible distress

Jan 12, 2021, 11:31 AM

Leonard Clinton Williams III

And am in terrible stress over money

Jan 12, 2021, 10:56 AM

Leonard Clinton Williams III

Did Kasina

Jan 12, 2021, 10:56 AM

Leonard Clinton Williams III

I'd say level 4 out of 10

Jan 12, 2021, 10:56 AM

Leonard Clinton Williams III

At roughly 9:30 am

Jan 12, 2021, 10:56 AM

Leonard Clinton Williams III

Woke up in terrible distress

Jan 12, 2021, 10:55 AM

Leonard Clinton Williams III

Had to call amazon

Jan 11, 2021, 12:05 PM

Leonard Clinton Williams III

Been working on my computer and handling tasks for Medicaid et al

Jan 11, 2021, 12:05 PM

Leonard Clinton Williams III

Got up at 7 am or so

Jan 11, 2021, 12:04 PM

Leonard Clinton Williams III

Today has been lower symptoms

Jan 11, 2021, 12:04 PM

Leonard Clinton Williams III

Worked on computer for an hour or two

Jan 9, 2021, 4:16 PM

Leonard Clinton Williams III

Got paperwork turned in earlier

Jan 9, 2021, 4:16 PM

Leonard Clinton Williams III

Distress level 7 out of 10

Jan 9, 2021, 4:15 PM

Leonard Clinton Williams III

Having terrible symptoms

Jan 9, 2021, 4:12 PM

Leonard Clinton Williams III

Had to make P&L

Jan 9, 2021, 12:14 PM

Leonard Clinton Williams III

Spent last 3 hours getting paperwork for Medicaid

Jan 9, 2021, 12:13 PM

Leonard Clinton Williams III

Have gotten better

Jan 9, 2021, 12:13 PM

Leonard Clinton Williams III

Cannot concentrate to fill out paperwork

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

On and off

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

Have been in distress level 4 out of 10

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

Not sure what makes them ebb and flow

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

Symptoms are back

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

Been up since 4:30

Jan 9, 2021, 8:35 AM

Leonard Clinton Williams III

Distress level is 1 or 2 on scale of 10

Jan 7, 2021, 9:23 AM

Leonard Clinton Williams III

It is stressing me just a little

Jan 7, 2021, 9:23 AM

Leonard Clinton Williams III

Had to get up

Jan 7, 2021, 9:23 AM

Leonard Clinton Williams III

Doing paperwork

Jan 7, 2021, 9:23 AM

Leonard Clinton Williams III

Yesterday typed letter for DOJ

Jan 7, 2021, 6:09 AM

Leonard Clinton Williams III

Today and yesterday are low symptom days it seems

Jan 7, 2021, 6:09 AM

Leonard Clinton Williams III

Working at computer and pacing on and off

Jan 7, 2021, 5:53 AM

Leonard Clinton Williams III

Have been relatively ok

Jan 7, 2021, 5:52 AM

Leonard Clinton Williams III

Got up at 3 am

Jan 7, 2021, 5:52 AM

Leonard Clinton Williams III

Cannot do my paperwork

Jan 5, 2021, 6:58 AM

Leonard Clinton Williams III

Am now in distress level 8 to 9

Jan 5, 2021, 5:51 AM

Leonard Clinton Williams III

She said something that bothered me

Jan 5, 2021, 5:51 AM

Leonard Clinton Williams III

Talked to mom on phone

Jan 5, 2021, 5:51 AM

Leonard Clinton Williams III

7 out of 10

Jan 5, 2021, 5:29 AM

Leonard Clinton Williams III

In distress

Jan 5, 2021, 5:29 AM

Leonard Clinton Williams III

Need adderall upped

Jan 5, 2021, 5:28 AM

Leonard Clinton Williams III

Cannot concentrate

Jan 5, 2021, 5:28 AM

Leonard Clinton Williams III

Been crying in bed

Jan 5, 2021, 5:06 AM

Leonard Clinton Williams III

Thus far

Jan 5, 2021, 5:05 AM

Leonard Clinton Williams III

PTSD stress has been minimal

Jan 5, 2021, 5:05 AM

Leonard Clinton Williams III

Was Heartbroken over maybe hurting this girls feelings. I have said things that mistakenly make me seem rotten

Jan 5, 2021, 5:05 AM

Leonard Clinton Williams III

Got up at 1:41

Jan 5, 2021, 5:04 AM

Leonard Clinton Williams III

In severe distress

Jan 4, 2021, 6:51 AM

Leonard Clinton Williams III

Need to tally in real time

Jan 4, 2021, 6:09 AM

Leonard Clinton Williams III

I think 20 mins is too high an estimate

Jan 4, 2021, 6:09 AM

Leonard Clinton Williams III

I think above at 3:11 am is off

Jan 4, 2021, 6:09 AM

Leonard Clinton Williams III

Work in 5 to 10 minute increments.

Jan 4, 2021, 6:08 AM

Leonard Clinton Williams III

Have been intermittently working on my website during past 2.5 hrs. Get small amount of work done and then pace

Jan 4, 2021, 6:08 AM

Leonard Clinton Williams III

Am in distress 6 out of 10

Jan 4, 2021, 6:07 AM

Leonard Clinton Williams III

Just took a shower

Jan 4, 2021, 6:07 AM

Leonard Clinton Williams III

Had sat down to work for a minute

Jan 4, 2021, 3:31 AM

Leonard Clinton Williams III

Level 9

Jan 4, 2021, 3:31 AM

Leonard Clinton Williams III

In terrible distress

Jan 4, 2021, 3:31 AM

Leonard Clinton Williams III

Or 8 out of 10

Jan 4, 2021, 3:12 AM

Leonard Clinton Williams III

Level 7

Jan 4, 2021, 3:12 AM

Leonard Clinton Williams III

Am now in severe distress

Jan 4, 2021, 3:12 AM

Leonard Clinton Williams III

Been in distress level 3 to 4 out of 10, on and off

Jan 4, 2021, 3:12 AM

Leonard Clinton Williams III

Been working on website on and off in 20 minute increments

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Did Kasina

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Ate

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Went to cookout

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Or 1:15

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Got up at 1 am

Jan 4, 2021, 3:11 AM

Leonard Clinton Williams III

Have been in bad condition for a few days

Jan 3, 2021, 2:18 AM

Leonard Clinton Williams III

Felt very distressed and then got a little better

Dec 31, 2020, 3:32 AM

Leonard Clinton Williams III

Did Kasina

Dec 31, 2020, 3:32 AM

Leonard Clinton Williams III

Got up at 9 am or so

Dec 31, 2020, 3:32 AM

Leonard Clinton Williams III

Been in distress on and off

Dec 31, 2020, 3:32 AM

Leonard Clinton Williams III

Facebook project

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

On and off

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

Been at computer and pacing

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

Got up at 8 pm

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

7 out of 10

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

In terrible hell

Dec 30, 2020, 1:30 AM

Leonard Clinton Williams III

Am in terrible hell

Dec 29, 2020, 2:13 AM

Leonard Clinton Williams III

Took my 2 extra adderalls

Dec 29, 2020, 1:31 AM

Leonard Clinton Williams III

I'm still waiting

Dec 29, 2020, 1:31 AM

Leonard Clinton Williams III

She had me waiting around and the wait destroyed me

Dec 29, 2020, 1:31 AM

Leonard Clinton Williams III

Then we were going to talk on Skype

Dec 29, 2020, 1:30 AM

Leonard Clinton Williams III

She distressed me extremely

Dec 29, 2020, 1:30 AM

Leonard Clinton Williams III

Girl on Facebook had left me a message

Dec 29, 2020, 1:30 AM

Leonard Clinton Williams III

Did Kasina

Dec 29, 2020, 1:30 AM

Leonard Clinton Williams III

Got up at a little after 8 Pm

Dec 29, 2020, 1:30 AM

Leonard Clinton Williams III

Today has been horrible

Dec 29, 2020, 1:29 AM

Leonard Clinton Williams III

Feeling kind of good now

Dec 28, 2020, 4:17 AM

Leonard Clinton Williams III

Been in distress on and off

Dec 28, 2020, 4:17 AM

Leonard Clinton Williams III

Getting back up

Dec 27, 2020, 11:20 PM

Leonard Clinton Williams III

In severe distress again

Dec 27, 2020, 11:20 PM

Leonard Clinton Williams III

Sat back down and distress abated a little

Dec 27, 2020, 11:20 PM

Leonard Clinton Williams III

Getting back up

Dec 27, 2020, 10:49 PM

Leonard Clinton Williams III

Sitting down and in severe distress s

Dec 27, 2020, 10:49 PM

Leonard Clinton Williams III

Trying to read and cannot

Dec 27, 2020, 10:43 PM

Leonard Clinton Williams III

Been in distress for 20 to 25 minutes

Dec 27, 2020, 10:43 PM

Leonard Clinton Williams III

Now at 3 or 4 out of 10

Dec 27, 2020, 10:05 PM

Leonard Clinton Williams III

Getting slightly distressed and am getting up

Dec 27, 2020, 10:04 PM

Leonard Clinton Williams III

Distress has abated

Dec 27, 2020, 10:02 PM

Leonard Clinton Williams III

Have been sitting here this whole time

Dec 27, 2020, 10:02 PM

Leonard Clinton Williams III

Working on plans

Dec 27, 2020, 9:39 PM

Leonard Clinton Williams III

Finally sat down about 5 mins ago

Dec 27, 2020, 9:39 PM

Leonard Clinton Williams III

In distress 5 or 6 out of 10

Dec 27, 2020, 9:25 PM

Leonard Clinton Williams III

Getting back up

Dec 27, 2020, 9:25 PM

Leonard Clinton Williams III

Tried to sit down again

Dec 27, 2020, 9:25 PM

Leonard Clinton Williams III

Getting back up and pacing some more

Dec 27, 2020, 9:14 PM

Leonard Clinton Williams III

Was going to work on plans but feeling distressed

Dec 27, 2020, 9:14 PM

Leonard Clinton Williams III

Sat back down

Dec 27, 2020, 9:14 PM

Leonard Clinton Williams III

Pacing the floor

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

4 out of 10

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

And am in distress

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

Went to work on plans a few mins ago

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

At about 8:10

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

Did Kasina

Dec 27, 2020, 9:02 PM

Leonard Clinton Williams III

Got up at 8 am

Dec 27, 2020, 9:01 PM

Leonard Clinton Williams III

Intensely feeling as if I want to die

Dec 27, 2020, 3:17 AM

Leonard Clinton Williams III

Am now in intense distress

Dec 27, 2020, 3:17 AM

Leonard Clinton Williams III

Have been in distress on and off

Dec 27, 2020, 3:17 AM

Leonard Clinton Williams III

Not making notes regularly

Dec 27, 2020, 3:17 AM

Leonard Clinton Williams III

Profoundly sad

Dec 26, 2020, 11:53 PM

Leonard Clinton Williams III

Been in distress on and off all day

Dec 26, 2020, 11:53 PM

Leonard Clinton Williams III

Was ok for a while and as of now am in distress 4 out of 10

Dec 26, 2020, 5:21 PM

Leonard Clinton Williams III

Did Kasina

Dec 26, 2020, 5:20 PM

Leonard Clinton Williams III

Been up for about 2 hours

Dec 26, 2020, 5:20 PM

Leonard Clinton Williams III

We've been chatting on messenger

Dec 26, 2020, 5:20 PM

Leonard Clinton Williams III

She's from Australia

Dec 26, 2020, 5:20 PM

Leonard Clinton Williams III

Met girl on Facebook

Dec 26, 2020, 5:20 PM

Leonard Clinton Williams III

Been missing notes for few days

Dec 26, 2020, 5:19 PM

Leonard Clinton Williams III

Trying to go to sleep

Dec 23, 2020, 4:02 AM

Leonard Clinton Williams III

On and off

Dec 23, 2020, 4:01 AM

Leonard Clinton Williams III

Distress not too bad

Dec 23, 2020, 4:01 AM

Leonard Clinton Williams III

Feeling sad

Dec 22, 2020, 7:42 PM

Leonard Clinton Williams III

Computer is running Facebook project

Dec 22, 2020, 6:52 PM

Leonard Clinton Williams III

Not getting anything done

Dec 22, 2020, 6:52 PM

Leonard Clinton Williams III

Have been in distress on and off

Dec 22, 2020, 6:52 PM

Leonard Clinton Williams III

About to use Kasina

Dec 22, 2020, 3:38 PM

Leonard Clinton Williams III

Am in severe distress

Dec 22, 2020, 3:38 PM

Leonard Clinton Williams III

Got up at roughly 3 pm

Dec 22, 2020, 3:37 PM

Leonard Clinton Williams III

Suffering on and off

Dec 22, 2020, 1:37 AM

Leonard Clinton Williams III

Today was not too bad

Dec 22, 2020, 1:37 AM

Leonard Clinton Williams III

But mostly in low levels of distress

Dec 20, 2020, 8:55 PM

Leonard Clinton Williams III

Had a few periods of more severe distress

Dec 20, 2020, 8:54 PM

Leonard Clinton Williams III

Been doing mostly well

Dec 20, 2020, 8:54 PM

Leonard Clinton Williams III

Took my extra adderalls

Dec 20, 2020, 2:43 PM

Leonard Clinton Williams III

was up all night cleaning

Dec 20, 2020, 2:43 PM

Leonard Clinton Williams III

Distress is abating just a little

Dec 19, 2020, 1:47 PM

Leonard Clinton Williams III

Worried that I will not get anything done today

Dec 19, 2020, 1:25 PM

Leonard Clinton Williams III

In terrible distress

Dec 19, 2020, 1:25 PM

Leonard Clinton Williams III



Dec 19, 2020, 12:42 PM

Leonard Clinton Williams III

4 out of 10

Dec 19, 2020, 12:42 PM

Leonard Clinton Williams III

Am now in distress

Dec 19, 2020, 12:42 PM

Leonard Clinton Williams III

Did Kasina

Dec 19, 2020, 12:42 PM

Leonard Clinton Williams III

Got up at 11:40 am

Dec 19, 2020, 12:42 PM

Leonard Clinton Williams III

Also played video games on and off

Dec 18, 2020, 9:09 PM

Leonard Clinton Williams III

Went to get a taco

Dec 18, 2020, 9:09 PM

Leonard Clinton Williams III

Have been in distress most of the day

Dec 18, 2020, 9:09 PM

Leonard Clinton Williams III

Distress*

Dec 18, 2020, 1:58 PM

Leonard Clinton Williams III

Am in terrible stress

Dec 18, 2020, 1:58 PM

Leonard Clinton Williams III

Just got caused terrible distress by mother talking about money

Dec 18, 2020, 1:52 PM

Leonard Clinton Williams III

Have been in some distress on and off

Dec 18, 2020, 1:52 PM

Leonard Clinton Williams III

Got up today about 11:50

Dec 18, 2020, 1:50 PM

Leonard Clinton Williams III

Was in hell for most of the remainder of last night

Dec 18, 2020, 1:50 PM

Leonard Clinton Williams III

Today has been terrible

Dec 17, 2020, 7:18 PM

Leonard Clinton Williams III

7 out of 10

Dec 17, 2020, 7:06 PM

Leonard Clinton Williams III

In severe distress now

Dec 17, 2020, 7:06 PM

Leonard Clinton Williams III

Got a taco and have been in distress on and off

Dec 17, 2020, 7:05 PM

Leonard Clinton Williams III

Worked on software and now am in severe distress

Dec 17, 2020, 3:38 PM

Leonard Clinton Williams III

Was ok for about 20 Mins

Dec 17, 2020, 3:38 PM

Leonard Clinton Williams III

Bouncing from one place to the next is causing me extreme distress

Dec 17, 2020, 2:00 PM

Leonard Clinton Williams III

Cannot get in touch with novant health

Dec 17, 2020, 2:00 PM

Leonard Clinton Williams III

Extremely frustrated

Dec 17, 2020, 2:00 PM

Leonard Clinton Williams III

Been in distress for the entire time since last update

Dec 17, 2020, 1:32 PM

Leonard Clinton Williams III

Am on my bed

Dec 17, 2020, 1:31 PM

Leonard Clinton Williams III

Extreme distress

Dec 17, 2020, 1:31 PM

Leonard Clinton Williams III

Sitting down

Dec 17, 2020, 1:31 PM

Leonard Clinton Williams III

5 out of 10

Dec 17, 2020, 12:59 PM

Leonard Clinton Williams III

Now in distress

Dec 17, 2020, 12:58 PM

Leonard Clinton Williams III

Felt ok and worked on software

Dec 17, 2020, 12:58 PM

Leonard Clinton Williams III

At about 12:10

Dec 17, 2020, 12:58 PM

Leonard Clinton Williams III

Did Kasina

Dec 17, 2020, 12:57 PM

Leonard Clinton Williams III

Got up at around 11:20 am

Dec 17, 2020, 12:57 PM

Leonard Clinton Williams III

Was about 15 mins ago

Dec 16, 2020, 6:31 PM

Leonard Clinton Williams III

Destroyed me

Dec 16, 2020, 6:31 PM

Leonard Clinton Williams III

Friend Cody suggested I live with my mother

Dec 16, 2020, 6:31 PM

Leonard Clinton Williams III

In terrible distress right now

Dec 16, 2020, 6:30 PM

Leonard Clinton Williams III

Today has been terrible

Dec 16, 2020, 6:30 PM

Leonard Clinton Williams III

distress is at 8 to 8.5

Dec 16, 2020, 4:58 PM

Leonard Clinton Williams III

Still pacing

Dec 16, 2020, 4:57 PM

Leonard Clinton Williams III

Maybe 8.5 or 9

Dec 16, 2020, 4:43 PM

Leonard Clinton Williams III

8 out of 10

Dec 16, 2020, 4:43 PM

Leonard Clinton Williams III

In terrible distress

Dec 16, 2020, 4:43 PM

Leonard Clinton Williams III

And now highly distressed

Dec 16, 2020, 4:34 PM

Leonard Clinton Williams III

Sat back down a few mins ago

Dec 16, 2020, 4:34 PM

Leonard Clinton Williams III

Getting up

Dec 16, 2020, 4:10 PM

Leonard Clinton Williams III

Getting highly distressed

Dec 16, 2020, 4:10 PM

Leonard Clinton Williams III

At computer

Dec 16, 2020, 3:45 PM

Leonard Clinton Williams III

Distress abated

Dec 16, 2020, 3:45 PM

Leonard Clinton Williams III

Pacing again

Dec 16, 2020, 3:38 PM

Leonard Clinton Williams III

Taco shop is up the road

Dec 16, 2020, 3:38 PM

Leonard Clinton Williams III

Distress is getting more severe

Dec 16, 2020, 3:38 PM

Leonard Clinton Williams III

Got taco

Dec 16, 2020, 3:38 PM

Leonard Clinton Williams III

Distress abated a little

Dec 16, 2020, 3:38 PM

Leonard Clinton Williams III

Pacing

Dec 16, 2020, 2:40 PM

Leonard Clinton Williams III

Level 6.5 out of 10

Dec 16, 2020, 2:40 PM

Leonard Clinton Williams III

In profound distress

Dec 16, 2020, 2:40 PM

Leonard Clinton Williams III

I'd say I'm in about level 4 out of 10 distress

Dec 16, 2020, 2:31 PM

Leonard Clinton Williams III

And then working on software on and off

Dec 16, 2020, 2:30 PM

Leonard Clinton Williams III

Been pacing the floor

Dec 16, 2020, 2:30 PM

Leonard Clinton Williams III

Distress isn't profound thus far

Dec 16, 2020, 2:30 PM

Leonard Clinton Williams III

That was earlier

Dec 16, 2020, 3:09 AM

Leonard Clinton Williams III

Took extra adderalls so that I could clean but was unable

Dec 16, 2020, 3:09 AM

Leonard Clinton Williams III

In terrible distress now

Dec 16, 2020, 3:09 AM

Leonard Clinton Williams III

In distress on and off all day

Dec 16, 2020, 3:09 AM

Leonard Clinton Williams III

Worked on software

Dec 16, 2020, 3:09 AM

Leonard Clinton Williams III

Mom ruined my day again with her comments

Dec 15, 2020, 2:08 PM

Leonard Clinton Williams III

I don't know why

Dec 15, 2020, 2:06 PM

Leonard Clinton Williams III

Is abating now though

Dec 15, 2020, 2:06 PM

Leonard Clinton Williams III

Distress was too much

Dec 15, 2020, 2:05 PM

Leonard Clinton Williams III

Played video games to try to calm down

Dec 15, 2020, 2:05 PM

Leonard Clinton Williams III

In terrible distress feeling paralyzed

Dec 15, 2020, 2:05 PM

Leonard Clinton Williams III

Maybe 45 mins ago

Dec 15, 2020, 2:05 PM

Leonard Clinton Williams III

Mother stressed me out

Dec 15, 2020, 2:05 PM

Leonard Clinton Williams III

For 1.5 or more of them I have been in distress 4 out of 10. Enough to make it hard to do anything

Dec 15, 2020, 12:14 PM

Leonard Clinton Williams III

Today I have been up for 2 hours

Dec 15, 2020, 12:13 PM

Leonard Clinton Williams III

I worked on my website a good bit. Was also in terrible distress and feeling pulverized for part of the day

Dec 15, 2020, 12:12 PM

Leonard Clinton Williams III

Yesterday wasn't bad

Dec 15, 2020, 12:11 PM

Leonard Clinton Williams III

Have been all day

Dec 13, 2020, 3:15 PM

Leonard Clinton Williams III

In hell

Dec 13, 2020, 3:14 PM

Leonard Clinton Williams III

At 11 am started feeling extreme distress

Dec 13, 2020, 11:38 AM

Leonard Clinton Williams III

Tired from adderall

Dec 13, 2020, 11:37 AM

Leonard Clinton Williams III

Maybe 8 am

Dec 13, 2020, 11:37 AM

Leonard Clinton Williams III

Got up

Dec 13, 2020, 11:37 AM

Leonard Clinton Williams III

In terrible distress

Dec 12, 2020, 7:45 AM

Leonard Clinton Williams III

Am in distress

Dec 12, 2020, 7:36 AM

Leonard Clinton Williams III

Did Kasina session just now

Dec 12, 2020, 7:35 AM

Leonard Clinton Williams III

Today woke up at 6:30 am or so

Dec 12, 2020, 7:35 AM

Leonard Clinton Williams III

I didn't get much done

Dec 12, 2020, 7:35 AM

Leonard Clinton Williams III

Yesterday was on and off distress all day

Dec 12, 2020, 7:35 AM

Leonard Clinton Williams III

Got up at 5:45 am. Been in distress on and off all day

Dec 11, 2020, 12:15 PM

Leonard Clinton Williams III

Got distressed

Dec 10, 2020, 8:11 AM

Leonard Clinton Williams III

Worked on software for 25 mins

Dec 10, 2020, 8:11 AM

Leonard Clinton Williams III

Been pacing on and off

Dec 10, 2020, 8:11 AM

Leonard Clinton Williams III

6 out of 10

Dec 10, 2020, 6:01 AM

Leonard Clinton Williams III

Lying down

Dec 10, 2020, 6:01 AM

Leonard Clinton Williams III

Paced and in terrible distress

Dec 10, 2020, 6:01 AM

Leonard Clinton Williams III

In terrible distress after doing Kasina session

Dec 10, 2020, 5:28 AM

Leonard Clinton Williams III

Roughly 4:50 am

Dec 10, 2020, 5:28 AM

Leonard Clinton Williams III

Woke up

Dec 10, 2020, 5:28 AM

Leonard Clinton Williams III

Have been for 15 minutes

Dec 9, 2020, 7:45 AM

Leonard Clinton Williams III

8 out of 10

Dec 9, 2020, 7:45 AM

Leonard Clinton Williams III

Pacing in terrible distress

Dec 9, 2020, 7:44 AM

Leonard Clinton Williams III

Have been at about 3 to 4 on and off

Dec 9, 2020, 6:28 AM

Leonard Clinton Williams III

More like 6 actually

Dec 9, 2020, 6:28 AM

Leonard Clinton Williams III

Right after waking up

Dec 9, 2020, 6:28 AM

Leonard Clinton Williams III

Was in distress 5 out of 10

Dec 9, 2020, 6:28 AM

Leonard Clinton Williams III

Been pacing on and off

Dec 9, 2020, 6:28 AM

Leonard Clinton Williams III

Applied for Medicaid

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

Roughly an hour of pacing

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

Paced

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

May have gotten up at 3am

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

Instantly

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

In hell

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

Did Kasina

Dec 9, 2020, 6:27 AM

Leonard Clinton Williams III

Got up at 3:15 am

Dec 9, 2020, 6:26 AM

Leonard Clinton Williams III

8.5 on scale to 10

Dec 8, 2020, 9:36 AM

Leonard Clinton Williams III

Am in extreme distress

Dec 8, 2020, 9:35 AM

Leonard Clinton Williams III

Ended up a nightmare

Dec 8, 2020, 9:35 AM

Leonard Clinton Williams III

Tried to go to healthcare . Gov

Dec 8, 2020, 9:35 AM

Leonard Clinton Williams III

Down to 5 out of 10

Dec 8, 2020, 8:21 AM

Leonard Clinton Williams III

Distress is abating

Dec 8, 2020, 8:20 AM

Leonard Clinton Williams III

6 or 7 out of 10

Dec 8, 2020, 8:18 AM

Leonard Clinton Williams III

Sitting down and in severe distress

Dec 8, 2020, 8:18 AM

Leonard Clinton Williams III

Been in extreme distress for over an hour

Dec 8, 2020, 8:18 AM

Leonard Clinton Williams III

In Terrible distress

Dec 8, 2020, 7:12 AM

Leonard Clinton Williams III

Became highly distressed

Dec 8, 2020, 7:02 AM

Leonard Clinton Williams III

At roughly 6:50 I ate and then began to read my book

Dec 8, 2020, 7:02 AM

Leonard Clinton Williams III

Severely distressed

Dec 8, 2020, 7:01 AM

Leonard Clinton Williams III

In distress level 3 to 3.5

Dec 8, 2020, 6:18 AM

Leonard Clinton Williams III

Still pacing

Dec 8, 2020, 6:18 AM

Leonard Clinton Williams III

And the stress destroyed me

Dec 8, 2020, 5:51 AM

Leonard Clinton Williams III

I tried to export messages from an app

Dec 8, 2020, 5:51 AM

Leonard Clinton Williams III

Pacing

Dec 8, 2020, 5:51 AM

Leonard Clinton Williams III

Read book for
20 mins

Dec 8, 2020, 5:50 AM

Leonard Clinton Williams III

Paced for 25 mins

Dec 8, 2020, 5:50 AM

Leonard Clinton Williams III

Extremely distressed

Dec 8, 2020, 5:50 AM

Leonard Clinton Williams III

4 out of 10*

Dec 8, 2020, 5:00 AM

Leonard Clinton Williams III

In distress 4 out of 5

Dec 8, 2020, 5:00 AM

Leonard Clinton Williams III

Pacing again

Dec 8, 2020, 5:00 AM

Leonard Clinton Williams III

Played video games for 15 to 20 mins

Dec 8, 2020, 5:00 AM

Leonard Clinton Williams III

Or 25

Dec 8, 2020, 4:59 AM

Leonard Clinton Williams III

Paced floor for 20 mins

Dec 8, 2020, 4:59 AM

Leonard Clinton Williams III

4.5 out of 10

Dec 8, 2020, 4:14 AM

Leonard Clinton Williams III

Getting distressed

Dec 8, 2020, 4:14 AM

Leonard Clinton Williams III

Read for 20 minutes

Dec 8, 2020, 4:14 AM

Leonard Clinton Williams III

Did Kasina session at around 3:00 am

Dec 8, 2020, 3:56 AM

Leonard Clinton Williams III

Feeling good and reading social security book

Dec 8, 2020, 3:56 AM

Leonard Clinton Williams III

Got up at roughly 2:30 am

Dec 8, 2020, 3:56 AM

Leonard Clinton Williams III

8 on a scale to 10

Dec 7, 2020, 9:51 AM

Leonard Clinton Williams III

Absolute hell

Dec 7, 2020, 9:51 AM

Leonard Clinton Williams III

Been in terrible distress for past 1.3 hours

Dec 7, 2020, 9:51 AM

Leonard Clinton Williams III

7 on a scale to 10

Dec 7, 2020, 8:19 AM

Leonard Clinton Williams III

In severe distress

Dec 7, 2020, 8:19 AM

Leonard Clinton Williams III

Paced in-between

Dec 7, 2020, 8:18 AM

Leonard Clinton Williams III

Worked on Sharf project for 30 mins

Dec 7, 2020, 8:18 AM

Leonard Clinton Williams III

Sat down for a second

Dec 7, 2020, 5:58 AM

Leonard Clinton Williams III

Paced for 10 mins in distress (5 out of 10)

Dec 7, 2020, 5:25 AM

Leonard Clinton Williams III

Am*

Dec 7, 2020, 5:24 AM

Leonard Clinton Williams III

Video games were over at about 4:10 an

Dec 7, 2020, 5:24 AM

Leonard Clinton Williams III

6 out of 10

Dec 7, 2020, 5:24 AM

Leonard Clinton Williams III

In distress*

Dec 7, 2020, 5:24 AM

Leonard Clinton Williams III

Worked on Scharf project been pacing on distress for 10 minutes

Dec 7, 2020, 5:24 AM

Leonard Clinton Williams III

Playing video games to try to relax at 3:47 am

Dec 7, 2020, 3:48 AM

Leonard Clinton Williams III

Has been taxing me

Dec 7, 2020, 3:45 AM

Leonard Clinton Williams III

Distress is at about a 3 or maybe a 4

Dec 7, 2020, 3:45 AM

Leonard Clinton Williams III

Had to use restroom

Dec 7, 2020, 3:45 AM

Leonard Clinton Williams III

Sitting down at 3:45

Dec 7, 2020, 3:45 AM

Leonard Clinton Williams III

Immediately getting up

Dec 7, 2020, 3:42 AM

Leonard Clinton Williams III

Sitting down at 3:42 am

Dec 7, 2020, 3:42 AM

Leonard Clinton Williams III

7 out of 10

Dec 7, 2020, 3:25 AM

Leonard Clinton Williams III

Pacing in extreme distress at 3:25 am

Dec 7, 2020, 3:25 AM

Leonard Clinton Williams III

Will then likely play video games

Dec 7, 2020, 3:19 AM

Leonard Clinton Williams III

Getting up to pace

Dec 7, 2020, 3:19 AM

Leonard Clinton Williams III

At 3:19 am

Dec 7, 2020, 3:19 AM

Leonard Clinton Williams III

5 out of 10

Dec 7, 2020, 3:19 AM

Leonard Clinton Williams III

How very distressed

Dec 7, 2020, 3:19 AM

Leonard Clinton Williams III

Not feeling as acutely distressed as I was earlier

Dec 7, 2020, 2:56 AM

Leonard Clinton Williams III

About to drink soylent shake and continue making plans

Dec 7, 2020, 2:56 AM

Leonard Clinton Williams III

Feeling distressed still

Dec 7, 2020, 2:56 AM

Leonard Clinton Williams III

Paced in distress until 2:55 am

Dec 7, 2020, 2:55 AM

Leonard Clinton Williams III

Did Kasina session at 1:30 am

Dec 7, 2020, 2:31 AM

Leonard Clinton Williams III

Pacing the floor in distress at 2:30 am

Dec 7, 2020, 2:31 AM

Leonard Clinton Williams III

2:29 am. Had to get up due to distress.

Had started working on a plan at 2:00 am.

Got up at around 1:20 am. Was distressed and had a headache

Dec 7, 2020, 2:30 AM

Leonard Clinton Williams III

5 minutes to maybe 8 minutes working, followed by an equal amount of pacing

Nov 22, 2020, 2:48 AM

Leonard Clinton Williams III

Up until 2:30 doing the same thing, but in 5 minute increments

Nov 22, 2020, 2:47 AM

Leonard Clinton Williams III

There was one increment of 30 minutes of working on my website

Nov 22, 2020, 12:37 AM

Leonard Clinton Williams III

Did the same until 12:30 except

Nov 22, 2020, 12:36 AM

Leonard Clinton Williams III

Worked for 5 to 20 minutes at a time until 9:30. Had an average of 10 minutes between each increment where I was in distress level 5.

Nov 22, 2020, 12:36 AM

Leonard Clinton Williams III

Was in severe distress until 6 pm

Nov 22, 2020, 12:35 AM

Leonard Clinton Williams III

In severe distress at 5:20

Nov 21, 2020, 5:20 PM

Leonard Clinton Williams III

Got up and paced at 5:17

Nov 21, 2020, 5:18 PM

Leonard Clinton Williams III

Then worked from 5:05 to 5:17. Became very distressed

Nov 21, 2020, 5:18 PM

Leonard Clinton Williams III

Did Kasina session in the middle of this

Nov 21, 2020, 5:17 PM

Leonard Clinton Williams III

Talked with mom about phone bill and struggle until 5 pm

Nov 21, 2020, 5:17 PM

Leonard Clinton Williams III

Got up at around 3:45 was feeling somewhat distressed

Nov 21, 2020, 5:16 PM

Leonard Clinton Williams III

Today was get up at 3:45, have decent time until mom ruined my day. Do Kasina session at 8:50, after being in worsening and severe distress, and off and on pacing the floors for hours. During the time I was in distress I wanted to read or do something productive. I couldn't do it. I was in hell. Was still distressed after Kasina session. Then when I was speaking to mother, I started to feel better. It had nothing to do with speaking to mom. Just Passage of time. I think my Kasina helped me and it just took time. Then around 12 or so I started looking up PayPal api. I had been doing good enough to watch YouTube videos and play games. The stress of searching through PayPal's documents put me in distress. I got about 10 minutes of work and about 20 minutes of reading done today. This is despite wanting very badly to get a lot done all day.

Nov 21, 2020, 2:09 AM

Leonard Clinton Williams III

You can now message and call each other and see info like Active Status and when you've read messages.

Nov 21, 2020, 1:06 AM

Leonard Clinton Williams III



Nov 21, 2020, 1:06 AM

Leonard Clinton Williams III

And the concentration and stress of figuring it out put me in extreme distress

Nov 21, 2020, 1:06 AM

Leonard Clinton Williams III

Then I was looking up PayPal api

Nov 21, 2020, 1:06 AM

Leonard Clinton Williams III

Also read for about 5 minutes

Nov 21, 2020, 1:05 AM

Leonard Clinton Williams III

But I was good enough to watch videos and play video games.

Nov 21, 2020, 1:05 AM

Leonard Clinton Williams III

I wasn't totally better

Nov 21, 2020, 1:04 AM

Leonard Clinton Williams III

For 1 hour I was fine. I got better after a Kasina session

Nov 21, 2020, 1:04 AM

Leonard Clinton Williams III

[https://forums.azbilliards.com/login.php?
a=pwd&u=113443&i=318c5df37ec06f157d2ea6dd52040c0e350b6226](https://forums.azbilliards.com/login.php?a=pwd&u=113443&i=318c5df37ec06f157d2ea6dd52040c0e350b6226)
<https://forums.azbilliards.com/login.php?>

[a=pwd&u=113443&i=318c5df37ec06f157d2ea6dd52040c0e350b6226](#)

Oct 6, 2020, 11:02 PM

Generated by Leonard Clinton Williams III on Wednesday, March 24, 2021 at 5:53 PM UTC-04:00

Comments:

JOHN E. MONGUILLOT, Ph.D. NC # 2146

RE: Leonard Clinton Williams III, Case # 20-30049

To: U.S. Bankruptcy Court

Western District of North Carolina

401 West Trade Street, Room 111

Charlotte, NC 28202

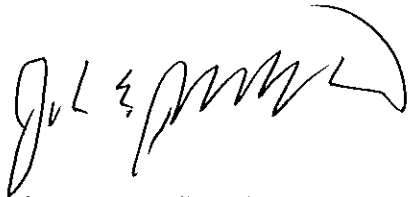
I am a psychologist licensed in North Carolina who saw Mr. Williams in treatment at New River Behavioral Healthcare, Newland, NC. I left that site in 2008 and do not have access to my records, but knew him to be a young man who was quite focused and hard working. He was doing well psychologically on his medications and his primary concerns were staying stable and developing his skill at billiards. To that end, he earned the money to build a garage and bought a high-end pool table to practice his pool skills. We parted on good terms after seeing him at varying frequencies from 2000 to 2008 when I ceased any practice in Avery County due to taking a job in the NC Prison system.

My current diagnosis of Mr. Williams is Bipolar I Disorder, with Mixed Features and Post Traumatic Stress Disorder, Chronic. His residual bipolar symptoms are mildly speeded thoughts and speech, irregular sleep and anxiety. His PTSD symptoms are seen in flashbacks, a feeling of loss of control and intrusive memories. The nature of PTSD is that the intrusive memories are triggered involuntarily and typically cause a startle response and hyperalertness. Such reactions are very disruptive to concentration and sustained effort, as well as can severely complicate social relations. As an example, he may feel threatened in a hearing and become loud, angry, anxious, and have irritable outbursts. He may also break down into tears for seemingly no sufficient reason. These behaviors are involuntary and not within Mr. Williams ability to

control. I do not believe he is a danger to himself or others, and he is clearly mentally competent to handle his legal matters. Unfortunately, his symptoms have flared recently, and have interfered with his ability to complete and submit forms in a timely manner. Absent his current mental issues, he would be able to prepare any reasonable financial document in 24 hours.

I have encouraged him to explore SSI disability and linked him with agencies that provide income adjusted care in Mecklenburg County. He is going to need assistance for 6-9 months to recover and get back to where he could resume work. I hope this letter is helpful to the court and that it helps to facilitate a fair hearing of the facts and appropriate handling of someone struggling right now.

Yours Truly,

A handwritten signature in black ink, appearing to read 'John E. Monguillot', with a stylized flourish at the end.

John E. Monguillot, Ph.D.

JOHN E. MONGUILLOT, Ph.D.

NC License 2146

TO WHOM IT MAY CONCERN

I am a licensed psychologist in North Carolina who previously treated Leonard Williams in the community when I worked in Newland. He has consulted me recently regarding how to manage some stressful situations and I need to be consulted if there are any significant issues in his status. He shows clear signs of Post Traumatic Stress Disorder which are interfering with his ability to manage daily affairs. I can be contacted at [REDACTED]