

11/25 Well work kinda sucked. Now it's late and time for
bed. Mom is asleep. I guess she's off the hook today but
since she had sex with me last night.
I'm really tired. I'm going to sleep. Goodbye life.

5.17

12/5 Yep if Brian wasn't here & I definitely be having
sex with him tonight even though she's asleep. I just
don't feel right sitting myself on her right in front of her.
wouldn't have that is.
No property on man's Christmas present. I don't
know what I'm going to do.

5.18

1/14 Things have gotten even worse. I don't even know what to write. I guess I'm just gonna start writing and see if I get anywhere. Mura and reading my journal. I guess some I betrayed her so badly and we're not even together she didn't think anything of having more my private thoughts. She was really upset that I didn't sound more upset. She really didn't like that I commented on her that I was relieved I could masturbate. She really didn't like that she been chronically low often and when we've been having sex. I honestly was doing that to remind myself that we were having sex regularly. I thought that would help me to not look at porn. I guess it didn't work, and was pretty fucked up that I measured my happiness and the quality of my relationship in times we had sex. Maybe it was fucked up. I don't know if I can know anything about anything right now.

Mura made a big deal of the fight I had it cried. I don't know why I wasn't cried either. I don't feel a whole lot of anything right now. Something is definitely wrong with me. Why can't I feel the pain I know is inside right now. I even talked about killing myself tonight but I don't feel strongly even about that. I think I'm interested in killing myself primarily because it would prevent me from hurting Mura anymore and a little bit because I know it would be a relief to Brian if I was dead. I still care about her. Is that weird? I know he wants me dead or gone and yet I still care about him. I just want to do the right thing. What is the right thing?

I think it would really upset the police if I died. I guess that's the main reason not to kill myself. I'll probably talk to my therapist about why I should still be alive too. That's tricky because I know he's also required to report to the police if he thinks I might commit suicide. Maybe it's not safe to talk to him about it.

Do I have any friends? Could I have some. Mura has cut off a bunch of friendships in the past, do any of them exist as a possibility for connection for me now. Mura mentioned something about the former Eagle's Lodge people at Evening, Ariz. I wonder if I could be friends with any of them. Maybe I could go back to NFPD in Colorado. That was somewhat fitting. If I'm a completely cruel and toxic person it seems that's where they all end up. I couldn't play basketball, but that wouldn't be that big of a problem since I couldn't play with Mura anyway. Maybe I'd have fun NPCing or being a bad guy. I don't know, I haven't tried in a long time.

I've definitely been a bad guy to Mura in real life. I've manipulated her. I've lied to her. I've cheated on her. I'm probably going to do it again. Why are we even trying therapy.

What do I have to look forward to? Pornography? Prostitution? What am I? What do I do? What do I matter in that world?

I don't think I want to get back together with Mura. Even if I

4
Could find a way to love her the way I did, even if I could accept Brian being a part of her life, even if I could live with the pain & be counsel her and her PTSD and suffering constantly reminding me of it. -- I don't think it would be long before I hurt her again - not necessarily even pain just anything I could do. I might want to have sex with her when she's not interested. I might not want to go to clubs, I might have some music episode. Who knows, we're just not good for each other... Or just I'm not good for her regardless of what we may still feel for each other.

I think about never getting back together with Mira and still I feel absolutely nothing.

I used to feel something. I used to feel like I was drowning when I couldn't be near Mira. I used to feel like I was going to die. I used to touch her and feel desperately alive. Better than I could ever otherwise feel. I used to sit up and talk to her for hours. I would just be with her at the hot springs and felt absolutely content, like there was nowhere in the world I'd rather be. It's hard to even remember what that was like. Why can't I think of these things and feel... something. Should I feel dependant, remorse, shouldn't I mark that I did do anything to her those moments again. Why can't I believe that is possible. What has happened to me? Where does love go when it leaves.

Why does Mira feel it still, what is wrong with me?

I'm not just asking rhetorically... I want you to fucking tell me. There's supposed to be an essential self that can answer these questions hell if this is a quantum universe & possess all knowledge already locked away in some kind of Universal Consciousness I should be able to access. How do I get these answers?

Essential self, where the fuck are you now?

I could always find you before, when I was in recovery, when I dialogued with you... Now I feel alone.

5
1
8
7
Mira took off her wedding ring. I'm still weary now. I guess I shouldn't be doing that anymore. I don't know. I guess it's not entirely over for me. I don't know why. It feels hopeless to me why hasn't I looked at porn yet? Is it just habit? Is that why I reassured Mira on Wednesday that I was doing fine with my addiction that we were going to be together forever. I promised her I would never leave her. Why? Habit?

I haven't written a lot of question marks before this entry. It feels weird to write. I guess I didn't think I needed to ask questions before I thought I had all the answers.

1
7
I'm still totally lost.

What now?

How do I make friends?

Do I ever date anyone again?

Do I ever go to therapy? With Mira & Brian?

Should I just stop entry? Is that how I'm going to be, interesting?

to still be that just to not cry out. The universe is just so painful, so ~~hard~~ hard. We were kids. Holly had no idea how badly she was hurting me. She had her own demons. Her own pain from her problems with her introduction to sexuality. She is no more at fault for what she did than my mom or dad with their problems. Now I'm living with these wounds and they have brought me here.

I realize how that experience has shaped and affected so much since. I actually tried to get Mira to behave more like Holly did. I wanted her to cheat on me, I tried to get her to make me jealous all over again. It's all so similar to Holly trying to get those "friends" of ours to rape her. I've become the monster in Mira's life that I had hurt me so badly in my own. I've treated her so badly. If Holly had not been the one I slept with first. If only I had gotten together with Mira first instead. If only.

Mira has always been so good to me... she's always been such a positive force in my life... My totally realized trauma and sex addiction by that point though drove me to be unfulfilled by what was good in my life. I chose pain. If Mira couldn't provide it for me... I made it happen myself.

I feel as though I've unlocked a really deeply buried secret. This extreme pain and self directed negativity. I should have been enough for Holly. Mira should have been enough for me. I am the author of my destiny now though. Once this inner demon is brought into the light I can respond to it. I can heal it. Finally I can grow up.

I wish I could get the last 18 years back. I wish I could go back and re-experience all the love and growth I could have had. I guess it's still better late than never.

11/30 Mira has been looking at the internet history on the router and
DNS accesses on her computer. It was a very traumatic experience
and there were definitely things on there that could not be explained.

I don't know what to do for her. I'm being honest... it's not enough.
Mira is really hurting badly.

I love her so much.

I hate that I fucked everything up so badly.

I really really made such a mess of things.

No more purity. The beauty of us is so badly forever tainted.

This hurts so much.