

Sunday, Feb. 9, 1992

Age: 19

~~10~~ 1 a.m.

I haven't been writing in here because I don't feel like a whole person these days. But it could be that not writing in my diary only contributes to these bad feelings.

I'm trying to keep up with the Honours Biochemistry Program, with the social scene (I'm failing at that, of course), with J. (also bleak), with family events, with planning for the summer, & especially with old nightmares which have been haunting me forever, it seems. When something happens to you as a child which scares you more than anything else up to that point (or since, even) has, the memory of the incident does not fade with time. ~~It~~ Instead, it works its way into practically every aspect of



your life, from day to day habits, social relationships (esp. w guys), & family relationships, to academic goals and career plans. It even invades ~~my~~ ^{your} sleep. It causes panic attacks when something occurs to remind you of the incident; it creates a need in you to act out similar incidents in your mind, again & again, thousands of times, in an absurd attempt to change what happened. It even lets sadism and especially masochism creep into your behaviour occasionally. Sometimes you feel like you're going insane. But you may have "forgotten" this awful incident ever occurred in your childhood!

I think now that if I hadn't blocked the memory for so long, I could have dealt with it earlier. I have post-traumatic stress

⊗ I've enclosed some excerpts from a book on PTSD in children, in the front of the ^{diary} disorder. Some chance reading I was doing, made me aware of this. Interestingly, PTSD also tends to make a person feel "detached or estranged from others." ⊗ So maybe my difficulty with people is not innate. I would like to unlearn it. Somehow, I have to get counselling. I can't go to a psychiatrist and have the cost covered on my medical plan, because the forms describing the treatment have to be signed by my mom (I am on the plan as her dependent). I can't talk to her about all this yet because she was involved in the incident. I don't think I could afford a psychiatrist's fees, so I have to look for other available counselling. I'm so tired these days. No motivation to study. I'm

sick of Biochemistry. I want to
be an English or Psychology major
instead. I'm just being childish,
though. "The grass is always
greener on the other side of the
fence."

Goodnight
