

# Kailey Stark Journal Entries: 2021-03-05 - 2021-03-25

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## 2021-03-05-F

- the places you spent time in (e.g., home, campus, cafe, store)  
home; pterrys
- the activities you engaged in (e.g., studying, exercising, running errands)  
studying; getting lunch; english class on zoom
- the people you interacted with (e.g., friends, family, strangers)  
normal online friends
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
online friends; english class
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
classes; normal day to day things
- your moods (e.g., how angry, worried, happy, sad you feel)  
happy; neutral; stressed from school

## 2021-03-06-SA

- the places you spent time in (e.g., home, campus, cafe, store)  
home; target; whataburger- the activities you engaged in (e.g., studying, exercising, running errands)  
driving to get breakfast/brunch really early
- 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)  
normal online friends; girlfriend
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
stresses about school ; assignments; need get tire replaced
- your moods (e.g., how angry, worried, happy, sad you feel)  
happy; stressed

## 2021-03-07-SU

- the places you spent time in (e.g., home, campus, cafe, store)  
home
- the activities you engaged in (e.g., studying, exercising, running errands)  
studying; gaming; relaxing
- the people you interacted with (e.g., friends, family, strangers)  
no one; stayed inside
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
normal online friends; people in games

- the topics you talked about (e.g., classes, leisure activities, personal issues)  
games; classes; other leisure things
- your moods (e.g., how angry, worried, happy, sad you feel)  
happy; relaxing; still stressed have a lot to do

## **2021-03-08-M**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; pterrys; target; ragstock
- the activities you engaged in (e.g., studying, exercising, running errands)  
bought my pretty dress; went and got food; hung out outside some
- 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)  
normal online friends and girlfriend;
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
leisure activities; classes
- your moods (e.g., how angry, worried, happy, sad you feel)  
neutral; happy

## **2021-03-09-T**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; target
- the activities you engaged in (e.g., studying, exercising, running errands)  
getting groceries at target; studying; finishing classwork; going to classes
- 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)  
normal online friends and girlfriend; classmates online
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
leisure activities; classes; work
- your moods (e.g., how angry, worried, happy, sad you feel)  
neutral; happy; stressed

## **2021-03-10-W**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; pterrys
- the activities you engaged in (e.g., studying, exercising, running errands)  
studying; classwork; gaming; getting dinner

- 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)  
normal online friends and girlfriend;
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
leisure activities; classes
- your moods (e.g., how angry, worried, happy, sad you feel)  
neutral; happy

## **2021-03-11-TH**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; pterrys; target
- the activities you engaged in (e.g., studying, exercising, running errands)  
getting dinner; studying; going to classes; doing readings
- 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)  
normal online friends and girlfriend;
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
leisure activities; classes; classwork
- your moods (e.g., how angry, worried, happy, sad you feel)  
neutral; happy; stressed

## **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 parrents

- 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

## **2021-03-19-F**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; parents house; kenney store for dinner
- the activities you engaged in (e.g., studying, exercising, running errands)  
going out to dinner with my parents; driving to my parents house; taking care of animals
- the people you interacted with (e.g., friends, family, strangers)  
family; people at stores
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
in-person conversations; normal online friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
how ive been; how to take care of the animals
- your moods (e.g., how angry, worried, happy, sad you feel)  
happy; excitement

## **2021-03-20-SA**

- the places you spent time in (e.g., home, campus, cafe, store)  
parents house; old high school
- the activities you engaged in (e.g., studying, exercising, running errands)  
hanging out with old friends; taking care of animals
- the people you interacted with (e.g., friends, family, strangers)  
old friends and teachers
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
in-person conversations
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
how college has been; how transition has been going; my health; science olympiad
- your moods (e.g., how angry, worried, happy, sad you feel)  
anxious; very happy

## **2021-03-21-SU**

- the places you spent time in (e.g., home, campus, cafe, store)  
parents house; home

- the activities you engaged in (e.g., studying, exercising, running errands)  
driving home from my parents house; unpacking;
- the people you interacted with (e.g., friends, family, strangers)
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
people at the stores i went to
- the topics you talked about (e.g., classes, leisure activities, personal issues)
- your moods (e.g., how angry, worried, happy, sad you feel)  
relief; excitement; worry

## **2021-03-22-M**

- the places you spent time in (e.g., home, campus, cafe, store)  
home;
- the activities you engaged in (e.g., studying, exercising, running errands)  
studying; going through my assignments; getting caught up and unpacking; calling doctor; going on a date with my girlfriend
- the people you interacted with (e.g., friends, family, strangers)  
strangers; girlfriend
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
normal online friends; doctor zoom; in-person conversations
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
considering getting a gender affirming surgery; worrying about my parents accepting and helping me get the surgery
- your moods (e.g., how angry, worried, happy, sad you feel)  
worry; anxiety; excitement; happy

## **2021-03-23**

- the places you spent time in (e.g., home, campus, cafe, store)  
home; target
- the activities you engaged in (e.g., studying, exercising, running errands)  
calling doctor; cleaning room; getting school things done; going to class
- the people you interacted with (e.g., friends, family, strangers)  
people at stores i went to
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
had a zoom call with my parents and my doctor about getting a gender affirming surgery; normal online friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
possibly getting a surgery; my testosterone level issues; worries about surgery being uncertain whether itll happen or not
- your moods (e.g., how angry, worried, happy, sad you feel)  
neutral; very anxious; worried; relief

## 2021-03-24

- the places you spent time in (e.g., home, campus, cafe, store)  
home, target, chickfila
- the activities you engaged in (e.g., studying, exercising, running errands)  
getting food, getting lunch, doing math hw
- the people you interacted with (e.g., friends, family, strangers)  
workers at target and chickfila
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
talking to my normal online friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
possible upcoming trans surgery; old cameras; gender dysphoria
- your moods (e.g., how angry, worried, happy, sad you feel)  
anxious; hopeless; worried; neutral

## 2021-03-25

- the places you spent time in (e.g., home, campus, cafe, store)  
home, target
- the activities you engaged in (e.g., studying, exercising, running errands)  
studying, fixing camera, researching old cameras and film type
- the people you interacted with (e.g., friends, family, strangers)  
workers at target
- the types of social interactions you had (e.g., in-person conversations, calls, texts, social media use)  
reaching out to old high school friends, normal internet friends
- the topics you talked about (e.g., classes, leisure activities, personal issues)  
possible upcoming surgery, my transition progress, fixing up camera, different types of films
- your moods (e.g., how angry, worried, happy, sad you feel)  
anxious, happy, neutral