

31-JUL-10

WOKED UP AT 6:00 AM. COULD NOT SLEEP ANY LONGER. THOUGH NOT WELL SLEPT COULD NOT FALL ASLEEP AGAIN. LIED IN THE BED FOR 1.5 HOURS, NOT WANTING TO GET UP.

DOCTOR SAID THAT IT WOULD TAKE 2-3 WEEKS FOR ANTIDEPRESSANTS TO TAKE EFFECT. I HAVE BEEN ON MEDICATION FOR JUST OVER A WEEK. HOPE THINGS WILL GET BETTER SOON. STILL HAVE NIGHTMARES ABOUT MY TIME AT THE PETERBOROUGH

DETACHMENT OF THE OPP. NOTHING ABOUT THE INTERACTION WITH THE PUBLIC. JUST ABOUT THE ATTITUDE ~~AND~~ TOWARDS ME AND HARASSMENT BY SOME OFFICERS. SGT. FLINDALL, CST. PAYNE AND CST. NIE ARE THE MOST FREQUENT VISITORS IN MY NIGHTMARES. THE NIGHTMARES ARE GIBBERISH, NO SENSE AT ALL, BUT THE VISITORS ARE VERY VIVID AND REAL. THEY OFTEN ACCUSE ME OF SOMETHING OR CHARGE ME WITH SOMETHING. I WONDER WHEN THE TORTURE WILL STOP.

1-AUG-10 10:44 AM

WOKE UP AT AROUND 10:00AM. AS USUAL, DID NOT WANT TO GET UP. WISHED I COULD JUST SLEEP FOREVER. TOOK 2 SLEEPING PILLS LAST NIGHT TO KNOCK ME OUT. FEELING AWFUL. FEELING ABANDONED AND BEING UNEMPLOYED IS KILLING ME. NO APPETITE AGAIN. SHOWED SOME STALE FOOD INTO MYSELF AND TOOK AN ANTI DEPRESSANT PILL. WILL SPEND THE DAY CLEANING THE HOUSE. HOPE IT WILL CHEER ME UP. HAVE BEEN NOTICING OCCASIONAL CHEST PAIN IN THE AREA OF THE HEART. PROBABLY STRESS RELATED.

19:00 1-AUG-10

MY ROOMMATE AND I CLEANED THE ENTIRE HOUSE AND WENT OUTSIDE FOR A CANOE RIDE. IT WAS A GOOD EXERCISE TO PADDLE UP THE RIVER. NOW I HAVE A BIT OF APPETITE.

2-AUG-10 9:07 AM

WOKE UP AT APPROXIMATELY 6:30 AM BUT STAYED IN BED UNTIL 9:00 AM, NO DESIRE TO DO ANYTHING, FEELING VERY DEPRESSED. HAD A NIGHTMARE AGAIN IN WHICH SGT. FLINDALL CHARGED ME WITH SOMETHING. THOUGHT IT WAS REAL UNTILL WOKE UP COVERED IN SWEAT. NOW I DO NOT REMEMBER WHAT IT WAS ABOUT, THAT IS GOOD. WHILE LYING IN THE BED FOR 2.5 HOURS I HAD FLASHBACKS, MANY FLASHBACKS FROM MY LIFE. I WONDER IF YOU REGRET WHEN YOU WAKE UP THAT YOU WOKE UP AND WISH YOU NEVER WOKE UP, IS IT JUST BEING DEPRESSED OR ALSO BEING...? I HAVE NO DESIRE TO DO ANYTHING. LIFE WENT DEAD ON MY HANDS. HOW DO I RECOVER?

11:25 WENT FOR A WALK OUTSIDE. STILL NO APPETITE. NEED TO EAT, BUT CANNOT. I FEEL LIKE A ZOMBIE.

15:00 LIED DOWN AND TRIED TO SLEEP BUT COULD NOT BECAUSE OF ENDLESS FLASHBACKS. NO APPETITE. NO DESIRE TO DO ANYTHING. LIFE IS A TORTURE.

3-AUG-10 02:36 AM

I THINK I JUST EXPERIENCED THE SO CALLED EMOTIONAL BREAKDOWN.

A RELENTLESS WHIRLPOOL OF THOUGHTS, NO SENSE. I PUT MYSELF TOGETHER SOMEHOW.

08:30 AM

WENT OUTSIDE AND BURNT SOME OF MY OLD CLOTHES IN A BONFIRE. NOT ENTIRELY SURE WHY. PERHAPS TRIED TO GET RID OF THE OLD. BURNT SOME OF MY PAST. CHASTITY BY FULL TIME TO TAKE MEDICINE AND HIT THE HA

09:20 AM

JUST GOT UP. LIED IN BED FOR AN HOUR OR SO AFTER WAKING UP. FEELING PRETTY BAD, AS USUALLY. WHAT A LAME LIFE. NEVERTHELESS, GOT TO MOVE ON. MUST MOVE ON.

4-AUG-10

YESTERDAY EVENING A FRIEND CAME OVER WE HAD A NICE CHAT. I FEEL FELT CHEERED UP. IT WAS HELPFULL TO TALK. STILL HAD TO TAKE A SLEEPING PILL AND DID NOT WANT TO GET OUT OF THE BED THIS MORNING. PRAYING AND WAITING FOR THINGS TO TAKE A POSITIVE TURN IN MY LIFE. WHEN?

APPLIED FOR A COUPLE JOBS TODAY. ALSO ~~WENT~~ DROVE TO A FARM OF THE WOMAN THAT SELLS EGGS AND OFFERED MY HELP AROUND THE FARM. I DO NOT CARE WHAT TO DO. I JUST FEEL THAT WORKING OUTSIDE IN THE NATURE CAN HELP ME CURE MY DEPRESSION. WE AGREED TO BE IN TOUCH AS IT WAS A SURPRISE FOR HER.

1:00 AM ON 5-AUG-10

SWOLLED SLEEPING PILL. OFF TO BED SOON.

5-AUG-10 11:30 AM

Woke up at 6:00 AM, got up and lowered blinds to keep the sunlight out. Went back to bed and lied there for 5 hours until 11:00 AM. Completely powerless. No nightmares. Just flashbacks. Lack of desire to do anything. Lack of desire to live. Must move on. Still have hope things will get better. I am strong. Too strong and too stubborn to give up.

I have had patches of rather irritating and itchy rash all over my body over the past two weeks. I have never had anything like that before. The suppurating rash attack appears to correlate with the intake of antidepressants. I am thinking it is either the depression or the antidepressants that must have caused the rash.

15:15 Applied for yet another job online. Will lie down now. Need to calm my mind.

6-AUG-10 12:20 PM

STAYED IN BED SINCE YESTERDAY
AFTERNOON UNTILL NOW. ALMOST 21
HOURS STRAIGHT. WAS IN AND OUT
OF THE COMA, MOST OF THE TIME AWAKE.
THOUGHTS OF WHAT HAPPENED TO ME
AT THE PETERBOROUGH DETACHMENT
WOULD NOT LEAVE MY MIND. I FEEL
BY THE HOUR NOW I AM SINKING INTO
DEEPER AND DEEPER DEPRESSION.

RED ITCHING RASH IS SPREADING OVER
MY BODY. PERHAPS I SHOULD SEE A DOCTOR,
NO STRENGTH AT ALL.

16:15 WENT FOR A WALK WITH MY
ROOMMATE FOR AN HOUR. JACK LIED
DOWN AGAIN. HUNGRY BUT CANNOT
EAT. LIFE IS A TORTURE. MY HEAD
IS SPINNING AROUND WITH THOUGHTS.
MY MIND IS SCATTERED RIGHT NOW AND
HAS BEEN LATELY. I FORGET BASIC
THINGS. NO STRENGTH IN MY LEGS.

23:30 RED ITCHING RASH CONTINUES
TO SPREAD OVER MY BODY. LEGS, IN PARTICULAR
THIGHS ARE COVERED IN RED PATCHES,
FINGERS, FOREARMS, LOWER BACK, NECK.

7-AUG-10 12:35 PM

JUST GOT UP. LIED IN THE BED SINCE WAKING UP FOR A FEW HOURS. RUSH HAS NOT GOTTEN ANY BETTER. DECIDED TO TAKE A RISK TO GET OFF THE MEDS. THEY DO NOT SEEM TO HELP ME. WILL HAVE TO TRY TO RECOVER IN THE NATURAL WAY. WE'LL SEE. MY MOOD IS SHITTY BUT SURVIVABLE.

17:25 HAVE BEEN READING AN INTERESTING BOOK ALL AFTERNOON - "THE END OF SUFFERING" BY RUSSELL TARG AND J.J. HURTAK. THE CONCEPTS AND THE TEACHINGS OFFERED IN THE BOOK SEEM TO HELP ME RECOVER FROM MY TROUBLED STATE OF MIND. STILL, THOUGH I HAVE BEEN FULLY AWAKE FOR THE PAST 6 HOURS, I EXPERIENCE FLASHBACKS OF THE DISCRIMINATORY TREATMENT I WAS SUBJECTED TO AT THE PETERBOROUGH DETACHMENT. CANNOT FORGET HOW I WAS ASSIGNED A CRUISER ON MY FIRST SHIFT ON MY OWN. THAT WAS SO WRONG.

12:10 JUST READ IN THE BOOK THE FOLLOWING:
"OUR THOUGHTS NOTICEABLY AFFECT OUR BODY.
THOUGHTS AND FEELINGS IN OUR BRAIN CREATE
VARIOUS NEUROPEPTIDES THAT TRAVEL THROUGHOUT
THE BODY TO AFFECT ORGANS AND OUR IMMUNE
SYSTEM. SUFFERING CAUSED BY UNPLEASANT
AND UNCONTROLLABLE THOUGHTS AND
CIRCUMSTANCES IS ONE OF OUR STRONGEST
EMOTIONS AND CAN CREATE SOME OF THE
GREATEST HARM TO OUR PHYSICAL BODY
AS WELL AS TO OTHERS, IF IT IS NOT
CHANNELED PROPERLY."

THE ABOVE CERTAINLY EXPLAINS MY PREDICAMENT
"EMOTIONAL STRESS FROM SUFFERING OR
NEGATIVE THOUGHTS CAN PRODUCE A SENSE
OF DESPAIR OR HOPELESSNESS, WHICH IS
MEDIATED BY THE LIMBIC SYSTEM VIA THE
HYPOTHALAMUS AND, IN TURN, TRIGGERS
SUPPRESSION OF THE IMMUNE SYSTEM.

... OUR PERCEPTIONS OF INFORMATION COMING
TO US FROM THE "OUTSIDE" ENVIRONMENT
CAN DIRECTLY SUPPRESS OUR IMMUNE
SYSTEM, MAKE US SICK, AND KILL US"
"THE POTENCY OF BAD THOUGHTS CAN CAUSE
MISPERCEPTIONS THAT RESULT IN THE EXPERIENCE
OR EMOTIONAL SUFFERING - UNSTABLE EMOTIONS
THAT BOIL UP INSIDE AND CREATE STATES OF

DEPRESSION AND ILLNESS."

21:20 SPENT SOMETIME OUTSIDE HELPING STEVE MOVE/LEVEL A COUPLE OF BIG ROCKS. GOT BACK HOME AND STARTED READING TEACHINGS OF LAO TSHU IN RUSSIAN. TRYING TO MAKE SENSE OUT OF IT. MY MOOD IS BETTER NOW. STILL, RED RUSH IS VERY INTENT WITH NO SIGNS OF SUBSIDING.

8-AUG-10 12:05

DID NOT HAVE A GOOD NIGHT. SLEPT POORLY AGAIN. LOTS OF NIGHTMARES AGAIN. ALL ABOUT PETER BOROUGH DETACHMENT. THIS TIME THOUGH, I HAD SENSE OF GUILT OVER THE CASES I "MISHANDLED" OR PEOPLE I DID NOT TREAT PROPERLY. IN MY NIGHTMARES I WAS A TOTAL FAILURE, UNABLE TO DO ANYTHING RIGHT. ONCE I WOKE EARLY IN THE MORNING I COULD NOT FALL ASLEEP AGAIN. JUST LIED IN THE BED FOR IN A SEMI-CONSCIOUS STATE OF MIND UNTIL NOON. JUST NOTICED PRESH PATCHES

OF RASH ON LEFT ANKLE. HOWEVER,
THE PATCHES OF RASH ON MY THIGHS
ARE DRYING UP. HOPEFULLY IT WILL
GO AWAY SOON.

9-AUG-10 13:27

STAYED IN BED UNTIL 13:00, EVEN THOUGH
I WOKE UP AT AROUND 7:00 AM. I AM GLAD
TO BE OFF MEDICATION. THE RASH HAS BEEN
SLOWLY DISAPPEARING, MAKING ME FEEL
I DID THE RIGHT THING WHEN I DECIDED
TO STOP POISONING MYSELF WITH CHEMICALS.
ON THE OTHER HAND MY SLEEP HAS BEEN
BEEN PRETTY BAD. I CANNOT FALL
ASLEEP QUICKLY AND I WAKE UP TOO
EARLY. YESTERDAY CONSTABLE RICHARD NIE
WAS VISITING ME IN MY DREAMS. IT WAS
NOT A NIGHTMARE BUT IT WAS FAIRLY
DISTURBING TO HAVE HIM IN MY DREAMS.

10-AUG-10 12:58

SAME STUFF AGAIN. ONLY WEIRDER.
WENT TO BED AROUND 2:30 AM LAST
NIGHT AND AS ALWAYS COULD NOT
FALL ASLEEP FOR A WHILE, A LONG
WHILE. THEN NIGHTMARES CAME. VERY
VIVID AND SCARY. IN THE FIRST I WAS
LIVING IN A FEUDAL SOCIETY AND
AFTER SUFFERING THE ABUSE I DECIDED
TO TAKE MATTERS IN MY OWN HANDS.
I WENT TO CONSTABLE SHAMU FILMAN'S
HOUSE, CALLED HIM TO STEP OUTSIDE
AND BEAT HIM UP. IT WAS A
BARE KNUCLE FIGHT, THOUGH HE WAS
MUCH WEAKER THAN ME THAT I JUST
BASICALLY BEAT HIM UP AND LEFT.
NEXT I WAS A FUGITIVE. I WAS
TRYING TO HIDE IN A HUGE STONE
CASTLE. POLICE WERE AFTER ME. I ONLY
HAD 10 MINUTES TO HIDE. THEN I WOK
UP COVERED IN SWEAT. I DO NOT KNOW
WHAT TIME IN THE MORNING IT WAS.
EVENTUALLY I FELL ASLEEP AGAIN. THIS
TIME CONSTABLE MARY D'AMICO, WHO
I THINK WAS NOW A SERGEANT, WAS
PICKING ON ME. I TOLD HER TO GO
FUCK HERSELF AS I HAD HAD ENOUGH.

SAC IMMEDIATELY ACCUSED ME OF DISCREDITABLE CONDUCT WITH ALL THE ENSUING CONSEQUENCES. I DID NOT CARE AND TOLD HER TO GO FUCK HERSELF AGAIN. THEN THE DREAM ENDED. I WOKE UP. I RECALL THERE WERE OTHER PARTICIPANTS IN THE NIGHTMARES. THEY WERE OPP OFFICERS. AT THE TIME OF THE DREAMING I RECOGNIZED THEM. WHEN I WOKE UP I COULD NOT REMEMBER WHO THEY WERE.

I AM NOT TAKING ANY MEDS. ~~THE~~ RUSH ON MY BODY IS SLOWLY DISAPPEARING BUT IT IS STILL THERE. THOUGH IT DRIED OUT, IT ~~FEELS~~ IS STILL ITCHY. I CONSTANTLY ~~SCRATCH~~ SCRATCH IT.

LIFE GOES ON. NOT SURE WHERE. HOPE FOR THE BEST.

WENT FOR A WALK OUTSIDE. TOO HOT.

WATCHED EDUCATIONAL VIDEOS ON YOUTUBE ALL DAY. IT WAS GOOD. I GOT DISTRACTED.

11:55 PM. I THINK I WILL TAKE

A SLEEPING PILL TONIGHT. THREE NIGHTS IN A ROW OF POOR SLEEP IS ENOUGH. I NEED TO REGAIN SOME STRENGTH.

11-AUG-10 12:00

I FINALLY HAD A GOOD NIGHT SLEEP. I TOOK 1.5 SLEEPING PILL LAST NIGHT AND IT HELPED. I HAD SOME DREAMS BUT I CANNOT RECALL WHAT THINGS WERE ABOUT.

14:00 I AM GLAD I TOOK SLEEPING PILLS LAST NIGHT. I FEEL MUCH BETTER NOW. GOOD SLEEP MEANS A LOT.

12-AUG-10 01:09 AM

IT HAS BEEN A SLOW DAY. WATCHED EDUCATIONAL MOVIE CLIPS ON YOUTUBE MOST OF THE DAY. FASCINATING STUFF. LECTURES BY PROMINENT, EDUCATED, INTELLIGENT, POPULISTS TO INCREASE THE LEVEL OF AWARENESS OF PEOPLE AROUND THE WORLD. IT WAS GOOD. I WISH MORE PEOPLE WATCHED THESE TYPE OF CHANNELS AND NOT SOAP-OPERAS AND SPORTS. OH WELL, TO EACH ITS OWN

TOOK 1.5 SLEEPING PILL. FEEL DIZZY
ALREADY, OFF TO BED NOW.

12-AUG-10 8:00 AM

WOKE UP AT AROUND 7:00 AM. COULD NOT
FALL ASLEEP AGAIN SO DECIDED TO GET UP.
HAD YET ANOTHER WEIRD DREAM, REALLY
WEIRD. IT WAS LONG AND VIVID BUT I
ONLY REMEMBER PARTS OF IT NOW.

CONSTABLE SHAWN FILMAN AND CONSTABLE
JENIFER PAYNE WERE IN THE DREAM.

THIS TIME THOUGH, SHAWN FILMAN WAS THE
PROTAGONIST WHILE JENIFER PAYNE WAS
THE ANTAGONIST. THE DREAM, WHICH TOOK
PLACE OVER A NUMBER OF DAYS, INVOLVED
A TRAINING OF A SORT IN A BIG
RECTANGULAR SHAPED GYMNASIUM, A
SEARCH FOR A MISSING PERSON (I THINK
IT WAS A LITTLE GIRL) AND SOME OTHER
STUFF. I WAS VERY SURPRISED WHEN
AT ONE POINT SHAWN FILMAN APPROACHED
ME AND TOLD ME THAT JENIFER PAYNE
WAS HAVING AN AFFAIR WITH SOMEBODY
AND EVEN NAMED THAT PERSON TO ME.
I ASKED SHAWN FILMAN WHY HE WAS DOING IT,
WHY HE WOULD VOLUNTARILY TELL ME THAT.

WE JUST SHOULDERED HIS SHOULDERS,
THAT IS ALL I REMEMBER FROM
THE DREAM.

11:00 AM

JUST SPOKE WITH MY LEGAL COUNSEL
PETER SUTTON, HE ADVISED ME ABOUT
THE PULLING OF THE JUSTICE OF THE
PEACE CARL YOUNG REGARDING MY
CHARGE UNDER HTA BY SERGEANT
ROBERT FLINDALL. I WAS FOUND TO
BE NOT GUILTY OF THE ALLEGED
TRAFFIC INFRACTION AND APPARENTLY
JP CARL YOUNG HAS HAD SOME CONCERNS
ABOUT OFFICERS' CREDIBILITY. I ASKED
MY LEGAL COUNSEL'S SECRETARY TO
ORDER PROCEEDINGS OF THE TRIAL SO
I CAN SEE WHAT EXACTLY JP HAD TO
SAY ABOUT MY CASE. IT TOOK 363
DAYS TO BE EXHONORATED OF A SMALL
BUT MALICIOUS CHARGE ORCHESTRATED
BY SERGEANT ROBERT FLINDALL AND
CONSTABLE JENNIFER PAYNE TO OPPRESS
ME, HUMILIATE ME AND MOST IMPORTANT
TO DESCREDIT ME AS AN OFFICER.
ALL BECAUSE I WAS NOT ONE OF THEM
I WAS AN OUTSIDER - A HIGHLY EDUCATE

INTELLIGENT, HARD-WORKING OUTSIDER WHO SPOKE WITH AN ACCENT AND STOOD UP AGAINST THEM TO DEFEND HIS BASIC HUMAN RIGHTS. BUT AT THE EXPENSE OF WHAT? WAS THE PRICE THAT HAS BEEN PAID WORTH IT?

15-AUG-10 14:50

I AM IN THE NH BODIES GYM NOW WORKING OUT. BROUGHT THIS NOTEBOOK ALONG TO ~~TO~~ WRITE IN A FEW UPDATES THAT TOOK PLACE SINCE THE LAST BLOG ON 12-AUG-10. MY MOOD HAS BEEN VERY UNSTEADY - THE AMPLITUDE OF MY MOOD SHIFTS OVER THE PAST 3 DAYS HAS BEEN HIGH. AT ONE MOMENT I'D FEEL ECSTATIC AND AFTER A SHORT WHILE ~~AND~~ PLUNGE TO THE BOTTOM, THEN RISE AGAIN. SPENT SOME TIME ON FRIDAY WITH MY FRIENDS. WE DRANK A BIT OF ALCOHOL, BARBEQUED SOME MEAT, WALKED AND TALKED. IT WAS FUN. HOWEVER, I APOLOGISED A NUMBER OF TIMES FOR MY SEEMINGLY ERRATIC MOOD. ONE HOUR I'D ACT LIKE A CLOWN, THEN BE ANGRY AND AGITATED, THEN SILENT AND

DEPRESSED AND THEN ACT LIKE A CLONED
AGAIN. THEY PARTIALLY KNOW MY STORY
WITH THE OPP AND HAVE KNOWN ME
FOR A LONG TIME. I THINK THEY
UNDERSTOOD. ANYWAY, WE HAD SOME FUN.
IT WAS A CHANGE TO MY ISOLATED
LIFE STYLE. THE BAD PART ABOUT PARTYING
WAS THAT I CONSUMED ALCOHOL AND
SMOKED CIGARETTES. I WAS NOT HAPPY
WITH MYSELF IN THE AFTERMATH OF
THE "FUN TIMES". ON THE OTHER HAND,
GIVEN MY ANXIETY ATTACKS AND A
SEMI-PERMANENT STATE OF AGGITATION
DRINKING AND SMOKING HELPED CALM ME
DOWN. AND I AM IN THE GYM NOW
GETTING BACK ON TRACK.

I MET AND SPOKE WITH MY LEGAL
COUNSELS WHO DEFENDED ME, MARK
GRECO AND PETER SUTTON. THEY
WERE VERY HAPPY AND VERY SUPPORTIVE
OF THE JP CARL YOUNG'S RULING
IN MY FAVOUR. THEY UNANIMOUSLY
STATED THAT JUSTICE PREVAILED AND MY
INTEGRITY IS INTACT. THAT WAS VERY
ENCOURAGING TO HEAR.

MY COMPUTER BROKE DOWN - POWER
SUPPLY FAILURE. I CALLED FA TECHNICAL

SUPPORT TODAY, THEY ARE SENDING A
 TECHNICIAN LATER IN THE WEEK TO
 REPLACE IT. IT WAS A GOOD THING TO
 PURCHASE 3 YEAR INSURANCE COVERAGE.
 I AM STILL (AGAIN) TAKING SLEEPING PILLS.
 CANNOT FALL ASLEEP AND SLEEP WITHOUT
 NIGHTMARES WITHOUT THEM.

I BELIEVE BETTER TIMES WILL COME WHEN
 I WON'T BE NEEDING ANY MEDICATION,
~~I AM WORKING TO GET THERE.~~ I AM WORKING
 ON GETTING THERE. NEED TO BE PATIENT,
 LIVE IN THE OLD SAYING: "LEARN TO
 LABOR AND TO WAIT," TIME IS THE
 GREATEST HEALER.

21:35 ANOTHER ANXIETY ATTACK. WTF?

~~16-DEC~~ 16-AUG-10 9:30 AM

GOT DRUNK LAST NIGHT AND SMOKE A FEW
 CIGARETTES. BORROWED HALF-A-BOTTLE OF
 CAPTAIN MORGAN'S RUM FROM MY ROOMMATE'S
 SHELF. NOT THE BEST WAY TO QUENCH
 ANXIETY ATTACK, BUT IT WORKED. THEN TOOK
 A SLEEPING PILL. "NICE" LIFE.

17-AUG-10 12:00

WENT OUT LAST NIGHT TO MY FRIEND'S BIRTHDAY PARTY. MY ROOMMATE WAS THE DD. I GOT DRUNK AND SMOKED HALF-A-DOZEN CIGARETTES. WHAT AM I DOING?

21:30 FEELING DEPRESSED AGAIN. NO NEWS YET FROM THE JOBS I APPLIED FOR AND

FROM THE PEOPLE WHO OFFERED ME THEIR ASSISTANCE IN FINDING A JOB.

GOT A SMALL ^{RESEARCH} PROJECT TO DO FOR THE COMPUTING & INFORMATION SYSTEMS DEPARTMENT AT TREAT UNIVERSITY.

THE ONLY PLACE WHERE THE FACULTY MEMBERS HOLD ME IN HIGH REGARD.

~~THE~~ BUDGET IS ONLY \$750. STILL, SOME MONEY IS BETTER THAN NO MONEY.

JUST TOOK A SLEEPING PILL. OFF TO BED.

HOPING NOT TO HAVE NIGHTMARES TONIGHT.

18-AUG-10 8:45 AM

HAD A GOOD NIGHT SLEEP. PILL HELPED WAKE AT AROUND 3:00 AM. HAD SOME

WEIRD DREAMS, BUT NOT NIGHTMARES.

SLEEPING PILLS SEEM TO POSITIVELY AFFECT THE QUALITY OF MY DREAMS.

WAS LYING IN THE BED FOR A LONG
 TIME. NOT WANTING TO ~~WAKE~~ ^{WAKE} UP GET UP.
 MY MIND WAS CROWDED WITH MEMORIES FROM
 THE OPP ACADEMY, MOSTLY ABOUT TRAINING
 BUT ALSO ABOUT SOME SPECIFIC PEOPLE.
 THE CONSTABLE RICHARD NIE REVISITED MY
 MEMORIES. IT WAS VERY DISTURBING.

19-AUG-10 00:45

I HAD A GOOD AND PRODUCTIVE DAY TODAY.
 DEVELOPED TWO LABS USING VERILOG HDL
 FOR OUR DEPARTMENT'S DIGITAL LOGIC
 COURSE. WORKING ALL DAY KEPT ME
 SOMEWHAT DISTRACTED FROM DWELLING
 ON MY ISSUES. STILL, I CANNOT STOP
 THINKING ABOUT MY POLICING EXPERIENCES
 AT THE PETERBOROUGH DETACHMENT.
 FILMAN, PAYNE, FLINDALL, NIE, D'AMICO
 REPEATEDLY COME TO MY MIND. I KIND
 OF GAVE UP ON TRYING TO FORGET
 THEM. JUST TOOK A SLEEPING PILL AND
 SMOKE A CIGARETTE TO CALM MYSELF
 DOWN. HOPEFULLY WILL BE IN BED IN
 HALF-AN-HOUR.

AFFECT

19- AUG - 10 10:00 AM

THE FIRST THOUGHT THAT COME TO MY MIND AFTER I WAKE UP ARE ALWAYS ABOUT MY TREATMENT AT THE PETER BOROUGH DETACHMENT OF THE OPP. THE HUMILIATION, THE BELITTLING, DISCRIMINATION AGAINST, ACCUSATIONS OR DEFICIENCIES - FALSE AND VAGUE, MALICIOUS AND IN BAD FAITH - ALONG WITH A FEW OFFICERS WHO CONSPIRED AGAINST ME AND HARSHLY TARGETED ME CROWD MY MIND AS SOON AS I WAKE UP. ~~THE~~ SLEEPING PILLS HELP ME SLEEP BETTER AND SEEM TO REDUCE THE NIGHTMARES, HOWEVER, HOW LONG CAN I CONTINUE TAKING THEM? HAS MY REPUTATION AND INTEGRITY BEEN DAMAGED SO BADLY BY A FEW EVIL MEMBERS OF THE OPP THAT I WON'T BE ABLE TO RECOVER AND RE-BUILD MY LIFE ON MY OWN? HOPE! HOPE IS THE ONLY THING THAT KEEPS ME GOING. HOPE THAT ONE DAY I WILL BE ABLE TO PROVE IN A COURT OF LAW THAT I WAS MALICIOUSLY TARGETED AND DISCRIMINATED AGAINST BY BY A FEW OFFICERS - LOCAL, BORN AND RAISED

IN PETERBOROUGH AREA - WHO DID NOT WANT ME TO BE PART OF THEIR TIGHTLY KNIT GROUP OF "TRUSTED" ASSOCIATES. IN DESPITE MY HARD WORK ETHICS, MY BROAD EDUCATION, MY NUMEROUS SKILLS, THEY MALICIOUSLY MANAGED ME AND PICKED ON ME INSTEAD OF HELPING ME THROUGH MY FIRST YEAR. THEY MALICIOUSLY MY GOOD NAME AND NICKED ME OUT INTO OBLIVION. THEY RUINED MY LIFE.

WHERE ARE THE GOOD OLD TIMES WHEN PEOPLE WERE IN A POSITION TO CHALLENGE THOSE WHO INSULTED THEM TO A DUEL? I WISH I COULD CHALLENGE THEM TO A FAIR FIGHT TO DEFEND MY HONOR, TO FIGHT FOR JUSTICE, TO SOOTH THE MENTAL ANGUISH AND EMOTIONAL PAIN INFLICTED ON ME BY THEM. I WISH! I WISH! I WISH! I WISH IT WAS NOW A CRIMINAL OFFENCE TO DO THAT. ALAS, I CANNOT.

THESE NAMES NEVER LEAVE MY MIND:
 SAMIE BROCKLEY, JENNIFER PAYNE,
 SWANN FILMAN, ROBERT FLINDALL,
 RICHARD MC, MARY D'AMICO,
 AND RON CAMPBELL.

TOMORROW I HAVE A COURT APPEARANCE
IT IS MY 3RD SUBPOENA AFTER I WAS
FINED FROM THE OPP. NOT ONLY I LOST
MY JOB AND COULD NOT GET A ~~JOB~~
RELATED EMPLOYMENT, BUT NOW
I HAVE TO GO TO COURT TO TESTIFY
ABOUT THE CRIMINAL MATTERS I WAS
INVOLVED IN AS A POLICE OFFICER IN
EITHER INVESTIGATING OR A WITNESS
CAPACITY FOR FREE AND ALSO MEET
FACE-TO-FACE WITH SOME OF THE
OFFICERS WHO RUINED MY LIFE.
IS NOT IT A "WONDERFUL" SCENARIO?
MAKES ONE WONDER ABOUT ONE'S
DESTINY. I AM NOT LOOKING
FORWARD TO SEEING THOSE FOLKS
TOMORROW, BUT I MUST GO.

12:15 WENT FOR A WALK. ATE SOME
FRUITS. FEEL AGITATED AND TIRED AT
THE SAME TIME. LACK OF APPETITE.
LACK OF DESIRE TO DO ANYTHING.
NEED TO WORK ON LAB DEVELOPMENTS.
WANT JUST LIE ON THE BED, CURL
INTO FETUS POSITION AND DO NOTHING
EVERY MORNING WHEN I WAKE UP I WISH
I CONTINUED SLEEPING HOWEVER.

MANAGE
WAS
OST
N
STAFF
AS
IN
SS
MEET

14:30 JUST "WELCOMED" ANOTHER ANXIETY
ATTACK. CANNOT FOCUS ON THE TASK AT HAND.
RESTLESS. CANNOT EAT. FEELINGS OF DESPAIR.
AGITATED. WILL TRY TO LIE DOWN AND
PERHAPS READ A BOOK. IT MAY HELP. HOPE

12:00 SLEEPING PILL AND OFF TO BED.
NOT LOOKING FORWARD TO MEETING WITH
MY FORMER POLICE CO-WORKERS IN
PETERBOROUGH COURT.

?

20-AUG-10 07:40

WOKED UP AT 6:00 AM. STAYED IN BEN
UNTIL NOW. FIRST THOUGHT ON MY
MIND UPON WAKING UP WAS ABOUT
HOW MUCH I DID NOT WANT TO SEE
CONSTABLE RICHARD DIE. I AM NOT
LOOKING FORWARD TO SEEING EITHER
OF THEM.

J.
THING.
I WISHED

09:30 IN COURT. MET BRIEFLY WITH
CONSTABLE ROBERT PARADIS IN THE
COURTROOM #1. CST PARADIS TOLD ME:
"NOT SURE WHAT IS GOING ON, IT MIGHT
BE A PLEA" AND LEFT THE ROOM.
APPARENTLY SOMETHING IS NOT RIGHT.

09:42 SOME OF THE VICTIMS SHOWED UP

09:50 THE DEFENDANT AND HIS LEGAL COUNSEL ENTERED THE COURTROOM.

09:51~~X~~ HIS HONORABLE ENTERED THE COURTROOM.
 PLED GUILTY - ASSAULT ON ROY BROUGH
 - MISCHIEF UNDER X 2
 - BREACH OF PROBATION KPBOG B

4:55 JUSTICE DISMISSED WITNESSES.
 BROUGH FAMILY LEFT.

10:05 LEFT COURT.

10:30 WENT TO SEE MY FRIENDS WHO LIVE
 ~10 OR DRIVE FROM COURT. OF INTEREST
 IS THE FACT THAT I MISSED 3 TURNS
 WHILE EN ROUTE TO MY FRIENDS' PLACE.
 I KNEW THE ROUTE PERFECTLY WELL, BUT
 AFTER A SHORT EXPOSURE IN COURT
 REMINISCENT OF THE BELITTLING AND
 HUMILIATION I WAS SUBJECTED TO AT
 PETERBOROUGH DETACHMENT MY THOUGHT
 PROCESS WAS OVERWHELMED WITH THE
 UNPLEASANT MEMORIES. I COULD NOT
 STOP DWELLING ON THEM, TO THE POINT
 THAT I MISSED 3 TURNS AND LITERALLY
 HAD TO TURN AROUND 3 TIMES TO GET
~~TO THE DES~~ BACK ON ROUTE.

UP
 UNSE
 COM.
 11
 KPBO & B

12:15 DROPPED BY THE GRADUATE STUDENTS OFFICE AT TRINITY UNIVERSITY. CANNOT CALM MY MIND DOWN. CONSTABLE RICHARD HIR'S FACE IS ON MY MIND. I CAN SEE HIM SMILE WHEN I WAS CRYING IN THE CHURCH. I DON'T THINK I'LL EVER FORGET HIS SMILE.

23:30 PILL TIME. SLEEP / BED TIME.

21-AUG-10 10:10 AM

GOOD MORNING WORLD. WOKR UP AT AROUND 7:00 AM. GOT UP 10 MINUTES AGO.

23:55 ~~IT WAS~~ IT'S BEEN A QUITE AND PRODUCTIVE DAY. COMPLETED 2 MORE LABS FOR OUR DEPARTMENT, READ A HISTORY BOOK AND WATCHED A FEW DOCUMENTARIES ON YOUTUBE. HAD SOME THOUGHTS ABOUT MY RECENT PAST BUT FOR THE MOST PART NO MAJOR EMOTIONAL TURMOIL TODAY. IT'S BEEN A GOOD DAY SO FAR FOR A CHANGE. WILL TAKE ONLY HALF-A-SLEEPING PILL TONIGHT. HOPE WON'T NEED MORE THAN THAT.

RICHARD NIE. THE NIGHTMARES ARE VERY WEIRD TO SAY THE LEAST. SOMETIMES I WAKE UP COVERED IN SWEAT.

WHEN I TAKE ONLY HALF-A-SLEEPING PILL I FALL ASLEEP FASTER AND SLEEP BETTER WITH SOME WEIRD DREAMS WHICH I RARELY REMEMBER IN THE MORNING. WHEN I TAKE A SLEEPING PILL I FALL ASLEEP REALLY FAST AND RARELY HAVE ANY DREAMS AT ALL. BUT ONCE I WAKE UP I CANNOT FALL ASLEEP AGAIN.

I CONTINUE TO LIE IN THE BED UNABLE TO FALL ASLEEP AND LACKING STRENGTH TO GET UP. I LIE IN BED FOR HOURS REGRETTING WAKING UP, UNABLE TO TURN FLASHBACKS OFF, WISHING I NEVER WOKE UP. THAT IS THE PATTERN IN A NUTSHELL.

I STILL GO TO GYM TO WORK OUT. ONCE I LOVED DOING IT AND EXCELLED AT IT. NOWADAYS IT IS A TORTURE. I FORCE MYSELF TO WORK OUT FOR I KNOW IF I STOP MY CONDITION WILL ONLY DETERIORATE. MUST KEEP WORKING OUT. MUST BE STRONG. LIFE GOES ON.

I AM SMOKING AGAIN. NOT A LOT,

ONLY 4 CIGARETTES A DAY, ON AVERAGE.
I HATE THIS NASTY HABIT/ADDICTION,
BUT LACK STRENGTH AND PURPOSE TO
GIVE IT UP.

I HAVE PAIN IN MY LEFT CHEST.
IT IS MILD BUT FREQUENT. IT STARTED
A FEW MONTHS AGO, APPEARING AND
DISAPPEARING. I SHOULD PROBABLY SEEK
MEDICAL ATTENTION. I AM AFRAID TO
ADMIT IT. LESS THAN TWO YEARS AGO
I WAS IN SUPERB PHYSICAL CONDITION,
EVEN WON A FITNESS AWARD AT THE
ONTARIO POLICE COLLEGE. NOWADAYS
I HAVE ~~SLEEPING~~ SEVERE SLEEPING
DISORDERS, LOSS OF CONCENTRATION,
LACK OF STRENGTH, ANXIETY ATTACKS,
FLASHBACKS, CHEST PAINS, AND GOD
KNOWS WHAT ELSE. TO COMBAT THE
ABOVE I TAKE PILLS AND SMOKE TOBACCO
HONESTLY, WTF?

22:00 I FEEL OUT OF WHACK. THREE
CIGARETTES TODAY AND ONE FULL SLEEPING
PILL JUST NOW. CANNOT WAIT FOR THE
PILL TO TAKE EFFECT.

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26-AUG- 18:50
 HAD A FEW UPS AND DOWNS OVER THE PAST 3 DAYS. ON THE POSITIVE SIDE, I HAD A SEMI-FORMAL JOB INTERVIEW ON TUESDAY IN MISSISSAUGA. THE PERSON WHO INTERVIEWED ME IS A TRENT UNIVERSITY GRADUATE. I WAS HIGHLY RECOMMENDED TO HIM BY ONE OF OUR PROFESSORS. HE SAID HE WAS GOING TO HELP ME. THAT GIVES ME HOPE.

TUESDAY WAS A VERY HAPPY DAY FOR ME, FOR A CHANGE. MANES ONE WONDER WHAT A BIT OF HOPE OR JUST A SENSE OF MAKING PROGRESS CAN DO TO INSPIRE, MOTIVATE, ALLEVIATE MENTAL SUFFERING, RELIEVE THE NEED FOR BEING ON MEDS, ETC

YESTERDAY, I WAS OK. NOTHING TOO EXCITED BUT MORE OR LESS STABLE MOODWISE.

TODAY I PLUNGED DOWN AGAIN. DID NOT SLEEP WELL, COULD NOT GET OUT OF THE BED TILL NOON, WAS JUST LYING THERE FEELING MISERABLE AGAIN, AND WHEN I FINALLY GOT UP I HAD NO DESIRE TO DO ANYTHING. COMPLETE LACK OF APPETITE. I THOUGHT OF GETTING DRUNK FIRST BUT THEN SAW MY LANDROLD OUTSIDE PAINTING THE PRIVACY PORTION OF THE DECK AND

STEPPED OUTSIDE TO HELP HIM, SO I
 PAINTED AND THEN CLEANED THE
 PROPERTY AROUND THE HOUSE AND
 BURNED GRASS AND SOME CARTON GARBAGE
 IN THE FIRE PLACE. BY THE TIME I
 FINISHED IT WAS ALREADY 17:00 AND
 MY LANDLORD MADE ME A DINNER.
 I DEVELOPED APPETITE AND HAD MY
 BREAKFAST, LUNCH, AND DINNER ALL
 AT THE SAME TIME. WORKING OUTSIDE
 WAS BENEFICIAL.

11:45 AM SLEEPING PILL → BED.

27-AUG-10 10:30 AM

FINALLY GOT UP. NOT SURE WHAT
 I AM GOING TO DO TODAY YET.

I AM FUCKED I CANNOT TAKE THIS
 PAIN ANYMORE. NOTHING TO LOOK
 FORWARD TO.

28-AUG-10 5:00 AM

ERIC AND I HAVE BEEN DRINKING ALL
 NIGHT. I BOOKED TICKETS TO ISRAEL
 FOR 6 WEEKS. WANT TO SEE MY

PARENTS. IF I DO NOT, I DO NOT FEEL
I WILL SURVIVE MUCH LONGER.

31-AUG-10 18:55

JUST BOARDED EL AL PLANE IN
NEW YORK BOUND FOR ISRAEL.

SENT MY FRIEND/MOONMATE ERIC TEXT
MESSAGE THANKING HIM FOR DRIVING
ME TO THE AIRPORT AND HELPING ME
IN GENERAL. HE REPLIED: "DO BE PROUD,
LEARN HAPPINESS, JOY, AND HOPE, EVEN IF
THEY DON'T APPEAR OBVIOUS. AND CLEAR
YOUR FREAKING MIND OF NIGHTMARES!!;)"
I RESPONDED THANKING HIM AGAIN.

10:10 PM

HAVE BEEN UP IN THE AIR FOR THE PAST
3 HOURS. I FEEL NOW SICK MY MIND IS. I
AM NOT ACTING IN A RATIONAL MANNER,
BUT RATIONAL ENOUGH TO UNDERSTAND THAT
SOMETHING IS VERY WRONG. I TOLD MYSELF: "NO
MORE ALCOHOL" I KNOW I WILL WANT TO DRINK
WHEN I MEET WITH MY PARENTS AND FRIENDS
AND I WILL BE ASKED TO DRINK, BUT I MUST
AND I WILL SAY NO TO ALCOHOL.

I MUST SEIZE THIS "GOING HOME" OPPORTUNITY
TO GET OUT OF DEPRESSION → NO BOOZE.

I CANNOT FORGIVE MYSELF FOR NOT TIPPING THE SHUTTLE SERVICE DRIVER THAT DROVE ME FROM LA GUARDIA TO JFK AIRPORT. I APOLOGIZED TO HIM FOR NOT HAVING ANY MONEY. I LIED. I HAD MONEY, BUT ONLY CANADIAN CURRENCY IN \$20 BILLS. I WISHED I HAD SOME US CURRENCY, IN SMALLER BILLS, BUT I HAD NONE. I SHOULD HAVE GIVEN HIM A \$20 BILL BUT I WAS GREEDY. NOW I FEEL AWFULL ABOUT IT. THE MONEY SAVED IS NOT WORTH THE PRICES OF CONSCIOUSNESS. I AM ASHAMED OF MYSELF. I FEEL VERY COMPASSIONATE TOWARDS LIVING BEINGS. I RECENTLY HIT THE BRAKES WHEN I WAS DRIVING TO AVOID ~~SMASHING~~^{DRIVING} OVER A FROG. I WANT TO HELP PEOPLE. I DO NOT WANT TO KILL ANIMALS. I USED TO HUNT. I DO NOT THINK I WILL HUNT ANYMORE. ~~IT IS SO~~ IF I DID NOT EMBARK ON THIS SUDDEN AND UNEXPECTED JOURNEY TO ISRAEL I DO NOT KNOW WHAT WOULD HAVE HAPPENED TO ME. PETERBOROUGH COUNTY OPP RUINED MY LIFE. WILL I BE ABLE TO REBUILD IT? I AM SO CONFUSED AND LACKING

STRENGTH. I AM TIRED OF LIVING. I AM
 GOING TO SEE MY FAMILY IN ONLY A
 FEW HOURS BUT I AM NOT TRULY HAPPY.
 I FEEL I AM A LOSER. WHAT HAVE I
 ACCOMPLISHED IN 10 YEARS IN CANADA?
 EARNED 2 ^{UNIVERSITY} ~~SCIENCE~~ DEGREES AND A
 COLLEGE DIPLOMA? STILL DRIVING THE
 SAME OLD CAR THAT I BOUGHT IN YEAR
 2000 WHEN I JUST CAME TO CANADA,
 STILL OWING MONEY FOR MY COLLEGE
 EDUCATION. AT AGE OR ALMOST 38 YEARS
 OLD I AM IN DEBT, LACKING STRENGTH,
 NO DESIRE TO LIVE, NO PURPOSE IN LIFE,
 WHILE I SPEAK 3 LANGUAGES AND HAVE
 DEGREES AND DIPLOMAS UP THE ASS,
 WHAT WAS THE PURPOSE OF IT ALL?
 WHY THE FUCK DID I JOIN OPP? TO
 RUIN MY LIFE IN SUCH A WAY?
 I BETRAYED MY PARENTS, I LOST MYSELF,
 EVEN BRINKS WOULD NOT ^{WANT} TALK TO ME.
 EVERY TIME I MENTION I WAS A POLICE
 OFFICER I GET ALMOST IMMEDIATELY
 ASKED WHY I QUIT. I FEEL EMBARRASSED
 EVERY TIME. THE MOST DEPRESSING ASPECT
 OF IT ALL IS THAT I FEEL I HAVE
 NOTHING TO LOOK FORWARD TO.

1-SEP-10 11:18AM (ISRAELI TIME)
WE'LL BE LANDING SOON, IN 1.5 HOUR
AN DIFFERENT CONTINENT → CHANGED
LIFE. NO POISONING MYSELF WITH
PILLS, ALCOHOL, TOBACCO. I NEED
TO RECOVER. I HAVE AN OBLIGATION
TO DO JUSTICE.

6-SEP-10 15:40 (ISRAELI TIME)
SO FAR SO GOOD. 5 DAYS OF NOT
SMOKING, DRINKING, TAKING PILLS.
I AM ALL NATURAL NOW, POISON FREE.
I STILL SLEEP ONLY INTERMITTENTLY,
USUALLY WAKING UP AROUND 2-3 AM,
UNABLE TO FALL ASLEEP AGAIN. STILL
THINKING ABOUT MY PREDICAMENT
WITH THE OPP. BEING WITH MY
FAMILY HELPS A LOT, THOUGH I SEE
THEY NOTICE MY INTERMITTENT
ABSENCE-MINDEDNESS AND LOSS OF
CONCENTRATION. HOWEVER, I FEEL
MUCH BETTER NOW AND I WILL IMPROVE.
HERE IS AN INTERESTING POINT:
AFTER I GOT KICKED OUT FROM THE
OPP I COULD NOT FIND A FULL-TIME
JOB. EVERYTIME I MENTIONED THAT

I WAS AN OPP OFFICER, I WAS IMMEDIATELY ASKED WHY I LEFT; I WAS LOOKED AT DIFFERENTLY, I SAW IT, I FELT IT. THE ONLY PLACE I GOT A PART-TIME JOB WAS AT TRENT UNIVERSITY IN THE COMPUTING & INFORMATION SYSTEMS DEPARTMENT WHERE I HAVE BEEN ALWAYS HELD IN HIGH-REGARD. ANYWAY, I COME TO ISRAEL, CALL MY OLD ~~FOO~~ COLLEAGUES AT INTEL ELECTRONICS LTD. AND ONE OF THEM IMMEDIATELY INVITES ME OVER FOR AN INFORMAL JOB INTERVIEW → ON 8-SEP-10. FOR 8 MONTHS AFTER BEING FIRED FROM THE OPP I LOOK FOR JOBS AND CANNOT GET ANY REAL/DECENT/FULL-TIME, ~~I COME TO ISRAEL~~ OVER THIS TIME I SINK DEEPER AND DEEPER INTO DEPRESSION THINKING OF ENDING MY ~~THE~~ MISERABLE EXISTENCE. I GATHER UP MY STRENGTH AND TAKE OFF FOR ISRAEL AND WITHIN A WEEK I HAVE A JOB INTERVIEW ~~THAT~~ LINED UP AT AN INTERNATIONALLY RENOWNED AND RESPECTABLE COMPANY. I AM LOOKING FORWARD TO THE INTERVIEW. I FINALLY START FEELING PURPOSE IN MY LIFE.

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10-SEP-10 06:30 AM

WOKE UP AT AROUND 5:00 AM IN FEAR.
PETERBOROUGH DETACHMENT IS STILL WANTING
ME. DO NOT REMEMBER WHAT THE DREAM WAS
ABOUT BUT IT SCARED ME. MET WITH A
BUNCH OF OLD FRIENDS YESTERDAY. IT WAS
VERY GOOD. DID NOT TELL THEM THE TRUTH
ABOUT LEAVING POLICE. JUST COULD NOT
TELL THEM I WAS KICKED OUT. CAN'T BEAR
THE SHAME OF IT. I FEEL A LOSER.

THOUGH I AM FEELING BETTER PSYCHOLOGICALLY,
I AM NOT HAPPY IN MY LIFE. THE
WONDERFUL THING ABOUT COMING TO ISRAEL
IS THAT I AM NOW 10 DAYS POISON FREE.
NO CHEMICALS IN ANY SHAPE OR FORM, NO DRUGS,
NO SMOKE, NO BOOZE. I AM ALL NATURAL NOW.

14-SEP-10 7:00 PM

I REGAINED NORMAL SLEEP. I GO TO BED
AT AROUND MIDNIGHT AND GET UP AT
6:00 AM. YESTERDAY, HOWEVER, I EXPERIENCED
AN ANXIETY ATTACK. I HOPED I WOULD
HAVE NO MORE OF THOSE. I WAS WRONG.
I CHAINED SMOKE 3 CIGARETTES TO
QUENCH IT. I AM DISGUSTED OF MYSELF.
I FEEL LOST. I AM BROKE.

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