

4-1 Night time. Had sushi today. Had sex with Mira tonight. She was asleep for it though. Oh well, she'll be awake some other time. It's late. Work tomorrow. Time for bed.

5.17

11-25 Well work kinda sucked. Now it's late and time for bed. Mira is asleep I guess she's off the hook tonight since she had sex with me last night. I'm really tired. I'm going to sleep. Goodnight.

5.18

12-5 Yep if Brian weren't here I'd be totally having sex with Mira tonight even though she's asleep. I just don't feel right forcing myself on her right in front of him. Weird how that is. No preparing on Mira's Christmas present I don't know what I'm going to do.

5.19

Transcribing the highlighted areas

1-14 I've definitely been a bad guy to Mira in real life. I've manipulated her. I've lied to her. I 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? Video games? What am I? What do I do? What do I matter in this world.

5.21

Transcribing the highlighted areas

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 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

5.22

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.