

G-DIARY

For stabilising, and reducing your daily doses, as you self-detox

Stopping your GBL use “Cold Turkey”, so to speak, can sometimes be dangerous if you are on high and regular doses of GBL. It can certainly be very unpleasant, with shaking, sweating, convulsions, anxiety and panic: and in some cases, hallucinations and delirium (a confused state, lost time, memory loss, 'coming to' and realising you've been acting out, unconsciously; irregular breathing, trouble breathing).

If you can go 24 hours straight without a shot of G, it's probably safe to stop "Cold Turkey". If you can go 12 hours straight without a shot of G... it's possible you can stop "Cold Turkey" but it can be wise to be with someone to keep an eye on you, and to check you're not getting the more dangerous withdrawal symptoms (a confused state, lost time, memory loss, 'coming to' and realising you've been acting out, unconsciously, irregular breathing, trouble breathing.).

If you can't go more than a few hours without a shot of G, without experiencing urgent symptoms, then stabilising your use, or gently/slowly reducing your use, is advised.

Here's how.

Find a dose (a low'ish one) that works for you, and **STICK TO IT FOR A COUPLE OF DAYS**. Try to take and measure your doses with **CONSISTENCY**. The same amount (for example, 1ml) at the same time intervals (for example, every 2 hours, **ON THE HOUR**)

Be strict with yourself about maintaining this routine for a couple of days. If you take a higher dose at bedtime, again, first a low'ish dose that works for you, and take exactly the same amount at bedtime every night.

Try very hard not to alter these doses.

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After one or two days (your choice), begin reducing the dose, **BY ONE-TENTH OF A ML EACH DAY**. (For instance, 2ml's on Monday, 1.9ml's on Tuesday, 1.8 ml's on Wednesday, and so forth.) Continue being strict about maintaining the decided dose, **AT** the decided time.

Eventually, when you are down to 0.1 ml's, you will be able to stop using GBL altogether without the shakes, sweating, or anxiety. You **WILL** be feeling uncomfortable while you adjust to life without GBL, you **WILL** want to dose up whenever something stressful happens, or when you find it difficult to sleep, but resist the temptation to begin your addiction again by taking a dose of GBL. Even a small one will begin your cycle of dependency again. Your keyworker will help you deal with these difficult things, especially in the days after you stop, and in the weeks ahead.

Keep your life stress-free during this time. Keep complicated responsibilities, and people away. Make your home comfortable and safe, keep your phone on voicemail if that is possible, and deal with your messages at a better time.

Become conscious of your dosing. Find a dose/time interval that keeps your withdrawals manageable.

Stick to it as much as possible, rather than adjusting your dose chaotically.; don't dose according to external stresses and anxieties/triggers.

If you take a higher dose at bedtime, that's ok. But the same guidelines apply; find an appropriate and safe dose that works, and stick to that every night (though reducing it incrementally as you do each day).

Use the blank template below for;

1. recognising and diarying your chaotic use; then
2. stabilising your use; (and continuing that till it feels comfortable); then
3. reducing your use, bit by tiny bit each day. Till it feels comfortable. Then continue.

Eventually you'll be **SO** good at this, so stable; less accidental overdosing, less unexpected panicky withdrawals.

It's a very good feeling to feel in charge and in control of your moods this way.

And eventually, you'll be on such a low dose, you can stop Cold turkey without danger.

Stay in touch with me during this process. Don't be alone in this journey, and there **ARE** risks involved, so ... don't do it alone.

1. Example of chaotic or sporadic use

TIME of DAY	Dose/Yesterday			
9am	2ml			
9.45	1ml			
12 Noon	1.5ml			
1pm	2ml			
3.30	1ml			
4.15	1ml			
5pm	1ml			
(continued..)				
Bedtime	3.5ml			

Sporadic Use,
Sporadic time intervals...
Leads to sporadic withdrawals, moods and anxiety up and down, chaos and discomfort.

2. Example; how to stabilise this chaotic use

TIME of Day	Dose/Yesterday	TIME of DAY	Dose/Tomorrow
9am	2ml	9am	1.2ml
9.45	1ml	11am	1.2ml
12 Noon	1.5ml	1pm	1.2ml
1pm	2ml	3pm	1.2ml
3.30	1ml	5pm	1.2ml
4.15	1ml	7pm	1.2ml
5pm	1ml	9pm	1.2ml
(continued..)		(Continued)	1.2ml
Bedtime	3.5ml	Bedtime	3ml

3. Example; STABILISATION

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9am	1.2ml						
11am	1.2ml						
1pm	1.2ml						
12Noon	1.2ml						
3pm	1.2ml						
5pm	1.2ml						
Cont'd..	1.2ml						
Bedtime	3ml						

4. Example; Daily REDUCTION

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9am	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
11am	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
1pm	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
12Noon	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
3pm	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
5pm	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
Cont'd..	1.2ml	1.1ml	1. ml	0.9ml	0.8ml	0.7ml	0.6ml
Bedtime	3ml	2.7ml	2.4 ml	2ml	1.7 ml	1.4ml	1 ml

Your blank template

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9am							
10am							
11am							
12Noon							
1.4ml 1pm							
2pm							
Cont'd..							
Bedtime							

Your blank template

TIME	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9am							
10am							
11am							
12Noon							
1.4ml 1pm							
2pm							
Cont'd..							
Bedtime							