

Selected entries from the Journal of Sally Childers

January 30, 2017

Dr. Hu wants me to try to keep track of my mood using numbers. Every morning I am to assess my mood and write it down. It seems stupid. Yet another hoop to jump through. I was happier not knowing I was bipolar. I hate being bipolar. I hate being on drugs all the time and feeling poopy. If only I could feel good again. Dr. Hu calls it mania. I call it heaven. I don't know why I am locked out of heaven. I am so tired all the time. Casey and Bennie say I need to find a job but I just don't care. I'm going back to bed.

February 14, 2017

Jesse took me to La Jolla for Valentine's. It was so fancy. I felt out of place. Then he dropped a bomb. Jesse told me he was going on assignment and would be gone for several months. I am devastated. He is my rock and is the only thing that helps me get through this stupid bipolar. I don't know what I will do without him.

While at dinner he introduced me to one of his friends, Patrick Summerfield. What a sleaze. I can't believe he and Jesse are friends. Patrick told me if I ever needed a job to call him. He manages the Hills & Dales restaurant. I would not be caught dead in such a skanky place. But it was nice he offered me a job.

February 23, 2017

I have no idea what has come over me. Yesterday I went shopping with Bennie and bought so many clothes. I have no idea how I am going to pay for all of this. I haven't worked in over a month. Bennie and Casey have been so patient with me. I don't know what to do. I know I bought all this stuff but it seems like a dream. I know I did it but it doesn't seem like it was me. I wonder if being out of medicine had anything to do with my shopping spree? I see Dr. Hu tomorrow. I will ask him.

March 16, 2017

I can't believe I did it but I called Jesse's friend Patrick about working at Hills & Dales. I have no other ideas how to make big money fast. I've been out of work since January. The uniforms are not that bad. I mean I am mostly covered. Patrick seemed pleased that I called. He is such a nice guy. He said he would take care of me and my friends. Casey and Bennie are starting work there too! I can't see myself working there long, just until I get out of debt. I wonder how long it will take me to pay off \$62,000 in credit card debt?

April 5, 2017

OMG that Rick is such a pervert. He is constantly hitting on me. I have to pretend that it is ok because he is the boss and it is kinda accepted there. I hear stories of girls who complain and get fired on the spot. I guess I can handle it. I just don't understand why he has to be so mean.

The money is fabulous. Last night I was feeling a little frisky and I pulled in \$625 after tip out. I feel bad because Casey and Bennie combined only made about \$140. I guess I was lucky to get such big tippers.

April 26, 2017

Dr. Hu started me on an anti-depressant this week. He said I was ready for it. It makes me a little dizzy, but I do feel better than normal. I am ready to find my balance. I am ready to feel good again. It is draining being depressed so much. I put on a happy face but it is exhausting pretending to be someone I am not. I am glad to finally be taking something that will push me towards a positive number. I am ready to be me again.

If Rick the prick does not back off from me I don't know what I will do. I am too afraid to push back. I hate conflict. So, I just take it. I hope someday I will

have the courage to stand up for myself. In the meantime, I will just do my best to avoid him.

May 16, 2017

Rick slapped me last night. Hit me right in the face in front of everyone. I was mortified. I just froze. I didn't know what to do or think. I can't avoid him anymore. I am going to have to do something to stop this.

I don't want to go to work today. I don't want to get out of bed. I hate having to put myself out there to make money. I'm so fat. No one wants to look at me. I wish everyone would just leave me alone.

May 21, 2017

I forgot to take my Lamotrigine yesterday and only took the Bupropion. Wow! I feel freaking amazing! I should have done this sooner. I have no idea why I need to take the Lamotrigine. It just makes me feel like crap. I have not felt this good in a long time. I am not going to take any more Lamotrigine. But I am not going to tell Dr. Hu. He won't be able to tell I am high when I see him tomorrow. I can fake it. It will be fun faking sad for a change.

May 22, 2017

I feel great!! Even better than yesterday. But I am getting really horny. I haven't felt like this in long, long, long time. I wish Jesse were here. I would make it where he would never want to leave!

May 23, 2017

That new pill, Risper something, made my mind numb. I'm not taking it anymore. It was buzz kill. One is enough. I'm just going to take the Bupropion. I love feeling so alive!

May 24, 2017

OMG I am so sick of Rick the prick. He is disgusting. He keeps grabbing my butt and pawing at my legs. I want to vomit every time he touches me, but what can I do? He's the boss, as he loves reminding us, and I need the money. I don't have the courage to tell him to back off.

I am feeling like I am floating. I made so much money tonight. I felt like I could talk to everyone and all my customers seemed really pleased with me. I don't know why some nights are big tips nights and others are not. Tonight I made more money than I ever had in one shift – over \$800. That Bupropion gives me so much energy! I feel like I can do anything.

May 26, 2017

If that piece of crap prick touches me again I'm going to kill him! I hate him, I hate him, I hate him! He will not leave me alone.

Despite Rick pissing me off, I had another killer night. I have no idea why I am making huge money all of a sudden. It must be the Bupropion giving me all this energy. I feel so freaking good. Every day I feel better than the last. I want this feeling to last and last. I am so turned on by everything. I feel like I am going to explode. Every customer I had tonight was so damn cute. I have no idea how that is even possible. A couple of them asked me to go out with them after work. Screw it! I just might do it.

May 28, 2017

OMG I have no idea what is going on and I don't care. I think I gave that son of a bitch Rick a fucking lap dance last night. I seem to remember everyone laughing at his sorry ass. I went out after work. I think I hooked up with a couple of guys. I had one in the bathroom, one in a car, and another on a car!!! No one man can handle me!!! I sort of recall making out with this girl too -- never done that before. I liked it!!!

I took four of the Bupropion today just like yesterday. I had been taking three since the doctor lowered my dosage from 150 to 50 on my last visit to put me back where I was. I don't want this feeling to stop even though I am almost out of pills. I am going to ride this out as long as possible. Probably should not have been drinking last night but what the hell it just seemed right. I haven't had any alcohol in so fucking long.

May 29, 2017

My heart is racing. My mind is racing. I am sooooo angry. That asshole Rick is going to get it. He won't leave me the fuck alone. I am tired of this shit. Work would be amazing if it weren't for him. But all I can think about is beating the shit out of him. I can picture it in my mind. I'm in the kitchen and he tries to touch me. I give him what he fucking deserves. Everyone there cheers me on and then when I am finished they carry me out on their shoulders singing songs of praise to me! The next day the city throws a parade in my honor for getting rid of that evil mother fucker. It is going to be awesome! I think I will wear that new off the shoulder dress I got. Everyone will be looking at me. Everyone will want me!

I have not slept since Thursday, but I am not sleepy. To make sure I have enough energy for tonight I am going to take five of the Bupropion. I know it is more than I am supposed to take but I feel so fucking great. Time flies by. Good thing I have Bennie and Casey taking me to work. I don't know if I can drive. I tingle all over. I want to run up the walls and dance on the ceiling! I can't get enough of this high. Fucking amazing! Nothing can stop me! I can do anything I want!!!