June 11th, 2003

I can't seem to get that scene out of my head. Though, I don't know why it's got me so shaken up. It's nothing. It's not as if - as a therapist - I haven't dealt with worse. I'm not going to let it bother me.

June 11th, 2003

I can't sleep. I was laying in bed with Annabelle and... I just kept hearing that voice. Karen's voice, as it was filtered through that thing.
untape untape untape untape untape untape untape untape untape untape

June 12th, 2003

I did not sleep at all last night.
Something kept pounding in my head.
Untape Untape Untap Untape.
But I can't. I won't.
Something tells me I shouldn't.
I don't know how I know this, but some primal instinct says not to.
I can't untape him.

I see Karen tomorrow.