

Dear diary, ^{after} 8/18/16
Yesterday, even I made a motivation entry
for myself, I had a huge freakout.
I ended in the shower a lot and had
to calm down. I started to hit myself
and slapping my head and pinching
myself. It was scary but not as
scary as before. I managed to calm
myself down by telling myself that
I was okay and that ~~was~~ I wasn't crazy.
Then deep inside of me and behind
of what I was saying to myself, I began
to wonder if I was actually okay and if
~~not~~ having to constantly remind myself
that I was "okay" and not "crazy" and
"normal" was actually okay and normal.
I feel sweaty, tired, dizzy and light
headed while I wrote that.

I don't know. I feel confused. Perhaps
it's just my period and my unbalanced
hormones. Maybe it's not hopefully
these disgusting feelings go away.

