

Kailey Stark Journal Entries: 2021-03-12 - 2021-03-18

2021-03-12

- the places you spent time in (e.g., home, campus, cafe, store)
home; target; P. Terry's
- the activities you engaged in (e.g., studying, exercising, running errands)
shopping on amazon; playing games; relaxing; getting ready for spring break
- the people you interacted with (e.g., friends, family, strangers)
store people
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
online with friends; girlfriend
- the topics you talked about (e.g., classes, leisure activities, personal issues)
spring break just started; planning with girlfriend; things about games
- your moods (e.g., how angry, worried, happy, sad you feel)
pretty relaxed and excited

2021-03-13

- the places you spent time in (e.g., home, campus, cafe, store)
home; P. Terry's; target
- the activities you engaged in (e.g., studying, exercising, running errands)
playing games; watching videos; getting food
- the people you interacted with (e.g., friends, family, strangers)
store people
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
almost exclusively online with friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)
excited about spring break; what id need to do; I thought I was going to get to hang out with my girlfriend a lot
- your moods (e.g., how angry, worried, happy, sad you feel)
overall happy and excited

2021-03-14

- the places you spent time in (e.g., home, campus, cafe, store)
home
- the activities you engaged in (e.g., studying, exercising, running errands)
played games, watched videos, cuddling, etc
- the people you interacted with (e.g., friends, family, strangers)
girlfriend came over

- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
completely with online friends and my girlfriend
- the topics you talked about (e.g., classes, leisure activities, personal issues)
mostly about my girlfriend coming over or not, girlfriend forgot to finish an essay; different video things
- your moods (e.g., how angry, worried, happy, sad you feel)
happy; worried

2021-03-15

- the places you spent time in (e.g., home, campus, cafe, store)
discount tire; home; gas station; P. Terry's; target
- the activities you engaged in (e.g., studying, exercising, running errands)
getting a tire change; driving; playing games; hanging out
- the people you interacted with (e.g., friends, family, strangers)
people at tire place; other strangers at stores
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
mostly online friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)
me needing a tire change; was I going home this weekend to my parents; girlfriend was having a bad time in school and with her parents
- your moods (e.g., how angry, worried, happy, sad you feel)
kind of worried and hurting; testosterone spike started; happy and relaxed otherwise mostly

2021-03-16

- the places you spent time in (e.g., home, campus, cafe, store)
home; papa johns; target
- the activities you engaged in (e.g., studying, exercising, running errands)
laying in bed in pain; gaming; getting some lectures done
- the people you interacted with (e.g., friends, family, strangers)
strangers
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
mostly online friends; lots of talking with therapist
- the topics you talked about (e.g., classes, leisure activities, personal issues)
the extreme pain I was in ; how exhausted I was; how much I needed an orchiectomy
- your moods (e.g., how angry, worried, happy, sad you feel)
extreme pain and worry, along with some hope that things would get better

2021-03-17

- the places you spent time in (e.g., home, campus, cafe, store)
spent most time at home; went to goodwill; got McDonald's around same time

- the activities you engaged in (e.g., studying, exercising, running errands)
went shopping; layed in bed less than day before; gaming
- the people you interacted with (e.g., friends, family, strangers)
mostly store people
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
mostly online friends and a lot of talk with therapist about things that were going wrong
- the topics you talked about (e.g., classes, leisure activities, personal issues)
the extreme physical pain I was in and my testosterone spike
- your moods (e.g., how angry, worried, happy, sad you feel)
lots of pain and worry

2021-03-18

- the places you spent time in (e.g., home, campus, cafe, store)
spent most of my time at home; went to P. Terry's in the morning; came back and ate; went to Walmart later in the day; ate fishsticks for dinner at home
- the activities you engaged in (e.g., studying, exercising, running errands)
primarily was fixing up camera; also playing rust; also getting groceries
- the people you interacted with (e.g., friends, family, strangers)
irl was mostly the workers at the places I went; I called my mom; talked with friends online
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)
mostly online; called mom; talked with friends online; texted therapist
- the topics you talked about (e.g., classes, leisure activities, personal issues)
mostly talked about current medical things with my transition; things are better, but recently had a huge spike in testosterone and things downstairs were not doing well, but things are mostly back to normal or better
- your moods (e.g., how angry, worried, happy, sad you feel)
mostly happy; also worried