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Re: Email 12/26/2023

To: "Division, Criminal (CRM)" <Criminal.Division@usdoj.gov>, civil.feedback@usdoj.gov

I am probably good enough to do my Kasina every day that mom is not here now. I'm not 100% sure.

This inhibition I have varies depending on the task. My Kasina is on the lower end of the inhibition type of impairment. If I had a bigger bedroom and lived by myself, I could have been doing my Kasina the whole time. When I was sleeping in the living room, I did it much more often. Since coming to this bedroom, I hardly ever can do it. It is very hard to explain.

I have an inhibition for opening my Soylent shake bottles. It is pretty powerful, but is something I can overcome. I often pace the floors for several minutes to build up the willpower to open one. There have been times that I've paced the floors for 20 to 45 minutes, just to open one. In the past several weeks, I have paced less in opening my shakes. I have started to make a point to stop and psyche myself up, and build up strength to open them.

I can't type any more.

Warmest Regards,

Clint Williams

(980)-[REDACTED]