Dear Diary,

I just wanted to say a quick note that if anyone is reading this or any of the diary entries without my permission and I am still alive, then that is pretty fucked. This is some seriously private personal shit, and I think that we all owe it to ourselves to try and document some of our true thoughts instead of just the superficial shit that I know I could write and would be incredibly family friendly….. Fuck that! I want to share my actual thoughts and know the full story of everything!

So it’s 12:53 am. I’m pretty high. I’m also sick this week. It’s rookie week for water polo! My rookie is Meagan. So far this week has actually been pretty rough. I think I just forgot how fucking draining water polo and a hard quarter are together… not to mention all the other shit that I am now slacking on because I really can’t keep up…

On top of that, I am trying to not be a bitch and ditch John Detlefs every time he asks me to hang out… even though I have been. I also am feeling so fucking weird because something happened with me and Nick. The other day when I wrote my diary entry about my dream with Flume and how I thought it was a sign of some sort, I guess it was… that night I hung out with Nick and we ended up kissing. Like quite a bit. And it was incredibly passionate… and there was music playing in the background and it was Flume, the song we both listened to and cried to so much after our breakup. Especially since I had just seen him in concert for the first time the day before I decided to break up with Nick..

It was also pouring rain outside the car. We were high. It was crazy how many emotions and feelings were brought back up. I haven’t really talked to anyone about it out loud. I’ve mentioned to people that it happened and that I’m struggling a little right now, but I am having trouble opening up more. I don’t know what it is but I just keep trying to figure out all of my emotions by myself lately. I opened up to Claudia about all of the family drama that’s been happening over the past year or so. That’s the first person outside of family that I’ve opened up to about it. I kind of forgot about how rough it’s been. I try to not think about it because it’s so much harder to deal with when I’m alone. But sometimes I get myself through even the hardest of times. And I trust myself to be able to push past this tough spot that I’m in.

I told Nick we need to spend some time not talking to each other to get over whatever this phase is for me. I don’t want to ever risk hurting him again. And I can’t let these emotions come back, because I need to be strong and continue on my journey of discovery. I’m doing so well. I don’t know why it is that I’m so adamant about this. But, I am just so proud of how far I have come and how far I am coming. I see improvement of myself every day and I see everything as a learning experience. I think that I’m figuring out more about myself and my own way of thought than I ever thought possible. It’s so amazing to constantly reflect on myself and check on how I am doing and what my thoughts are and why they are that way. I think so many people lose their opportunities to discover themselves and the idea of being alone and learning how to analyze and live by yourself. I love others and spending time with others and I have my entire life to continue relationships with people. I already spend so much time with people anyways. I rarely give time to just myself. I also have so many people that consider me one of their best friends, and I love that. I love knowing that I have such a strong support system and group of people that I could go to if I ever needed, or just to know that I have made a positive impact on that many is such a good feeling.

I know that sometimes life is stressful and it seems like I can never catch up completely, but I know that I will get there. Eventually I will get it all done, because that’s the person that I am. I just need to cut myself some slack and understand that in order to push forward, I need time to rest and recover.

One thing I did want to mention really quickly too, is that my five strengths from the strengthsquest are so accurate! I think mine are:

1. Positivity
2. Individualization
3. Maximizer
4. Woo
5. Can’t remember last one

Anyways, with the positivity and indiviualization ones at least, when I read the summary for what that means for me it was so crazy on the spot! Basically people enjoy my company because I am either the life of the party, or bringing them all together, or able to find the uniqueness and good in everyone and bring it out to share so that people feel more comfortable and have a good time in the group settings that I am in with them. I think that is so accurate. All I want is for others around me to be happy, it makes me so much happier. So maybe it’s a little bit selfish… but you know what - I think it’s great.

I’m going to end with that. Because I am very sick and incredibly tired and it’s late.

Until next time.

Jessie J. Smith