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1955



DIARY

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A MEMBER OF THE FIREMAN'S FUND INSURANCE GROUP

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MANUFACTURED IN THE UNITED STATES OF AMERICA

FRIDAY - NITE NEW YEARS EVE
HELEN'S HOUSE

- [x] Clear
- [ ] Cloudy
- [ ] Rain
- [ ] Snow

SATURDAY, *January 1*

I open my new book. What will you tell for the next year. To bring forth a new chapter of wisdom, hopes, joys fears. I shall be burnt with myself; and therewith SUCCEED.

WITH JOEY, HAD A WONDERFUL DAY NOT WITHOUT WORRY THOUGH. SCHOOL the WORK I DIDN'T ACCOMPLISH; AND MY COLD IS LEAVING ME PHYSICAL IRKS AND PAINS + LACK OF SLEEP. I SOMETIMES WONDER WHAT HAPPENS TO ALL THOSE HOURS IN A DAY. I DO NOT SLEEP MUCH AND ACTUAL ACTIVITY TAKES UP ONLY A FEW MOMENTS COMPARED TO THOSE MANY THAT ARE WASTED. THOSE MOMENTS ARE THE ONE'S WHERE ONE GETS UPSET, IN ONESELF ALL THE REGRET, SHORTCOMINGS, ARE FOCUSED ON AND MAGNIFIED.

(SAW) ANIMAL FARM

SUNDAY, *January 2*

- [x] Clear
- [ ] Cloudy
- [ ] Rain
- [ ] Snow

I was very happy with Joey. Now Monday I have only been away from you a few hours but I miss you very much.

- [x] Clear
- [ ] Cloudy
- [ ] Rain
- [ ] Snow

MONDAY, *January 3*

Drawing - fine, Swathmey took one of my drawings, complimented me after. Had a good day.

I must now do my lettering iron wash my hair, go to bed and read.

I was buying something.

TUESDAY, January 4 home awful*

	Clear
✓	Cloudy
	Rain
	Snow

2:00 P.M. Dr. Papanik - Joey - Jack
present - guilty
over - under
looks

Fine till after I saw Dr. - Went home had a lot to do but was so anxious I couldn't begin anywhere. Went downstairs to do one of my chores the curtains. I sometimes like to browse thru 5 + 10. but didn't buy dye. Had bad experience 3 times with sales people, for now reasons. One directed to counter as I was walking I spotted something which caught my eye "I to at the next counter I told you". No 2 approaches I say I'm looking for black "Black for drapes odd? leave store fell still bad go to buy socks and inquire about stole. Knew the store well enough not just to inquire as they make you fell thats impossible. He was most indignant when I said I just wanted the socks he loves wanted to put it away for me. I felt safe and firm as

☑ Clear
☐ Cloudy
☐ Rain
☐ Snow

WEDNESDAY, January 5 *

LETTERING PHOTOGRAPHY - bulbs plates and trays arrive

after school - sculpture

folk dancing 7:45

(didn't ask Jack about Helen's party yet) my first birthday present

had trouble with photography instructor I always feel I want to fight or attack him. I think he reminds me of daddy. He can't converse; he must insist he authority. He reacts in just the form he claims he's against. -- a tense

Keep thinking of Joey. I really miss him Poor Joey my experiencing will human nature concerning my relationship to the world makes her always the tutoring material. I might be afraid of the outcome of each new time we see each other, it might mean the freedom of - I so wanted to see you I thought you two might of felt it so strong that you up and came to me despite my previous request of your remaining at the base. Why I haven't written? this question I can't answer at all.

THURSDAY, January 6

	Clear
✓	Cloudy
/	Rain
	Snow

am not looking forward to group

graphics - new plate

I hope all goes well with Eddie. He has so many problems and know the hardest & suffer. It must be mixed up with a lot of reasons thoughts. But you, my writer unto where have your words transgressed? I miss you so much. Called your parents, in hope of hearing you. I'm afraid I'm getting serious not because of my love for you but because I'm away for me to escape my problems at home. and that tomorrow I meet someone else maybe someone in a position to enter matrimony well I accept.

Group was horrible. I didn't it very much - to rite we heard a story of which we knew the ending. Ginny said Rosie and I at really wanted to Help, Myself? Ginny then Peggy missed Rosie for coffee. Myself. Your nodded to Rosie as having mentioned something which I or I too mentioned. As I write I can see more clearly and can answer the questions, Thankyou.

	Clear
	Cloudy
	Rain
	Snow

FRIDAY, January 7

architecture

Mimi

can't really explain the reasons why. But [illegible] its 3 wks deep into a 5 wk arch. problem, of which I haven't begun to think. It's very much on my mind but I keep pushing it out. Do I want trouble or a worry like this hanging over me. I have to to have a A'job I feel I'm not qualified at all to even judge this type of work. I don't know how to begin.

SATURDAY, January 8 have 5.00 for shopping

	Clear
✓	Cloudy
	Rain
	Snow

Dates - Norm Dacks - sleep at Helens come home with her Sunday for dinner here.

Had an awful time. Unhappy every moment. Thought I was ugly an conspicuous. I didn't fit in covered up with an act of seniority. I was also inappropriately dressed which was a fact. My height bothered me extremely on the other hand I hated myself for feeling this way. Lonely, unhappy, yet I ate your happiest years so it's said, I hate myself for wasting my time thinking of myself, feeling sorry

SUNDAY, January 9

	Clear
✓	Cloudy
	Rain
	Snow

felt horrible - just about the worst as in a long time. Each birthday I feel worse. Something odd about my feelings toward that day since 3 years gone bye. I look back and forward and fear and dread both. I'm sicker than anyone knows. Yet I'm not concerned about really any other way. I can't write more maybe afraid to see what will come of it. I could almost scream now its guilt scares and only 10:45

	Clear
	Cloudy
	Rain
	Snow

MONDAY, *January 10*

$\boxed{\text{drawing}}$

bring quill pen

bond paper on clipboard

eternal black

call Marie P. Birthday

Arlene Lenton

look for dress - call pap app. later

Jacy's mother lunch date

---

glass - putting away - I almost laughed

it was so funny rédiculous. - th Kiss. daddy

if I had courage I would end it all

TUESDAY, January 11

buy myself records
any anything you want
Chanukah money & its now you
birthday

	Clear
	Cloudy
	Rain
	Snow

apologize to Dr. Paf. brought in on fight with Eva, night of 6th.

Helping to move me out, impossible to get well while living with neurotics. (ironing while listening to Murrow & Oppenheim).

Daddy - Wed. nite - T.V. Arsenic
Love US
This is Your L.

Thur - Mimi - moving.

Fri - awful - Sat awful.

Sun too - Low pleasant What a Life

Fine Birthday too all too reminds
Low pleasant Life is,

	Clear
	Cloudy
	Rain
	Snow

MONDAY, February 14

The weekend was awful. Continuous bickering, arguing nasty comments. I'm fed up I wish he really was too; that would make me feel less guilty. It's so easy to have him, no new problems, challenges to meet.

I wish I understood myself better. could always be and act real, not for others for myself. I don't want to put on a show. When I'm secure in a group or knots I'm ahead I show this feeling of seminity. Other times I hide and quill. It's till I shout here Am I, look.

I felt like an outsider intruder in Doris's home. Her mother compares her child to someone else's.

Bob annoyes me a lot already. Interests friends never last.

TUESDAY, *February 15*

	Clear
	Cloudy
	Rain
	Snow

My playground, I hope it will be as nice as my thoughts about it all.

Should I enter the contest? I know I'll be hurt one way or another by it.

Why do I avoid Mr. Wallace. It is like the situation of Mimi. When I am neglectful ~~of~~ about something I don't want to do, afraid of I avoid it, feel so guilty, till I do it, see it was nothing - then happens again. Do people learn from errors, Repeats till . . .

Clear
Cloudy
Rain
Snow

WEDNESDAY, *February 16*

Dear Dad

things are unbearable. They are both more than neurotics, unless all these phobias, symtoms etc. accompany the sickness. If I can go this summer I won't come back. I do hate them both. I would be happy to cut them out of my life forever. Forgive me but its true. I know I'm feeling sorry for myself again, but I can't be responsible for all my deeds. I was sarcastic about Edna's clothes in the rain but it is ridiculous. Her feet hat if it comes in contact with a rain drop a new one is purchased the new shoes, "I only have one pair of brown, I should have worn the oxfords (also brown, has a black for this type of occasion and that).

THURSDAY, *February 17*

	Clear
	Cloudy
	Rain
	Snow

The main nasty habits are her facial expressions. This might sound petty outward on the surface but there kind of from her nasty disposition, not caring, mean indifference; and then the smirk if you pick up her umbrella. She jumping forward protecting her fat as the woman behind steps into her seat. I'm really being quite generous not going in further details but it hurts to rebuild these things in your mind.

I wish I too could be freed freed from this superficial family life and security (my fort!) foolish holds me here.

	Clear
	Cloudy
	Rain
	Snow

LIBRARY.
HELEN
Call BERNIE
group –
ERIC-PICTURE

FRIDAY, February 18

THUR – 17.

I would have been so different if I would have had my mummy. A companion, security, a real person who loved me not in a purely selfish way and would have sincerely told me when I was wrong would have corrected me with an example or explanation of the right way. Then now it wouldn't be so hard. I do get hurt easy, an revengeful, want to be loved by all and not love in returns. I guess like in most things I can't accept the medium, just to be liked respected. –

It was an eventful day, not very enjoyable.
Symposium. Mod. art.
A) modern painting is large as they believe you must entitle the picture with your body as well as mind use your entire movement of arm not just wrist.
B) combine free forms with circle rectangular, sq. in ackh.
c) collaboration among the 3 painting sculp. ackh.
d) sculpture is a part of an entity it must belong be part of enviroment
e) painting is mans individual self expression of his enviroment (tank)

was pleased – asked again

SATURDAY, February 19

LUNCH ERLEBACHER

Clear
Cloudy
Rain
Snow

liver - 53 Park

U.N. 1st 42 42 or 49 Crosstown

✓ BANK 5th & 43

✓ OLIVETTI 5th - 46 and 47

KNOLL 575 Mad

LAVERNE East 57th (lex & 3rd) south side

ARLH Sampler 101 Park

I feel lousy feverish, made appointment anyway. I want my pendant. I feel cheated always by people. Afraid to give myself. I think I knew I would fight with

SUNDAY, February 20

Clear
Cloudy
Rain
Snow

Helen. I must have been angry as I blew my top, against Eva - clothes - both sadly hypocrite selfish. Joey - letter. Cried desperately - but thought about it so it was controlled I immediately got up contained washing cleaning up. Helen was disinterested she asked Murray what he was eating 2. doing with feet." Hung up with short good bye - wouldn't answer when she called back. felt I had noone, but didn't really care at that point.

Clear
Cloudy
Rain
Snow

Buy rubber cement - white paint

MONDAY, February 21

mummy

as I cried a little continered.
I didnt want to go with that boy O
avoided his question; Bernie - Bob -

Sun - Don't - can ride - upset -
Sat nite - Jack John

spoke about summer - cried very much. had no control

the contest is upsetting me very much. school
I'm afraid. I regret entering. Things depend to
much on one another. I can't hold my hand
still its shaking. I want to run run run.
Why did you tell me to run. Can you
know what this is like?

Nina sat next to me in drawing.
Instructor asked her how she was took
her work (drawings said this drooker is an artist.
I feel bad if someone else is good I associate
myself as bad.

remedial reading

The Fallen Idol
The Sinners

TUESDAY, February 22

	Clear
	Cloudy
	Rain
	Snow

LETTERING -

Cleaners - get block

Clear
Cloudy
Rain
Snow

WEDNESDAY, *February 23*

Forum - Ram - Eric

THURSDAY, *February 24*

	Clear
	Cloudy
	Rain
	Snow

Joey had written now he called, and I saw him I felt nothing but sorry for him and a little happy that he really loves me. It not fair to say nothing I like him, but don't feel what I know a relationship should be like.

Please send me information about your summer ~~schooling~~ I attend C.U. ~~and~~ but would like to ~~further~~ study ~~further~~ this summer. If possible. If you can work at the school or if there are any available scholarships, how can I try? Please let me know,

Thankyou

X	Clear
X	Cloudy
X	Rain
X	Snow

FRIDAY, *February* 25

pictures
call mini

contest ~~F Kley Kamp~~

SATURDAY, *February 26*

model 1-4

939 8th Ave

	Clear
	Cloudy
	Rain
	Snow

I ~~had tryed to~~ forget

had a dream. 2 sisters had gotten in a lot of trouble. younger minor disturbance maybe pretty robbing she was about 5. Older 15 had been prostitute since 12. She was being sought for some criminal offence. I was some supervisor of nurse, social worker, on this train of underground, I found the younger was taking care of her, while waiting to seperate her from her sister and send her to orphanage. The elders was going to reform school, I was giving the younger love and the older pupils in say

SUNDAY, *February 27*

	Clear
	Cloudy
	Rain
	Snow

Engineering and an Instructor made her their mascot. On the bulletin board her name will cute and warm saying.

	Clear
	Cloudy
	Rain
	Snow

MONDAY, *February* 28

1. 1. seems to me you always agree with me, in the sense th what is best for me, If I want it a certain way, as if I'm always right in a fight or so.

2. Helen last week fight - Sun.
3. Joey
4. Kley Sanp - frustrated I am so lovely.

Eva was ~~[illegible]~~ nasty, what a reaction when on response to "I guess I won't see you till tomorrow, I said I might not go unless I get done. She walked away. On her return when she saw me changed she was nice talked to me went to the door waiter till the elevator came. 'Oh my!'

TUESDAY, *March 1*

	Clear
	Cloudy
	Rain
	Snow

no school

sketches for ~~Hovannes~~ - ~~weight model~~

Whitney

Seventeen - ~~[illegible]~~ call Marie McPartland ✓

$ 15.00

~~[illegible]~~ 10:30 Call again at 3

~~[illegible]~~ 9-30 - 12:00

~~[illegible]~~ Mimi ✓

letters - R.I.

sculpture, H.H.

take pictures

---

sculpture - wire - Hans Uhlman 151

Reginald Butler 171

Calder 172

Naum Gabo

Alberto Giacometti

Julio Gonzalez

David Smith

	Clear
	Cloudy
	Rain
	Snow

MONDAY, *March* 7

~~Meet Helen 5:15 in Lobby~~ R.S.
~~see Mr. Wallace - Ann.~~ 5 yrs ago

I don't want to go to see you I know again I won't know where to begin. I am I avoiding something, sometimes I think my mind is a void.

From school I had to go to 40 to bring film away, I hate these small trips & errands. Something always goes wrong or I waste time. I had to walk walk, cruisher, met Kleyhrang, told me I look pregnant. Waited 15 min for train. Listen to every remark good bad strangers fried. Always yet offended don't know when its a joke on the defensive. I'm afraid people think I'm no good, I want to show myself I am not afraid It can't show for itself.

TUESDAY, *March 8*

	Clear
	Cloudy
	Rain
	Snow

~~sculp. to school - [illegible]~~

~~lettering -~~

~~42 st. film developed~~

~~finish playground~~

~~Swimming - ask Jack about counsellor~~

~~swimming - Henry Street~~

~~tell Mimi - Aquavana~~

~~Perim~~

---

dream - I was in trouble went to your house - you had 3 daughters one was honey, gay - frivilous, loud boistorous, the other was slick, sharp dresser getting ready for big date! I was shocked to know they were yours. I told you of my disappointment you cried,

Mrs Ruth S Tefferteller 265 Henry Street
New York 2 N.Y.

Camp Williams - Hilly Wisot, Dir.
179-11-69th Ave
Flushing 65, N.Y.

Federation Employment & Guidance Service
42 East 41 Street, N.Y. 17 N.Y.
Tues till 5 P.M.

Jug Hill - Clinton Hollow P.O. Staatsburg N.Y.
Esther Kiviat

	Clear
	Cloudy
	Rain
	Snow

FRIDAY, *March 18*

Mr. Bulover - 5.30

Group - 6.30

Landlord a day, my room, its seems always messy even when I clean, no system, no organization. I'm afraid to admit my shortcomings even to myself.

I felt this week that I wanted to leave art school as I discovered we don't really learn here, here we have just to work. That easy to point its the qualities we have to live with — knowledge, learning — — with that in our minds we paint. Just to paint and discuss the painting is not enough. Because its the outside all else which must be in the painting.

The exam last summer — I was hysterical complete breakdown because of an exam. I know then how to get back as I really force it out of myself pamper myself to take my mind off this particular disturbance.

SATURDAY, *March 19*

	Clear
	Cloudy
	Rain
	Snow

Swimming – Square Dance

SUNDAY, *March 20*

	Clear
	Cloudy
	Rain
	Snow

Folk Sing

Clear
Cloudy
Rain
Snow

MONDAY, March 21

encouraging. My potentials are high ~~if~~ even if my height is not, this is ridiculous, good, I'm glad; if it be unimportant; then what should hold me back. Experience as much as possible good and bad both are beneficial. I'm sure I have never let myself enjoy dancing as I was ashamed of my height and at all times I found some different physical fault. Were these a cover for some other form of insecurity or are they in themselves the reasons. I'm inclined to believe the former.

The more I see of life, day to day experiences, the more dissatisfied I am with conditions and with myself. I know so little how can I really paint or just paint. what am I painting? what do I have to say, that's worthwhile, and if I spend all my time saying and feeling when will I learn more which in turn will be told. It's like writing memoirs, without ~~a life~~ previous.

TUESDAY, *March 22*

	Clear
	Cloudy
	Rain
	Snow

Went to Florence's recital. Old Lebanon gang. not many but enough to bring back memories. Noise travels fast among all circles in amongst a particular group news is exaggerated towards the favor of that group and torn ~~and~~ degraded of a deleriate twist if its among or about a different type of people. I as I can't find myself or associate with one I travel or connect where I feel apart of with one group I'm happy to see another and able to say "I know them". I then feel guilty. a cheap association, superficial.

People are really all the same. I feel happy even riding now alone on the train 12:00 A.M. midnight. I just left a small cafeteria, where the afterwith of the concert Florence's friends were singing and I together with Sol, Max Jack were talking over coffee.

Clear
Cloudy
Rain
Snow

WEDNESDAY, March 23

about C.U. Sol graduated and went to Yale. Another good aspect to look forward to as far as the summer. Jack was correct saying I don't really know the people who will be at the camp; and having passed the preliminary stages of meeting then the next step the more difficult and helpful and nicer part of friendship will most be gained.

I did learn something — to believe in others a little more, my self too. This is easy to say, but do I really, not to judge so harshly await and find out about the other person, as soon as I am given a little assurance I take a grab a handful and have to continue to prove myself. Stay calm, speak and assert yourself but don't hide at one time and explode like a bomb the next.

THURSDAY, March 24

	Clear
	Cloudy
	Rain
	Snow

I worked hard i graphics, was tired did a bad plate. Called Jack, talked, what bore, prepared something for us to eat & went to movies, awful, fell asleep. I'm seeing Jack to often. And its getting too involved. The pattern has now repeated itself so often I have almost no hope or confidence in myself to know whether what I'm doing makes any sense & I'm unhappy as always. The summer is and awful problem. I jump from problem to prob. I don't let myself alone. If one doesn't exists find something wrong with myself or something I said did or didn't do. I don't trust my own judgement. I'm afraid I mess up my life so bad till now I want to make up for it so I get more confused. jumpy again as far as summer is concerned I want the best can for me that I can be happy, work become adjusted to the environment. Yet to know it's very unimportant really where it's me but if I feel needed, that I belong, well that's problem I need to adjust.

I'm getting sicker. - less confidence - my opinions and ideas conflict, what I want to do most I never do or put off and they have to be best. I want love and understanding I don't give, and I push it off so not real, I have less trust in people, more jealous, yet I want better understanding among people, live creative and progressive thought in how they could live together.

Yet I try to hunt people if

✓	Clear
	Cloudy
	Rain
	Snow

FRIDAY, March 25

I think these better off than myself. It hurts me that others have their plans are set, looking forward to the summer, when some one has a scholarship.

I know I need full supervision and treatment.

Everyday the comments a whistle on the street "whatcha doin tonight Loney", you must of gotten to bed late last night, such ring under your eyes new hairdo, your leaving it straight now, no curls.

I'm afraid to be honest with myself to let all these fears come out, becomes I have such a strong drive for advancement that I feel I can't be held back longer. Yet I can't really work, and what I do is mostly under strain and anxiety so never really fulfilled to where I guess I could do. I can't follow a problem through, social, mental written, and type. —

I never felt so strong a need for half constant help. I just feel I can't handle my life alone, I had hoped marriage, it would have given some burdens for someone else. I don't even know how to

SATURDAY, *March 26*

	Clear
	Cloudy
	Rain
	Snow

Fred Longfield - I had a very good time, a somewhat normal, happy relationship, I did feel guilty, as I were deceiving Jack. I had seen him that morning and previous evening. We got on well together seeing a somewhat soon but frightening show in the dull but conducive to small romantic indulgences, movie house. I proceeded in feeling I was cheating someone or myself but as we stood in the hallway of my house, which greatly adds to this unhappy feeling, we talked and then the good night kiss, which was fine. — now as it Tuesday nite looking back, and in a nice sarcastic mood can say I am looking forward to seeing him again. —

SUNDAY, *March 27*

	Clear
✓	Cloudy
	Rain
	Snow

Had 3 hr. stay, asked to meet Jack, Chuck, Lorette and Moe at his store, and travel up to the familiar campsite which I will again make the mistake of living on for another summer. It seems I have a life blood tie with that place. We discussed the camp situation heard more criminal offenses executed by Morris Mandl, spoke but few words to the new and not very interested camp owner who after 3 days purchasing owning a camp runs off for two Yr. to ——.

	Clear
	Cloudy
	Rain
	Snow

MONDAY, *March* 28

The summer situation summed up amounts to my a) being afraid to make up my mind as to where what and how —

Meeting new people, getting along with them proving myself capable of some new encounter position as art & craft — water instructor —

I'm afraid of A & C. I would not know what to do ~~so~~ how to handle the diff. project, I could look it up but again a research problem something to follow through in a organized way which I don't know.

Jacks camp — advantages

1. to steadily work through some problems with the help of knowing I'm already wanted & accepted. No need to prove to anyone but myself. (to less of a degree).

2.

disadvantages

the adventure or surprise of a new surrounding not even environment or the other is ~~new~~ too.

TUESDAY, March 29

	Clear
	Cloudy
	Rain
	Snow

important things ~~to do~~ and settle and not doing any thing— 3 size places - I being first and most uncomfortable and yet getting most attention as the ladder for the likes me and insinuated that when he dances he would chose me as partner — Leaving discouraged walking free hearted for the last few moments before another exercise of the wrist and fingers a figure approaches. I was stunned as I would if almost anyone suddenly spoke when you were unaware. But recovering would have followed as spontaneously as the clock; but I did not retrieve instead of which I became tongue tied. This was the first concrete step and as the saying goes I bluffed it; or do I only think this as I seem to fail in all I do think or encounter.

This renewed my hope or dreams about you made me think less of what I was supposed to be doing or more but not in a workable way as I worried that again I was getting nowhere.

I think I am learning to see what I am and am not, it seems to be (March 21.

	Clear
	Cloudy
	Rain
	Snow

WEDNESDAY, *March 30*

I've been all tied up in knots again. Excited, unrational, irresponsible, anxious, ik fact this is the first moment I've can partly relax enough to write a few words. An art school is condusive to this way of diving My morning class was incredibly dull with nothing accomplished nothing learned. We stood by like a group of idiots while the instructor nervously jumped around explaining, demonstrating, developing of a few crummy pictures. I hadn't cared about the lone bottles on the window when I snapped the shutter nor when the damn thing was in the developer. Valuable time, which it should be spent over such stupid idiotic fittishes of a neurotic instructor. It is not a course of learning of aesthetics so at least the technical knowledge if it could be put over. His encompassing of every nothing makes it impossible to concentrate so one doesn't acquire the necessary few isolated facts. this brings us to the much needed break - lunch hour. The dance group would not meet till the second half - again time with many

THURSDAY, *March 31*

	Clear
	Cloudy
	Rain
	Snow

~~meet Jack~~ ~~Library Books~~
call Mimi - brother, I feel so useless and afraid. I'm around the preparations for the dramatic club, can't really help feel as a subordinate, so shy, awkward, such contrasts of my behavior. —— I, now do I imagine any of others who watched and listened for the first time grasped & understood much of what was said. It would also help if my mind was free enough of other problems that when I confronted with something new and difficult that I could give it full concentration. Man is afraid, this fear is a mass fear, which can be swayed, man in all forms & ways of expression wants freedom of speech religion etc, looks for something to ~~feed~~ lead them to this freedom. People, ideas, motivations do not change through the centuries, it seems very useless where does it end, the final destruction; from the birth of the Christian Religion, war hate intolerance, forgiveness love faith - - - greed hypocrisy strife - to deadly

Call Mini

	Clear
	Cloudy
	Rain
	Snow

FRIDAY, *April 1*

group

fear of fellow man.

Why do I stay away these last few nights? I want to help myself get well, to learn, to meet and have bearable relationships with others, to keep myself going without cracking up in their house, away

I find two messages and part of one that I'd been really waiting for upon arriving at home. I was going to let my trap loose and charge up against them again. I am to jumpy, picky. after thinking it was right and nice that he wanted to explain verbally the message and got up to tell me. On the otherhand that was so important but is it ~~it~~ unimaginable to him that I was waiting much more for the other phone call and he said I would receive it tomorrow and forgot about it that — but as the phone rang, I rushed, petrified and yet they didn't rush for it and they let me receive it, but I did mention, the very first sentence that he shouldn't of called

The Ice box I had a wrapped package in wax paper, ~~north~~ a neat slip of paper marked Eva's Snack secured with

swimming - (John Hellr?) see - Mrs Taff.

SATURDAY, *April 2* —

	Clear
	Cloudy
	Rain
	Snow

organize trip
plan letting - acct
book

scotch tape waiting for me. So now I must think, want to talk and have company, but am very alone.

SUNDAY, *April 3* - again I have hopes

	Clear
	Cloudy
	Rain
	Snow

for my dream - ridiculous visualizations. I am waiting, you should now how much I've waited for seeing and speaking to you. — Had a hectic time; very nervous, feeling of inferior - intellectually, physically lack of educ. height. almost everything, yet I was happy had a nice time. He talked as though our futures would be linked together. I didn't mind although I thought of Jack and Kam. how I wanted this to begin with him. I'm afraid I forcing into this because I want so much for something to turn out.

	Clear
	Cloudy
	Rain
	Snow

5:30 appoint.

MONDAY, *April* 4

TUESDAY, *April 5*

	Clear
	Cloudy
	Rain
	Snow

coat - suit?
black heels black flats
beige flats & blue grey dress
jumper - white set
2 shirt blouses / white - black pants
2 petti / cotton - crenolin jersey

buy - stocks. black flats
blue heels

Thur. Eve. I'm behaving badly. The simpler its said maybe the more emphatic the meaning. If there were anyone here who understood some physiology they would sure see one obvious case. I have every sympton and I'm not joking I'm thoroughly disgusted with myself. It is even in some ways worse than last year.
1. I'm uncomfortable at the table, my problems with eating, develop thoroughly here, over the long periods of spending time around food I have amply time.
2. Young people — I'm so jealous to younger than myself, teenagers I want them to know I'm older that keeps me away or at any rate they look at me differently different conversation I don't have to be afraid if I'm different
Older. I can be safe and don't have to feel stupid say I have time to catch up.
Same - avoid - compare and always feel horrible.
There is absolutely nothing I feel stable or adequate about.

Clear
Cloudy
Rain
Snow

Trip

WEDNESDAY, April 6

I wore my coat indoors - excuse of cold - plausible as it was freezing a few elderly women kept them on. ashamed of myself.

I was sarcastic, cynical embittered towards all the people, hotel, religion attitudes I am not / even sure of and all this and I was the unhappy fool for it.

I watched a wonderful mother enjoying her 14½ yr old daughter flirting very mildly with a young 17 yr old boy. The occasional smile and she nodded to me, the pretty very wide skirt of a pink silk stylish dress, her proud graceful yet shyful hesitance of being obvious, or watched. The more self conscious the more inhibited. I measured my height etc, constantly, on the defensive, shy I wouldn't join the leaders dancing, was scared but did not participate, couldn't speak to the kids as I felt they thought I was there age. completely irrational couldn't sleep, couldn't concentrate on work when I went by myself.

THURSDAY, *April 7*

	Clear
	Cloudy
	Rain
	Snow

at moments I want to be somebody else, stay into some other life, I am tired and I almost think it all will be over shortly, I am ready to quit. Just about, Even though I admit upon occassion a few blissful moments of pleasure, or partial contentment

	Clear
	Cloudy
	Rain
	Snow

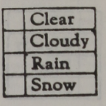
FRIDAY, *April* 8

The other part of me had the opportunity to care part Fri. nite. I wore something comf. flats, was in a happy mood, made one friend walked head up to the oneg. Sat in a group, sang danced I was in the light was made wanted, participate had fun. The closed circle of the Israelis liked and questioned me, out which they said they thought, music or dance also that I was from Israel. Now I was one of them attention belonging compliments, — different, they looked up to me made me on pedastal, was liked by a no. of boys. — nice fresh wholesome pretty, smart girl — the adults thought. —

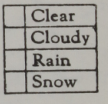
The crush did come, again thought or dreamt of future, got rid of Fred glad, was afraid to go to other places was allowed of my looks, clothes etc. same as here till I was accepted then I glorified in my difference, so I'm defeating all what I want to be honest sincere indifferent of looks, clothes etc.

Nogar —

SATURDAY, *April 9*



SUNDAY, *April 10*



	Clear
	Cloudy
	Rain
	Snow

MONDAY, *April 11*

TUESDAY, *April 12*

	Clear
	Cloudy
	Rain
	Snow

	Clear
	Cloudy
	Rain
	Snow

WEDNESDAY, April 13 Thur

Have a lot to do, can't work. Did not accomplish anything. Upset and finally to sleep. Causes of which some are A) went to Minn instead of working had previously been invited. B) Came home Eva's mood was one of annoyance to me. Disregarded my arrival, "I am an annoyance to her is what she says all over her expression." C) worried over summer plans D) over my lettering which is not getting done e) dreaming of pretties thoughts which I suppose are unreal, as of ~~today~~ the past few days they inclined Nogar.

Schedule to be followed: A Call Skowhegan
B prepare portfolio
C. graphics - wood cut began
small plate print next
d) clean room - organize art work together
e) prepare sample lettering book - complete - title cut out and paste up.
f.) Don't present

call Marty E.
Sonja
Renee N.

Weekend just see Nogar - and swimming. Rest Work
mount graphics

an awful time very jumpy - especially bout summer.

THURSDAY, *April 14*

Clear
Cloudy
Rain
Snow

Plan Send back to beginning.
altitude

	Clear
	Cloudy
	Rain
	Snow

FRIDAY, *April 22*

~~Arch. - due~~ I have an endless amount of work which must be done in the next week or two. If organized it could be done. I just mounted my 3 pieces for league. What my choice is might not be some all else, tastes vary according to every change, novel etc. I had a pleasant day I must admit. This is the first time I've every done any thing like this. What fun! Life could be quite nice I must admit at least I know I felt that yesterday and can recall the memories now. It will all be quite different when I leave this house and occupants. I thought of [illegible] well and was ever so glad of my on our decision I do wish he to doing allright and will keep up with his studies. Decisions are coming a little easier. I my reason I will make are somewhat less important. I am looking for something else to faith in something strong which always remains the same which can be my most faithful friend for it is part of me to that builds the abstract bind. I to an honest, truth seeking friend. I must check myself to be what I think right

SATURDAY, *April 23*

9:00 Sat, nite

	Clear
	Cloudy
	Rain
	Snow

The minutes are flying by and I was reading very slowly getting upset but it was tired, inside, when I heard some noise which frightened me, instinctly I rushed all through the apartment reaching for the handle of the front door the key what found in the lock. I became more tense with their presence and urge to run away, escape. — I feel I'm trying to punish myself, always drawing unpleasant things out. Work to be done, somehow I'm insufficient it should be harder for me. I've watched the time fly and I get nowhere.

SUNDAY, *April 24*

mon. noon.

	Clear
	Cloudy
	Rain
	Snow

I've already let off steam, been upset and it all of 9:45: As others mentioned all they did the weekend the realization I accomplished nothing and get more done with a weekend of just enjoyment. can't work, something is missing.

Clear
Cloudy
Rain
Snow

MONDAY, *April 25*

TUESDAY, *April 26*

	Clear
	Cloudy
	Rain
	Snow

Tomorrow will prove most eventful not that today was not different. I won't avoid this not to myself first. Scotty was a nice support all day I dont know if what I did turned out for the worse, the main issue Doirt and her accepting a luncheon date with Kaminsky. I rather now write about it but wait this a reminder to tell you and how I feel an didn't unt do not. I asked Helen would she have accepted, her reply no. I'm punishing Doirt won't meet her tomorrow - I dislike and will tell her.

I still think he likes me and is getting to me through her. I never felt anything so positively when it looks the contrary, I am so sure almost glad as if this was my first meeting and my first will be the second! And then if its not so its just one big mistake I noticing much anymore except the fabl I've been in her eyes that she gained one on me, and dissappointed that my dream turned out a shmuck, (if he could like her). I'm sorry sorry also, I missed speaking to Nogal, did shriek to Jack Daddy was crazy, cracking, drinking smoking (sneaking) talking to himself, restless roving, moaning as Eva returned acted like a baby, Horrible!!

	Clear
	Cloudy
	Rain
	Snow

WEDNESDAY, *April* 27

Things are turning out O.K. Problems of course but I can better understand and cope with them, am still regretful of the past, but am trying now to do just one thing at a time and will catch up. My immediate unanswered problems finishing first my lettering and arch, planning for summer and before working out the feud with D. and my boyfriend relation too should be given some thought, and finally for next year a place to live and a schedule of some sort for academic studies. —

Although I did work the last two evenings for almost the first time this year I am doubting my creative abilities, either there being tied up by some emotional inability to let go, being afraid I'll be making a fool of myself as concerning public relations and in my art work wasting time or some such thing. I see this lack now in 3 dim. work arch. and sculp. I will try still. first lettering all weekend, the Wed. Wed nite thur nite Arch. — finished.

THURSDAY, *April 28*

	Clear
	Cloudy
	Rain
	Snow

Clear
Cloudy
Rain
Snow

FRIDAY, *April 29*

at group

1. summer - Jack -
2. Dad - Karen
   Dad - mother
   - me

3. work - last 2 nites - concentration as never before will power - result not even tired, but somewhat lonely again feeling of why first now why all the wasted time, then I could know more, marks better, attitude, less depressed altogether happier,

SATURDAY, *April 30*

Simon, Jack

	Clear
	Cloudy
	Rain
	Snow

SUNDAY, *May 1*

	Clear
	Cloudy
	Rain
	Snow

Clear
Cloudy
Rain
Snow

MUMMY'S BIRTHDAY

FRIDAY, May 13

LAST DAY OF SCHOOL

It is the 27th now, and I'm going to look back a week or so and also ahead. I am in the midst of quite a turmoil, within myself fearing so dreadfully the next few days unnecessarily. My feeling of inadequacy are dominant that everything is completely out of focus and scale. I am almost minus qualities. Now wanting to hear myself again going over these ideas of destruction I will attempt to find out why the hysteria why I have so little self confidence to not be able to go away from home without a protector and let myself be among a group ~~and~~ standing up a individual. I'm afraid of being hurt with words, someone saying or thinking something negative about me. Also that I won't be able to talk freely, in a friendly happy manner, won't be one of the group. It has happened at least every feeling this rejection which I of it was only in my mind it

I'm writing this APRIL 1ST. - plan this weekend - trip somewhere do something + don't stay at home.

SATURDAY, May 14

	Clear
	Cloudy
	Rain
	Snow

eventually manifests itself as then I really sink within holding myself together and step aside. It had happened.

I hardly know what to think. I did. H. went in the store first a small one, first step, of course off peed, I put one on, the second, bought, then the final step! there were three girls in the shop. I went in, the one trying out had some condition I had 3 yrs. ago, now mine are worse, I was punishing. fell while on chair dropped things walked bare foot was given towel to clean up. Could not talk or answer. will show you. maybe

SUNDAY, May 15

	Clear
	Cloudy
	Rain
	Snow

can help.

Mentioning on leaving subway.

Clear
Cloudy
Rain
Snow

MONDAY, *May 16*

TUESDAY, May 17

	Clear
	Cloudy
	Rain
	Snow

I have been worse than a failure to my self, I have also hurt at least one other. I have realized my problem is even worse than I thought, knowingly I must have really avoided group situations in the past as I can't begin to relax and have fun. I was apart and unhappy not spiritually, continuously with a few moments at different times getting along.

The boy was very perceptive obeyable to point the moodiness and changes reating to them and we talked it over first, argumentively than subsiding to a beginning of an interesting analytical talk.

I used physical weariness occasional headaches from Friday nite thru Sat night Sun-morn being true, I complained of real headaches and generally ill due maybe to sinus, staying indoors all day, sleeping - tasting the others so I watched my bed was made, they all brought me lunch, told me how the boy felt worried stayed with me the rest.

I was called little Eva, had baby hands was among the shooted, and we won't avenmentions the last. I went swimming (my head is partially due to that.) alone when it was fairly later not bey cold but alone when today all went swimming etc.

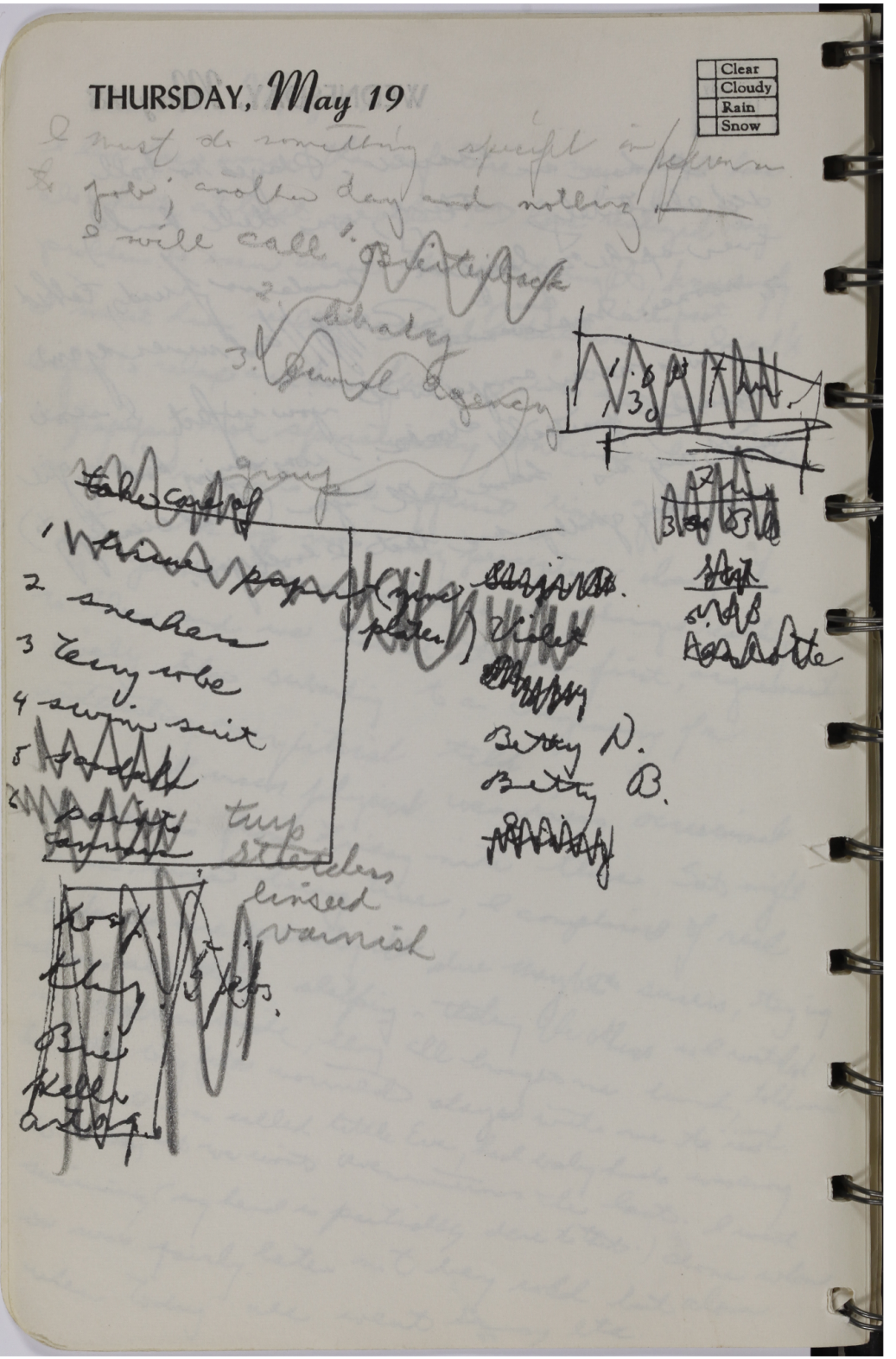
	Clear
	Cloudy
	Rain
	Snow

WEDNESDAY, May 18

I have an excuse. Played no ball
did absolutely nothing, was dull hardly
ever spoke or laughed. Made no friends, talked
to noone. Improvement? NO!! and never again.
I was never angry with you in fact I semi
dreamed, partially awake. I was crying and a girl
with my sis. Some call you (I had been trying to)
and say goodbye and that I loved you.

THURSDAY, *May 19*

Clear
Cloudy
Rain
Snow



	Clear
	Cloudy
	Rain
	Snow

FRIDAY, May 20

I was to assume responsibility at the Gallerie, couldn't conduct a phone call message, nor a man delivering a package. As 15 may be at 19 unbelievably poor.

SATURDAY, *May 21*

	Clear
	Cloudy
	Rain
	Snow

SUNDAY, *May 22*

	Clear
	Cloudy
	Rain
	Snow

	Clear
	Cloudy
	Rain
	Snow

FRIDAY, *June 3*

SATURDAY, June 4

	Clear
	Cloudy
	Rain
	Snow

Macys 9:30 10:30 call peggy

Home 11:00 - cleaners - library

4:00 downtown

4:45 shoe store

6:30 Group John Hellee

✓ bathing suit - pontiac zirkle

✓ sneakers

✓ socks

✓ shirts

✓ dung

kakis

address book

SUNDAY, June 5

	Clear
	Cloudy
	Rain
	Snow

- I will build a new, different, and better relationship with Jack.
- will not take an outside position ~~[illegible]~~ through superiority, indifference or assuming a difference in desires.
- will participate with girl counselors
- will not be afraid of attacks or any judgements on actions pertaining to waterfront authoritativeness.
-

	Clear
	Cloudy
	Rain
	Snow

sent - cover vospers
book - others

MONDAY, *June 6*

20.

waited till very end - and went and regretted going - accomplished one errand the important but am sure thea wrong. got panicky didnt want to give up but got nowhere beyond this point; Have to go home to meet someone, lucky thing - will pick up shoes bathing suit kakie and dung this afternoon



TUESDAY, *June 7*

	Clear
	Cloudy
	Rain
	Snow

☑ Clear
☐ Cloudy
☐ Rain
☐ Snow

MONDAY, *August 8*

I don't feel I am gaining much from my experience at camp. Most of the time I am unhappy feeling left out of group. My relationship with Jack has failed for last time. I have given of myself very few times other times I withdrew from the people.

TUESDAY, *August 9*

	Clear
	Cloudy
	Rain
	Snow

Clear
Cloudy
Rain
Snow

FRIDAY, August 26

Today I want to surmise my summer vacation:

Counselors are sitting here now on beds in one of their bunks, writing records. I will write mine. Left out felling is obvious. A problem arose; a missing O.D. You you you I. How many O.D did you have? Last nite? Took so and so's place, who was the finger pointed to, yours truly. They are short, those remaining at this late hour had it recently and frequently. Mine was Mon, and again Tues. I dread the chore, am lonely and frightened — I feel then rejected. (I guess as I doubt this just fear of darkness its seems superficial not real.) I feel nebulous, losing then my identity.

I dislike the administration, yet when they even once kindly acknowledge my existence I am thrilled and happy.

Having no conferences as do the others, I am not ever talked to about comparing myself by ends

SATURDAY, *August 27*

- [ ] Clear
- [ ] Cloudy
- [ ] Rain
- [ ] Snow

of the admin ? .

SUNDAY, *August 28*

- [ ] Clear
- [ ] Cloudy
- [ ] Rain
- [ ] Snow

Clear
Cloudy
Rain
Snow

WEDNESDAY, October 12

1. Simplicity of theories
not basing one hypothesis on another to verify the first.

social reference (essence)
human relations related to social ref.

2.

uniqueness of individuals
life style - whole & parts
concept definite complete, dynamic
self consistency of personality
self checking built in safeguard
physcological main aim

bridge from infantcy incompetence
weakness to the goal of strength
security

human is guided by his own drives &
cooperation between mother & child goals
then family & group
concrete goals - fictional goals
(- safeguard for feeling
of inferiority
concretize goals
hopelessness common denominator - isolated
in fantasy world

THURSDAY, October 13

	Clear
	Cloudy
	Rain
	Snow

combating Schizo A. used
encouragement
therapist first meaningful relation
sheltering to humiliation (patient)

3. moralistic preaching (accusations)
value judgements

common sense - guiding line
value sense of human behavior to change
of ideals in society
formulation
normative law - for all soc.
assumption of human equality
social feeling - as opposed to
belonging -
confidence in others - distrust
self confidence
courage - fear
no contrast to soc.
in contrast Freud
natural vs unnatural
good " bad
adler - emotion misc. the
kind, closer or away

Clear
Cloudy
Rain
Snow

FRIDAY, October 14

some rat, not good

orageous spontaneity

subjectivity — object.
bad good

- personal preference, has to choose, take a stand so has to be both —

emphasized - value reorientation

fund. dignity of human character —

respect neither permissive nor indulgent

imperfection — accept others & ourselves

not based on mistakes as bad but being human

success vert. horiz. forward to others
failure

useful to others

funct - more important than success

SATURDAY, *October 15*

	Clear
	Cloudy
	Rain
	Snow

SUNDAY, *October 16*

	Clear
	Cloudy
	Rain
	Snow

	Clear
	Cloudy
	Rain
	Snow

MONDAY, October 17

4. social interest - gemanshalft

soc. consciousness not feeling

task & provocation = Courage

probability not cause & effect

thru realism, exp. - one enters into metaphysics.

not like Plato - spiritual, but research, (Arist.)

transcendental 1910 antici. social psych.

living exp. of future pated generations

5. emphasize on individual approach in Physiatry

6. widening intellectual role, I think therefore I am rational thinking

supremacy 19 & 20

period of revolt against

TUESDAY, October 18

	Clear
	Cloudy
	Rain
	Snow

holistic - whole
all possibilities

most know what one is dealing
with before treating -
(car is o.k. road map - check car, good running cond)
organic or phyco dynamic
most compliment eachother -
(car analogy)
practical application
teamwork
finding diagnosis - treatment
goal directed - training most important
P.M.
1. shizo & phycotics under influence
of drugs are made aware of their
illness. Takes them out of their fantasy
world.

hyper sensitivity - fear of being
slighted,
although they might not be moved by
death in family -

	Clear
	Cloudy
	Rain
	Snow

WEDNESDAY, October 19

family consultation – Is this just an immediate partial help? Sounds like a quick way to learn ~~a~~ Berlitz in 14 lessons.

Adler Clinic children play and art therapy

mothers group discussion

Stress situations – Adlerian concept as applied to this type of situation, test sit. ~~not~~ what is he afraid of but why

inter personal inter psychic stress which determines the reaction

stress in one field requires pleasure & deviation in another field

$SQ = \frac{LAS}{GAS}$

p = p rocess of stress

$pS = f \frac{GTO}{EMS}$ goals tasks obstacles equipt. means strining capacities

functions

THURSDAY, October 20

	Clear
	Cloudy
	Rain
	Snow

not mechanical

what patient thinks he has in equip.
+ means

goal system - processional

superior intellect - task
against goal - (manual, work)

unachieved goals - major factor
in breakdown

thero - anaylitical

most human element - our goals
+ our striving

(repeatings and words we all know)

Dr. Meir - Utilization of dreams
in Adlerian Pyrotherapy

adaptive mechanisms - diagnosising
his own dreams

dream value - encouragement

Clear
Cloudy
Rain
Snow

FRIDAY, October 21

Compare every child to himself

collective work

team sports

co-ed

social, phycol. responsibilities

not emotional security but peace of mind

* hidding happy pov. recall.

using neg. to justify their neurosis

unity of personality

compensation for inferiorities

whole comands parts

psychological determinism ?

soft "

processess & relationship

since life stiffe is his movements

self concept - what am I

where do I stand

what are my chands

what can't I cope

with

SATURDAY, *October 22*

	Clear
	Cloudy
	Rain
	Snow

SUNDAY, *October 23*

	Clear
	Cloudy
	Rain
	Snow

	Clear
	Cloudy
	Rain
	Snow

to quick, less receptive, desire to learn & write down

MONDAY, October 24

~~Conscience~~

what is important in life for me

What is my compromise

How do I proceed
publicly
privately

others know
myself
undercover

interpersonal
conflicts -

4 parts
self concepts
fantasy

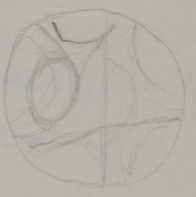
larger discrepancy
sicker

TUESDAY, *October 25*

	Clear
	Cloudy
	Rain
	Snow

MEMORANDA

N Crime & Punishment
Call my Sons
P Ile Lost Horizon
F Country Girl
N Jane Eyre
N Native Son
P Mourning Becomes Electra
N Serpent Wreathed Staff
N Tobacco Road
AB Anne Franks Diary
N Grapes of Wrath
N Rebecca

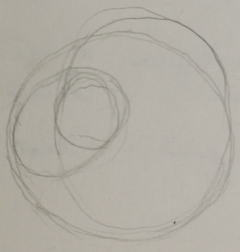


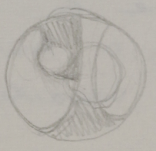
vision in motion

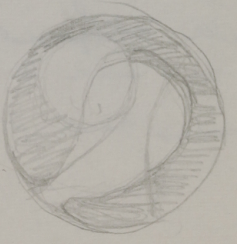
Moby Dick

AGE OF REASON









MEMORANDA

frustration anxiety
fear hate
love peace
fight win
lose cry
sad lonely
happiness - happy moment not one word
best entity
which exists
in a world
not known

Feb. 11.

I think I should stop seeing J, that I don't want ever to kiss him under alone and very seldom only if good mood and son well composed we have some type of relationship I'm sure I don't love him. I know it's over and I'm cowardly to put an end.

MEMORANDA

~~[illegible]~~ - so be it - supposed to be
permanent influences, friends.
Tradition - looking backwards not ahead - not advancing keep what was handed down, does not
[illegible] - its security firm. cannot change in
a world which [illegible] so in turmoil. —
words and facts - numbers no new thoughts
should it not be based on wright & wrong which
must come from oneself?
if one specializes in religion one cannot
understand other people and is controlled by it.
they underestimate others - look down upon and
disapprove. —

Barnes & Noble - 5th Ave
18 St.
Aesop Fables - Lister

MEMORANDA

