

[Redacted text block]

NOTES

[REDACTED]

[REDACTED] I don't know
why it's so hard for me to
believe my own feelings.

July 1, 2022

What if I am a manipulator?
What if I am a manipulator
and I don't even realize it?

[The following text is heavily redacted with white bars, obscuring the majority of the handwritten content.]

NOTES

[Redacted text]

Relationships

[Redacted text] i've never picked my friends. I let friends pick me. [Redacted text]

NOTES

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

[Redacted line]

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[Redacted]

[Redacted text]

Why am I drawn to people who rely on me?

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

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[redacted]
[redacted]
[redacted]

[redacted]
[redacted]
[redacted]

[redacted] and I just had
this revelation in the
shower all of a sudden.
I am excited.

November 20, 2023

[Redacted text block]

3 hours after the deadline, post mental breakdown, stuck and

staring at my computer. [redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

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[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

August 2023

My friend said that I was looking for answers, but I wasn't looking for answers. I just wanted to know the answers to the questions that were bothering me.

Answering questions is draining when you don't know the answers to them.

My friend goes on and on about how I should just say I don't know. I don't want to say that. I want to know the answers to the questions that are bothering me. I want to know the answers to the questions that are bothering me. I want to know the answers to the questions that are bothering me.

NOTES

[Redacted]

because I feel like I'm
running out of time to
fix myself.

[Redacted]

[Redacted]

NOTES

The first part of the paper is devoted to a
 discussion of the general theory of the
 subject. It is shown that the theory is
 based on the principle of least action.
 The second part of the paper is devoted
 to a discussion of the experimental
 results. It is shown that the results
 are in good agreement with the theory.
 The third part of the paper is devoted
 to a discussion of the applications of
 the theory. It is shown that the theory
 can be applied to a wide variety of
 problems.

September 8, 1933

[The following text is obscured by redaction bars]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

Maybe I'm an oversharer.

Maybe I'm an undersharer.

[Redacted]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

July 21 2003

[Redacted text]

How do I figure out the line between processing my feelings and wallowing in self pity?

NOTES

July 6 2022

[Redacted text block containing approximately 25 lines of obscured handwritten notes]

NOTES

I'm sad
that I'm not sad about [redacted]
anymore, if that makes any
sense at all.

September 28, 1902

[The following text is heavily redacted with white bars, obscuring the original content.]

[Redacted]

[Redacted]

[Redacted]

[Redacted]

It didn't make me happier.
It didn't make me sadder.

[Redacted]

September 15 2022

[REDACTED]

[REDACTED] I don't know what to think of this. Maybe I don't always need to think things of everything. Maybe sometimes I can just observe.

Journal of my feelings

NOTES

[Redacted text block containing approximately 20 lines of handwritten notes, mostly obscured by white bars.]

Realize

for the first time in a long
time, or maybe ever, my
mind feels quiet. _____

NOTES

