

Sam's voice journal

September 29 to October 28, 2026

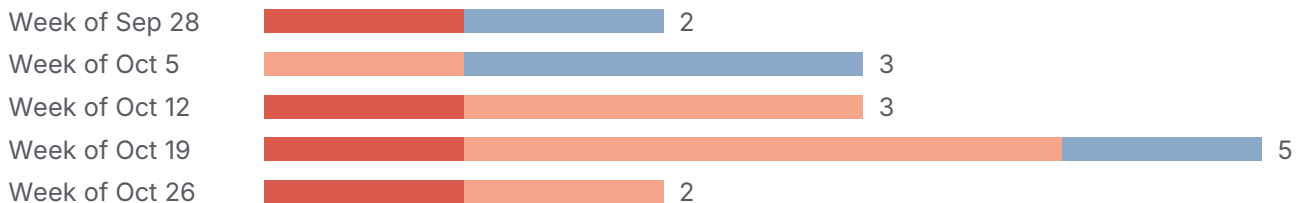
Made on October 28, 2026. 15 entries, 33 minutes of talking.

Things I want to bring up

- ☐ Waking up at three in the morning
- ☐ How to talk about the move without it turning into the same argument
- ☐ Talking about Dad more

Overview

● Shout 4 ● Tell Me 7 ● Whisper 4



Tags used most: work, tired, family, myself, angry, grateful, home, partner

Entries

● Thursday, October 1, 10:12 PM

Whisper, 24 sec

Just checking in. Today was okay. I'm tired...

Tags: tired

Just checking in. Today was okay. I'm tired but I got through it.

● Saturday, October 3, 6:12 PM

Shout, 3 min

Credit for my plan

Tags: work, angry

I'm not even mad at him as much as I'm mad at myself for not saying anything. I was so angry on the drive home that I missed my exit.

"Afterwards my boss came over and said great meeting, and I said thanks"

"Next time I want to say, that was my work, and I'm glad you liked it"

"That feels a little better"

● Tuesday, October 6, 9:12 PM

Tell Me, 4 min

One of those days

Tags: work, tired

I sent the wrong file to the client which was embarrassing. I had to send a second email saying sorry wrong file. Then it slowly gets better and I want to remember that the morning doesn't decide the whole day.

"I was chasing him down the street in my socks"

"My manager wanted the report by noon which I knew about"

"I thought I had more time and so I was rushing and making mistakes"

"My manager said it was good which surprised me"

● Thursday, October 8, 11:12 PM

Whisper, 2 min

I'm so tired. I'm just so tired. I...

Tags: tired

I keep saying it but I'm tired of being tired. I slept eight hours and I'm still tired.

"I'm tired, and I think I need something to change, even something small"

"Something that isn't the same"

"I'm tired, but I said it out loud, and that helps a little"

● Saturday, October 10, 11:12 PM

Whisper, 2 min

Mom's recipe card

Tags: family, sad

I saw her handwriting on a recipe card today. I think I'll make the cake this weekend.

"I just held it for a while"

"I think she'd like that"

● Tuesday, October 13, 9:12 PM

Tell Me, 4 min

A long week

Tags: myself, worried

I told her I'm worried I'm burning out, and saying it out loud made it feel less scary. Thursday the project deadline moved, which was a relief. Friday I left work early for the first time in months and nobody even noticed.

"Monday I slept badly, and I think the whole week followed from that"

"I kept waking up around three in the morning and making lists in my head"

"I went to work, I came home, I watched something I don't remember"

"I want to bring up the sleep thing next time, because it keeps coming back"

● Friday, October 16, 8:12 PM

Tell Me, 4 min

Two years

Tags: family, grateful

I stood in the cereal aisle for a minute and just let it be sad. I think I avoid talking about him because I'm afraid I'll fall apart.

"I bought the cereal he liked, which is silly, but it made me smile"

"He used to eat it every Sunday while he read the paper"

"Today I didn't fall apart"

● Sunday, October 18, 7:12 PM

Shout, 3 min

I said no!

Tags: work, proud

I was so nervous, my hands were shaking, and it took about two minutes. I want to remember that the next time I'm scared to say no.

"I said no to the extra project today!"

"I went to the park after work and sat by the pond"

"I feel proud of myself"

● Monday, October 19, 10:12 PM

Tell Me, 4 min

The move

Tags: partner, worried

I think we're both scared of picking the wrong place and being stuck with it. The good part is that after the argument we cooked dinner together with the windows open, and the neighbors were playing old music, and we didn't talk much but it felt okay.

"We had another argument tonight about the move"

"I'm worried, but I'm not worried about us"

"I think I want to bring this up next time"

● Tuesday, October 20, 12:30 PM

Shout, 15 sec

I said no

Tags: work, proud

I said no to the extra project! I was so nervous, and it took about two minutes. The fear is always bigger than the thing. I want to remember that.

● Thursday, October 22, 9:12 PM

Tell Me, 6 min

Getting it all down

Tags: myself, home

The meeting started late, and then it ran long, and by the time it ended I had already missed lunch. I think we are both scared of picking the wrong thing and then being stuck with it. I fall asleep fine, but then I wake up around three and my mind starts making lists. Little mistakes feel like proof that I

am failing at everything.

"I stood there in the cereal aisle for a minute and just let it be sad"

"I bought the cereal he liked, which is silly, but it made me smile"

"I told my friend that her comment last weekend hurt my feelings"

"I need to remember that the fear is usually bigger than the thing"

"I feel lighter than when I started"

● Friday, October 23, 8:02 PM

Tell Me, 16 sec

A good evening

Tags: partner, a good day, calm

Just a short one. We cooked dinner together with the windows open. The neighbors were playing old music and we did not talk much. I want more evenings like that.

● Sunday, October 25, 11:05 PM

Whisper, 26 sec

I saw a jacket like Dad used to...

Tags: family, bed, sad, grateful

I saw a jacket like Dad used to wear today. I stood in the store for a minute and just let myself miss him.

"I bought the cereal he liked, which is a little silly"

"I think he would have laughed at me"

● Tuesday, October 27, 9:15 PM

Tell Me, 55 sec

Talking through the week

Tags: myself, home, tired, hopeful

Monday I slept badly, and I think the whole week followed from that. I kept waking up around three and making lists in my head.

"I went for a walk at lunch and called my sister"

"I want to bring up the sleep thing next time, because it keeps coming back"

"Tonight I am going to read for a while and leave my phone in the kitchen"

● Wednesday, October 28, 6:42 PM

Shout, 38 sec

That meeting

Tags: work, car, angry

I am not even mad at him as much as I am mad that I did not say anything. Next time I want to say, that was my work, and I am glad you liked it.

"Two weeks of work on that plan, and he presented it like it was his idea"

"I just sat there and nodded"