

• Saturday, Oct. 11, 1992

(late)

Today I've been getting frequent flashbacks of events or just locations or feelings from years ago. Sometimes it's an old dream that pops into my mind for no apparent reason, while I'm trying to write up a lab report. For instance, a few years ago I dreamed of being up the coast by the highway, watching some deer on the land across the road.

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^{evening} While reading about integral ~~the~~ heats of solution and wondering how to graph my data, I suddenly saw that image of the deer across the highway. I'd forgotten about



that dream. There was no reason to remember it; it was hardly interesting or significant. The other flashbacks have also been of experiences or feelings that don't seem to have ~~any~~ much importance, & certainly no connection to the abuse. As I wrote the last sentence, I had 2 more: walking down a trail up the coast, and then picking out a Christmas tree with my mother and stepfather at a tree lot in Vancouver.

My memory seems to be teasing me. I've felt pretty low today, but there have been some "up" moments. For no apparent reason, I would feel good for about 15 minutes, then go back to feeling shitty for a couple of hours. I've tried to get as much homework done as I can in this mood. Sometimes, playing music really loud ^{on the radio} helps to shut out or overpower the depression. But this can make studying a little



difficult. It's ~~even~~ even harder to study while feeling really down, so the ~~music~~ distraction from the loud music is the lesser of 2 evils.

"School is very important". Repeat 10 times and go back to reading the textbook. Read a page. Feel sad.

Wonder why. (What's sad about oligodendroglia and Schwann cells?) Ignore the feeling. Turn the music louder.

Read another page. Get $3/4$ of the way down and stare at the page for 5 min, thinking about literally nothing.

Jolt "awake" again and try to continue, but feel totally stupid and useless.

Sit back in chair and pinch arms and rub temples. Thoughts wander to quick and easy ways one might kill oneself. Glance at the textbook. Repeat "School is very important" 10 times. Try another couple pages.

It's good that I have some sort of focus. If I weren't in school, I



would feel much worse, I'm sure of it.



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