

VENT JOURNAL

1-31-24

---

---

VENT JOURNAL

1-31-24

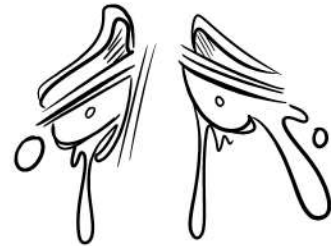
---

---

I DON'T FEEL LIKE DRAWING.



I JUST WANT TO SCREAM AND  
HURT MYSELF.



LET'S GET REAL HERE. I'VE ALWAYS  
JUST FELT LIKE A FUCK UP. EVERY  
SINGLE TIME I FEEL LIKE I'M GETTING  
BETTER OR DOING BETTER, I'M JUST  
KNOCKED BACK DOWN AGAIN BY THE  
REMINDER THAT I'M NEVER GOING TO  
CHANGE FOR THE BETTER IN WAYS  
THAT ACTUALLY MATTER TO THOSE  
AROUND ME. HOW AM I SUPPOSED TO  
LIVE LIKE THAT? I JUST WISH I  
WASN'T LIKE THIS. I HATE BEING  
MYSELF. WHAT GOOD COMES FROM  
BEING ME?

DEAR GOD, I  
HATE BEING  
MYSELF.

SERIOUSLY,  
WHO HAS  
THIS MANY  
CHANCES AT  
LIFE AND  
FUCKS THEM  
ALL UP LIKE  
THIS?

I FEEL LIKE  
THE MOST  
PATHETIC 25  
YEAR OLD  
EVER.



I'VE MOSTLY CALMED DOWN NOW, BUT I  
REALLY DON'T FEEL GOOD STILL. WHAT A  
WASTE OF MY FREE TIME.

THERE IS SOMETHING WRONG WITH  
YOU THAT WILL NEVER LEAVE UNTIL  
YOU DO



I GET TIRED OF BEING THE LET DOWN.



YOU'D THINK I'D  
GET USED TO IT  
BY NOW.

WHAT  
DO I  
KNOW?



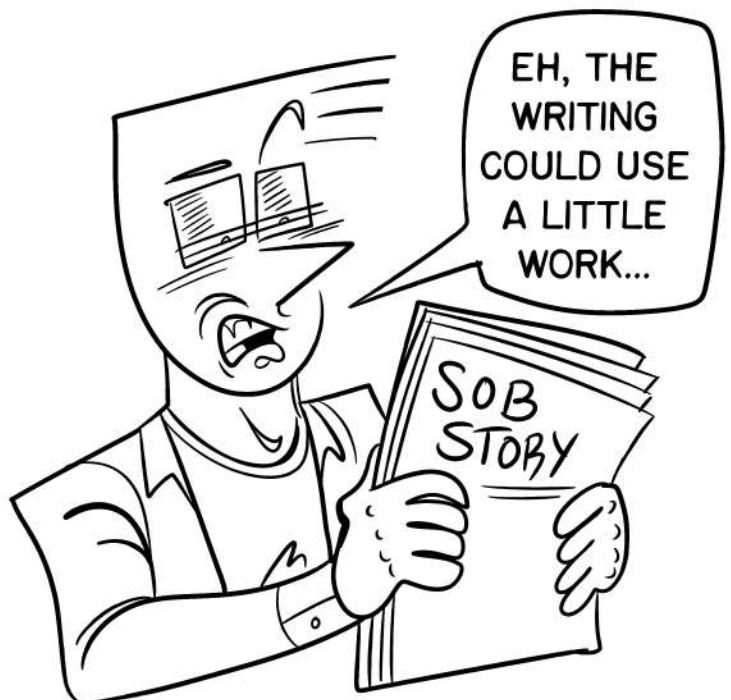
I FEEL LIKE I CAN NEVER SAY THE  
RIGHT THING. WHEN I SAY WHAT I  
MEAN, I ONLY GET INTO TROUBLE.  
WHEN I ASK WHAT I'M SUPPOSED TO  
SAY, I GET NO ANSWER. OR MAYBE IT'S  
JUST TOO LATE. ALL I CAN DO IS JUST  
FUCK UP, IT SEEMS. MAYBE THINGS  
WOULD BE BETTER IF I JUST WASN'T  
HERE. THAT WOULD BE EASIER.

THERE'S NOTHING TYPICAL ABOUT THE  
WAY I "WORK" OR THE PATHS IN LIFE I  
FEEL I'M SUPPOSED TO TAKE. WHATEVER  
THAT MEANS. FUCK ME, I GUESS.



I DON'T WISH I WAS  
PERFECT, I JUST WISHED I  
WASN'T SUCH A FAILURE.

WHAT AM I EVEN TALKING ABOUT? IT  
SOUNDS SO VAGUE WHEN I READ IT  
BACK. I HOPE SOMEONE UNDERSTANDS  
WHAT THE FUCK I MEAN, BUT I ALSO  
HOPE NOBODY HAS TO FEEL LIKE THIS  
AT THE SAME TIME.

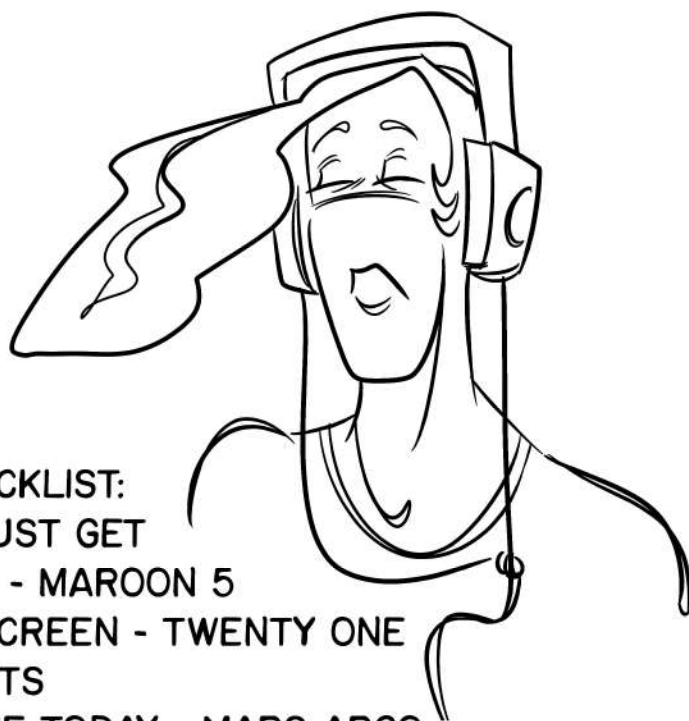


EH, THE  
WRITING  
COULD USE  
A LITTLE  
WORK...

CHECKING IN WITH MYSELF: I FEEL CALMER NOW. STILL TENDER, BUT I FEEL CALMER. HOWEVER, ONE THING COULD STILL SET ME OFF AGAIN AND I WOULDN'T HESITATE TO LOSE MY SHIT.



LISTENING TO MUSIC IS HELPING ME A LOT. IT ALWAYS HAS. I FEEL SO SEEN AND SO SOOTHED.



TRACKLIST:

- 1) MUST GET OUT - MAROON 5
- 2) SCREEN - TWENTY ONE PILOTS
- 3) ME TODAY - MARS ARGO



4) I DON'T WANNA BE FUNNY ANYMORE - LUCY DACUS

5) 1999 - BEABADOOBEE

6) I'LL DIE ANYWAY. - GIRL IN RED

7) BROTHER - GERARD WAY

8) PLEASE, PLEASE, PLEASE LET ME GET WHAT I WANT - THE SMITHS

I FEEL BETTER THAN I DID BEFORE.



I CAN'T WAIT UNTIL THE NEXT TIME I FEEL THAT SHITTY AGAIN.