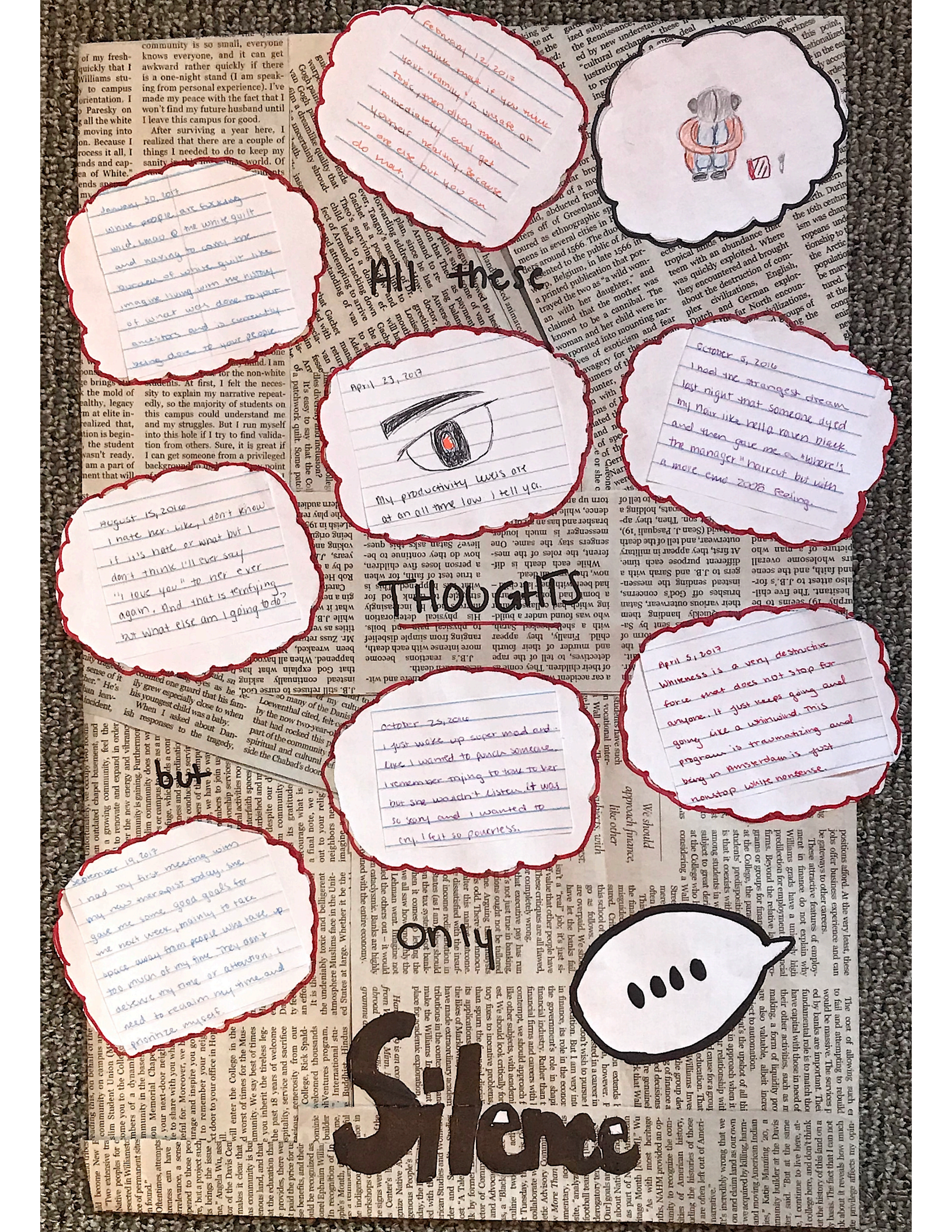

February 12, 2017
I think that if you think your "family" is unsafe or toxic, then ditch them immediately and get yourself healthy. Because no one else but you can do that.
January 30, 2017
White people are fucking wild. Umao @ the white guilt and having to carry the burden of white guilt like imagine living with the history of what was done to your ancestors and is currently being done to your people.
All these
April 23, 2017
My productivity levels are at an all time low I tell ya.
October 5, 2016
I had the strangest dream last night that someone dyed my hair like hella raven black and then gave me a "where's the manager" haircut but with a more emo 2008 feeling.
August 15, 2016
I hate her. Like, I don't know if it's hate or what but I don't think I'll ever say "I love you" to her ever again. And that is terrifying but what else am I going to do?
THOUGHTS
April 5, 2017
Whiteness is a very destructive force that does not stop for anyone. It just keeps going and going like a whirlwind. This program is traumatizing and being in Amsterdam is just nonstop white nonsense.
October 25, 2016
I just woke up super mad and like I wanted to punch someone. I remember trying to talk to her but she wouldn't listen. It was so scary and I wanted to cry. I felt so powerless.
but
September 19, 2017
I had my first meeting with my new therapist today. She gave me some good goals for the next week, mainly to take space away from people who take up too much of my time. They don't deserve my time or attention. I need to reclaim my time and prioritize myself.
only
Silence