

January 12th, 2003

I suppose I should explain what this journal is for. My name is Chase Lockwood and I'm a ~~therapist~~ therapist. I got my degree in ~~1987~~ God knows what year. Recently I moved to a new part of town and it turns out that the stress of dealing with my new patients issues means I need to see my own therapist. I've been diagnosed with depression, and he told me to keep a journal of my life. Just whenever something happens, a coping strategy. I'm currently taking Zoloft, no side effects yet.