

I WILL BE REALLY
ANNOYED IF THE
WORLD ENDS



AND I'VE WASTED TIME
DOING A BORING
INTERNSHIP

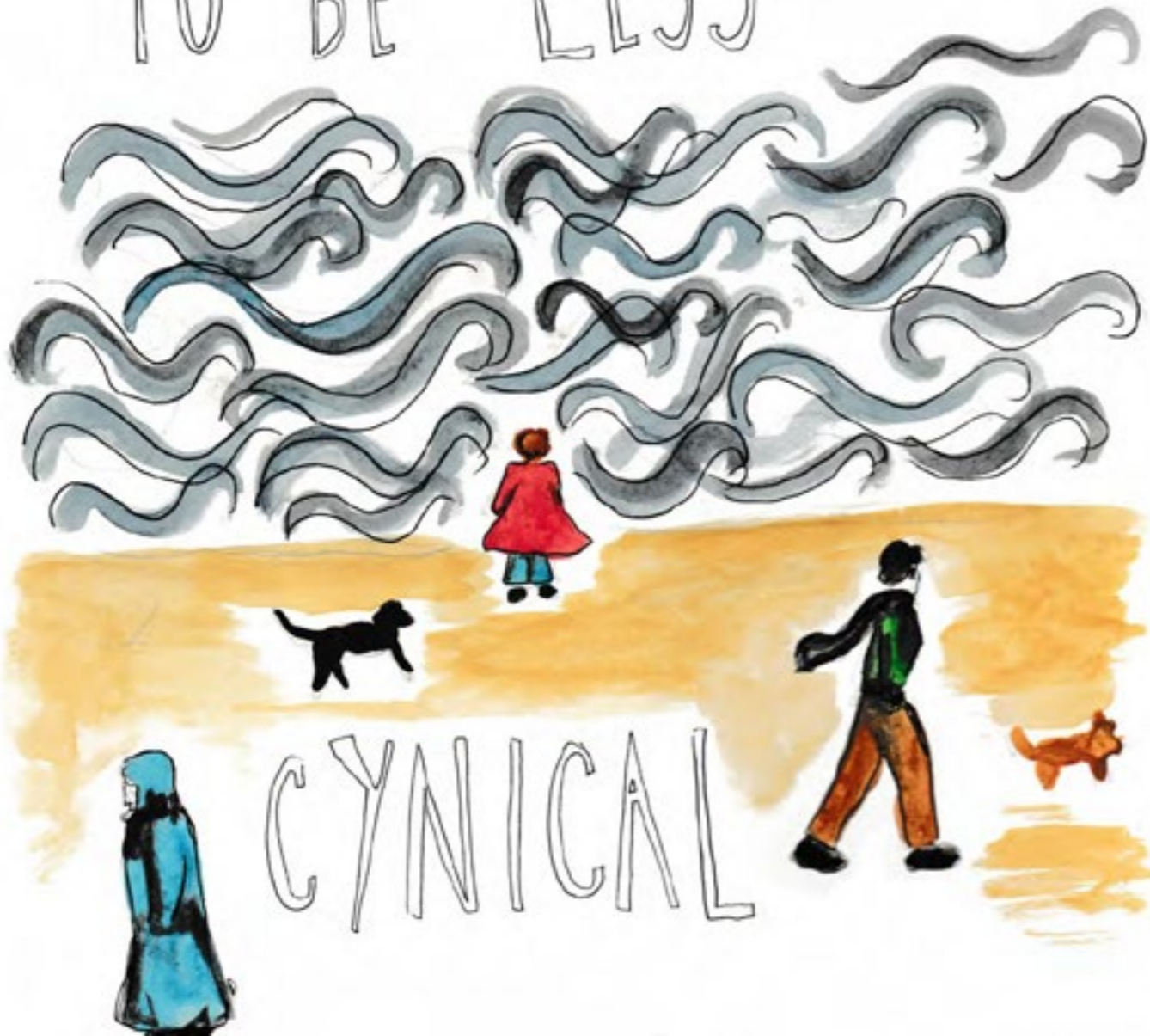
ALTHOUGH, ACTUALLY
THE WORLD IS
ALREADY ENDING
FOR MANY
PEOPLE

AND IT FEELS LIKE



THE REST OF US
GET DRESSED, GO TO WORK
AND CONTINUE
AS USUAL

RECENTLY I'VE BEEN
THINKING I NEED
TO BE LESS



CYNICAL

I THINK A LOT ABOUT
WHEN I MET LOTTE
FOR COFFEE AND



*Wander
Garden Centre
2020 January*

SHE SAID SHE WAS NORMALLY
ALWAYS HAPPY

I'M HOPING I STOP
FEELING LOST SOON



I'VE BEEN LISTENING TO
A PODCAST ON MATSUTAKE
MUSHROOMS
A LIFE FORAGING IN THE FOREST
SOUNDS TEMPTING



SOME OF MY FRIENDS
CAME WITH ME TO
FALMOUTH



I JOKED THAT AFTER
THE GENERAL ELECTION
WE'LL BE RIDING ONLY
NATIONALISED TRAINS

OVER CHRISTMAS
WE WENT TO SEE
THE SEALS AT GWITHIAN



WE LOOKED AT
THEM IN THE COVE
FROM 3 DIFFERENT
ANGLES.

THEY'RE
SO PLAYFUL
AND CAREFREE



I RECENTLY GOT A
TATTOO OF A LIFE
DRAWING
SKETCH



I'M HOPING IT WILL
HELP CONSOLIDATE
MY IDENTITY

I SAT OUT ON THE STEPS
OF MY FLAT IN MONTREAL
A LOT



IN THE SUMMER. THE SUN
LIGHTING UP THE LEAVES
WAS SO BEAUTIFUL

RUTH, EMILY, AND I WENT
HIKING AT SEPT-CHUTES,
A MOUNTAIN IN QUEBEC



AT THE TIME, I WAS
THINKING A LOT ABOUT HOME
BUT I REMEMBER
THE OUTDOORS MADE ME
FEEL SO ALIVE

MAKING A
PODCAST WITH
PAULA HAS ALSO
GIVEN ME AN IMMENSE
SENSE OF PURPOSE



EVEN IF 'MANGE
TOUT' IS VERY
SILLY

IT'S FUNNY HOW MUCH WE
NEED TO CREATE A
NARRATIVE ABOUT OUR LIVES



AS IF OUR ENTIRE
WORTH RESTS ON
WHAT WE PRODUCE
OR WHAT CAREER
WE'RE BUILDING

THERE'S A VITA SACKVILLE-WEST
& VIRGINIA WOOLF BOT
ON TWITTER



MY
FAVOURITE
IS FROM
'A ROOM OF
ONE'S
OWN':

"Do not part. Do not blush.
Let us admit in the privacy of
our own society that these
things sometimes happen.
Sometimes women do like women"

I NEVER REALLY
CONSIDERED WHY I HAD
ALWAYS FELT MORE COMFORTABLE
AROUND WOMEN



SO WHEN
I REALISED I WAS BISEXUAL
IT ACTUALLY MADE
A LOT OF THINGS MAKE
SENSE

THERE WAS A SUNDAY IN THE
SUMMER IN LONDON WHEN
DYALA, LAURA AND I SPENT
ALL DAY



PAINTING A GIANT
YONIC ARTWORK

DRAWING AND
PAINTING ARE
PERHAPS THE ONLY
ACTIVITY



IN
WHICH I LOSE
MY SENSE OF SELF

SOMETIMES I WONDER IF I'LL LOOK
BACK AT THESE MOMENTS AND
REMEMBER THEM AS THE BEST IN MY
LIFE



LIKE WHEN WE MADE A
CLIMATE JUSTICE MUSIC VIDEO
IN MY BACK GARDEN
EXCEPT OLD MEN ON FACEBOOK CALLED US FAKE LEFTISTS

I CREATE THE SAME
NOSTALGIA NARRATIVE
ABOUT MUSIC



RECENTLY
IT'S BEEN
DRESS UP IN YOU
BY BELLE AND SEBASTIAN
(I'VE ALSO BEEN WEARING A BLUE WIG)

I THINK I WAS ENTRANCED
BY THE NARRATIVE OF TWO
PEOPLE DRIFTING INTO DIFFERENT
LIVES

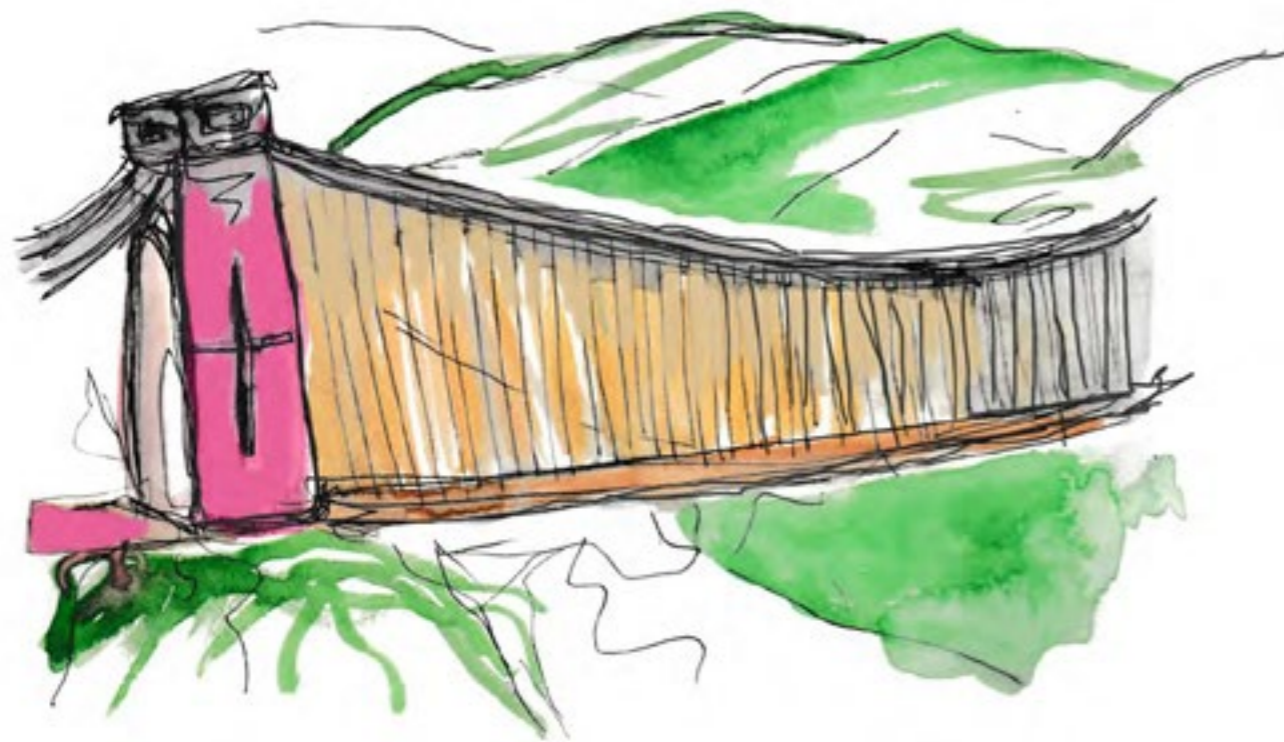
*You're a
star now,
I am fixing people's nails*

AND THE
COMPOUNDED EMOTIONS
OF CONTEMPT AND
ADMIRATION FOR
SOMEONE

*If I could
have a second
skin I'd probably
dress up in
you*

THE IDEA OF A RELATIONSHIP
CHANGING SO MUCH SCARES
ME A LITTLE

ALTHOUGH, IT'S AN
ORGANIC PROCESS



TO NEED AND WANT
DIFFERENT PEOPLE AT
DIFFERENT TIMES

THERE'S A CERTAIN
PLATONIC LOVE

THAT I THINK WE

FEEL FOR

FRIENDS

WHO HELP

BUILD

OUR

IDENTITY



Falmouth,
February 2019

I WONDER WHO I WOULD'VE
BECOME WITHOUT THEM

I THINK THIS IS PARTLY
WHY COLLECTIVE CARE
FEELS SO IMPORTANT



ALSO BEING EXTROVERTED
MEANS I PROBABLY ALWAYS
NEED ATTENTION

WHEN I WENT TO ITALY
IN JULY WE WENT TO
A PEBBLE-ONLY



BEACH. WE DEBATED WHETHER
SANDY OR PEBBLY BEACHES
ARE BETTER. PEBBLY WON
(TO MY DISMAY)

MONTREAL IS REALLY
BEGINNING TO SUIT ME



IT FEELS LIKE A DREAM
SOMETIMES
BUT REALITY AND DREAM MERGE

IMAGINE IF I DIDN'T
SPEND AS MUCH TIME
AS I DO THINKING ABOUT
MY OWN INSECURITIES



THINKING ABOUT THE WORLD
ALL THE TIME
WOULD BE EXHAUSTING THOUGH

THE LAST TIME I WAS
FEELING ANXIOUS

I WALKED UP
MONT-ROYAL



AND REMINDED
MYSELF THAT THERE ARE
MILLIONS OF OTHER PEOPLE WHO
PROBABLY FEEL SIMILAR

MEANWHILE,

I HAVE BEEN TRYING
TO TRAIN
MY PELVIC
FLOOR
MUSCLES



BECAUSE EVERYTIME I LAUGH
HARD I WET MYSELF A
LITTLE BIT
I'M SURE THAT'S NOT NORMAL FOR A
22 YEAR OLD

IT SEEMS LIKE IT
IS A
PRIVILEGE
TO NOT
CARE
NOWADAYS



Patnavan Deansher 2019

AND
LIKE
OF EVERYTHING OUTSIDE
POLITICS IS JUST
HEDONISM
AND A WASTE OF TIME

EVEN THOUGH I KNOW
ACTIVISM NEEDS
TO COME FROM A PLACE OF
HAPPINESS AND LOVE



NOT
ROMANTIC, SOPPY
LOVE BUT RADICAL
SELF-LESS LOVE

SPERM WHALES ARE
THE WORLD'S LARGEST
PREDATOR

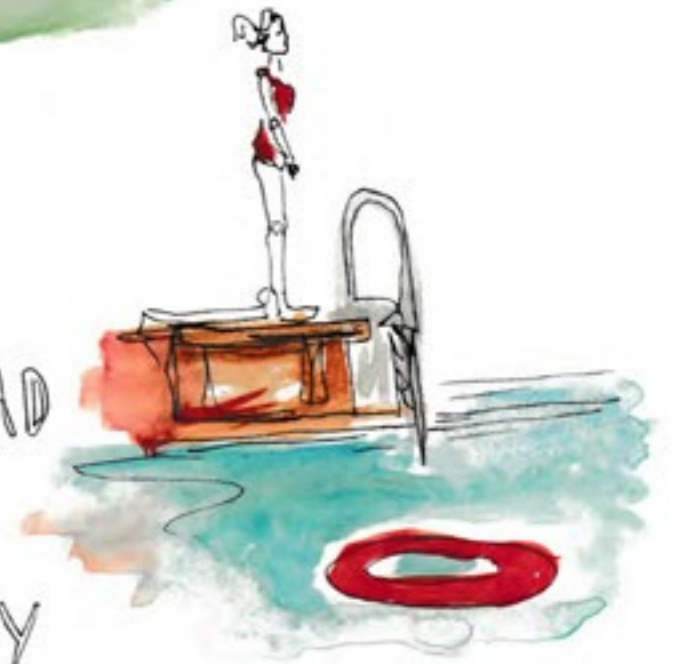


AND
THE FEMALES
ARE HIGHLY
SOCIAL
AND LIVE FOR
A LONG TIME
JUST WITH OTHER FEMALES

IT SOUNDS LIKE THE
KIND OF WOMEN'S COMUNE
I WOULD
JOIN



OR, IN FACT
IT MAKES
ME THINK
OF THE HAMPSTEAD
LADIES POND.
I SPENT SO MANY
DAYS THERE LAST SUMMER



"IF I CAN'T DANCE, I DON'T
WANT TO BE PART OF YOUR
REVOLUTION"
-EMMA GOLDMAN

I LOVE
THIS
QUOTE



IT
STRIKES ME AS SO IMPORTANT
FOR BUILDING
SUSTAINABLE SOCIAL
MOVEMENTS

KIND OF LIKE
CREATING THE SOCIETY
WE'D WANT TO LIVE
IN



I GUESS THAT'S WHY PEOPLE COMING
TOGETHER FOR A PROTEST AND
MARCHING, TALKING AND DANCING
IS A RADICAL PRACTICE
BEYOND THE ACT OF DISRUPTION

ON NEW YEAR'S EVE 2019, WE WENT
TO KYNANCE COVE



I ORDERED A CRAB SANDWICH
BUT IT HAD LOTS OF PIECES
OF SHELL INSIDE. I THINK IT
WAS A VEGETARIAN PUNISHMENT



AT A
FESTIVAL IN AUGUST, LAURA AND
I FOUND A STREAM TO SWIM IN
THERE WAS A MOMENT WHEN WE
BOTH DIVED UNDERWATER AND MY WHOLE
BODY TINGLED

WHEN I STOPPED IN NEW YORK
ON MY WAY BACK TO MONTREAL
IN
JANUARY



I SPENT A DAY WALKING AROUND
AND THINKING ABOUT THAT MOMENT
AND MISSING LAURA AND ALL OF MY
FRIENDS

FEELING NEUTRAL ALL THE TIME
WOULD BE TERRIBLE THOUGH
I WOULD DEFINITELY PREFER
TO FEEL



Taking magic
mushrooms
in Devon,
June 2018

VERY HAPPY
AND THEN

VERY SAD OR ANGRY
OR PASSIONATE



APRIL 2018, SARA AND I
CYCLED FROM OXFORD TO
LONDON



IT WAS
SO
MUCH
FUN

EXCEPT WE DIDN'T MAKE IT THE
WHOLE WAY AND GOT THE
TRAIN AT READING. GOOGLE MAPS
TOLD US THREE HOURS BUT THIS
STRETCH TOOK SIX ALONE

SPENDING A LOT MORE TIME
ON MY
OWN HAS
ACTUALLY
BEEN GOOD
FOR
FIGURING
OUT
MY -



SELF AND MY INSECURITIES
IT'S FUNNY HOW YOU NEED THAT
SPACE SOMETIMES

TURNS OUT EXTROVERTED PEOPLE
DO NEED TIME ALONE
EVEN IF THEY NEED TO BE
SOMEWHAT FORCED



I JUST
WISH THAT TIME COULD
ALWAYS BE SPENT
WITH A DOG ON A
BEACH

I'M THINKING I'LL
WRITE A LIST
OF THINGS
I ENJOY
AND MAKE

ME
FEEL
GOOD



SO THAT I CAN
USE THEM AS SELF-CARE
WHENEVER I'M IN
A DEPRESSION SLUMP

IN A WAY I THINK EVERYONE
IS A BIT



PROGRAMMED
TO HAVE BOUTS
OF DEPRESSION

EX-ACERBATED
BY CAPITALISM
OF COURSE
OR PART OF OUR
GENERATION



I OFTEN WISH I DIDN'T
HAVE A BODY



IT FEELS
LIKE A BIG
MASS OF INSECURITIES
THAT WEIGHS ON MY CONFIDENCE
AND LINGERS AT THE
BACK OF MY MIND

IDEALLY I WOULD
BE A PLANT
JUST EXISTING AND THE ONLY
IMPACT I
WOULD HAVE
ON THE WORLD



WOULD BE GIVING
OXYGEN AND
SEROTONIN BOOSTS

IF I CAN'T DANCE
THOUGH I DON'T
KNOW IF
LIFE WOULD BE
WORTH
IT



THAT SOUNDS MELODRAMATIC
BUT IMAGINE LOSING SUCH
A HAPPINESS-INDUCING THING
AS MUSIC AND DANCE

EVERYONE SEEMS TO BE
WALKING AROUND WITH
THEIR HEADS DOWN
IN MONTREAL



GETTING THROUGH
THE WINTER WITH MINIMAL
EXPOSURE TO THE OUTDOORS

HOWEVER THE COLD
REALLY DISTRACTS
ME FROM CLIMATE
CHANGE



MY MOOD
FLIPS FROM
COMPLAINING
ABOUT THE FREEZING TEMPERATURE
TO FEELING EXISTENTIAL ABOUT..

...THE ABOVE AVERAGE
TEMPERATURES.
IT FEEL LIKE IT MAY BE
END OF DAYS

BUT THAT'S
NOT A
HELPFUL
WAY OF
THINKING!

AT LEAST
THESE CRISES
WILL PROVE CAPITALISM
ISN'T WORKING



WE HAVE TO DO SOCIAL
ISOLATION TO STOP THE
SPREAD OF CORONAVIRUS



BUT ACTUALLY IT'S MEANT
I'VE DONE A LOT OF
PAINTING AND READING AND
WATCHING FILMS, A PRIVILEGE I KNOW

A SQUIRREL MOVED INTO
THE TREE JUST OUTSIDE
MY FLAT



I THINK HE'S
SELF-ISOLATING



OR PLOTTING THE NEXT
STAGE OF THE PANDEMIC

I WONDER HOW PEOPLE
DON'T USE SELF-DESTRUCTIVE
COPING MECHANISMS
FOR ANXIETY



IT WOULD BE NICE TO
HAVE A STRONG ENOUGH
WILL POWER TO AVOID THEM

RECENTLY I'VE BEEN
ROLLERBLADING AROUND,
NOW THAT IT'S WARMER
AND ALSO PAULA BOUGHT
SKATES SO WE CAN GO TOGETHER



IT FEELS LIKE BEING
A CHILD AGAIN, ZOOMING
AROUND THE STREETS WREAKING
HAVOC

THE RATE AT WHICH
WE'RE ALL GETTING
HAIRCUTS AND STICK AND
POKE TATTOOS IS
ALARMING



IF THIS
KEEPS GOING I'M GOING
TO BE COVERED WITHIN A WEEK

SOME PHYSICAL CONTACT
WOULD BE NICE

RIGHT NOW



UNFORTUNATELY THAT'S NOT
CONVENIENT DURING A
GLOBAL FLU PANDEMIC

I MISS BEING ABLE TO GO
INTO TOWN TO



BUY A PASTY AND HANG
OUT WITH MY FRIENDS,
ALTHOUGH PASTY DELIVERIES
AND SKYPE HAVE HELPED

IT'S STRANGE, WELL PREDICTABLE,
HOW WE'VE ALL LOST ALL
CONCEPTION OF TIME



I FEEL SO SPACED OUT A
LOT OF THE TIME, AND
APPARENTLY WE'RE INDEFINITELY
UNDER FORCED LOCKDOWN

I'VE ONLY BEEN HOME FOR
FOUR DAYS BUT IT COULD
BE FOUR YEARS



BOREDOM HAS EVEN DRIVEN
ME TO MAKE A LIVE-STREAM
OF MAKING A FISH FINGER
SANWICH

THIS ALL SEEMS LIKE
RATHER PRIVILEGED
COMPLAINING



WHILE OTHERS
ARE IN FAR MORE
VULNERABLE OR
WORSE-OFF POSITIONS

IN A WAY, INSOMNIA
IS JUST A SYMPTOM
OF TRYING TO CONTROL
EVERYTHING IN OUR LIVES



EVEN THINGS AS BASIC
AS SLEEP



EVEN THOUGH I DON'T
FEEL STRESSED ALL
THE TIME OR ANXIOUS
ABOUT LIFE FLOATING PAST
ME



APPARENTLY MY BODY
HAS OTHER IDEAS



BACK IN FEBRUARY I
WENT TO MEXICO



WITH THE MONTREAL GIRLS



BIZARRE
TO THINK
THAT WAS
ONLY A

MONTH AGO



WE'VE BEEN PLANTING
COURGETTE AND TOMATO
PLANTS FOR THE GARDEN,
EXCEPT THERE ARE TOO
MANY FOR THE GARDEN

I KEEP SEEING
ADVERTS FOR ONLINE
COURSES ENTITLED 'HOW TO
BE PRODUCTIVE DURING
LOCKDOWN' OR 'HOW TO GET
THE PERFECT
BODY'



IT'S LIKE THE WORLD IS
LITERALLY FALLING APART
AND WE STILL HAVE TO BE OUR PERFECT
SELVES

I'M PREOCCUPIED BY THE
IDEA THAT MY



FRIENDS WILL ALL EVENTUALLY
GET FAMILIES, SETTLE DOWN
AND DRIFT APART



GIVEN THAT NONE OF
MY GENERATION WILL
BE ABLE TO BUY A
HOUSE
EXCEPT THE
RICH OF COURSE



IT'S FAIRLY LIKELY WE'LL
BE CO-HABITING RENTED
PLACES FOR THE FORSEEABLE FUTURE

WHEN I WENT TO NORMANDY



LAST YEAR TO STAY AT ADA'S PARENTS' HOUSE, WE SPENT FIVE DAYS JUST DRINKING WINE, SMOKING ZOOTS, AND RAMBLING THROUGH THE COUNTRYSIDE

IT'S THERAPEUTIC TO REMIND MYSELF OF THESE MOMENTS BECAUSE IT BRINGS ME BACK TO THE REAL WORLD AND REMINDS ME I EXIST IN A SOCIAL SPHERE



NOT TO SOUND LIKE A MASSIVE NARCISSIST BUT I THINK ABOUT MYSELF ALL THE TIME

IT'S EASY TO START
THINKING ABOUT YOURSELF
TOO MUCH INSTEAD OF THE
WORLD AROUND YOU WHEN



INDIVIDUALISM IS
ACTIVELY DEMANDED BY
SOCIETY

THERE'S A FLOWER SHOP IN
MILE END, MONTREAL



WHICH
IS COVERED
IN
ORNATE
BIRD
CAGES
(WITHOUT
BIRDS)

IT WAS NEXT TO MY FLAT SO I
USED TO WALK PAST IT EVERYDAY
AND SMILE

SOMETIMES I HAVE THE
THOUGHT THAT I'LL NEVER
REALLY NOT FEEL ALONE
EVEN IF I HAVE THE
CLOSEST OF FRIENDS



BECAUSE I ALWAYS SEEM TO
STAY PARTIALLY IN MY OWN HEAD

I THINK THE TRICK IS TO
ACCEPT YOURSELF AND
TRUST THAT YOU ARE LIKED
AND LOVED



WHICH I DO SOMETIMES
BUT HOW DO I MAINTAIN
THAT MINDSET?

IT WOULD BE COOL
IF WE COULD JUST TELL
OUR BRAINS HOW TO FEEL
AND THAT WOULD BE THAT



LIKE CODING
AN EMOTIONAL
COMPUTER. HOWEVER
I DON'T UNDERSTAND
CODING OR TECHNOLOGY AT ALL

ALSO IT DOES KIND OF DEFEAT
THE POINT OF BEING HUMAN
IF WE CAN BE
PROGRAMMED
LIKE A CYBORG



SO I'LL RESIGN MYSELF TO
HAVING UNCONTROLLABLE
EMOTIONS AND SOMETIMES
INTRUSIVE THOUGHTS

THERE WAS A STRANGE TIME
IN MY LIFE WHEN I WORKED
AS A HEALTH CARE ASSISTANT
AT SOUTHMEAD HOSPITAL FOR A
YEAR



IT SEEMS ODD TO
IMAGINE 18 YEAR OLD
ME WAKING UP AT 5.45AM
TO DO 12.5 HOUR SHIFTS
ON A COLORECTAL WARD IN BRISTOL

IT'S LIKE I PEAKED
MOTIVATION-WISE 5
YEARS AGO AND NOW IT'S
JUST AN UPHILL BATTLE



STILL, CYCLING UP PARK STREET EVERYDAY
WASN'T EXACTLY A HIGHLIGHT OF MY LIFE

DURING A PARTICULARLY
EMOTIONALLY FRAUGHT EVENING
I DELETED ALL MY FACEBOOK
PHOTOS BEFORE 2018 TO TRY

AND PURGE
OLD PHOTOS
OF MYSELF



NOT THAT THIS ACTUALLY GETS RID
OF MY IMAGE FROM THE INTERNET
BUT IT DOES LIMIT WHAT PEOPLE I
KNOW CAN SEE

I DIDN'T LIKE LOOKING AT
PHOTOS OF MYSELF FROM ACROSS
SO MANY YEARS (7), IT MAKES ME
THINK TOO MUCH ABOUT WHETHER
I WAS, OR
STILL AM
COOL



YOU THINK YOU'VE GOTTEN PAST
THAT KIND OF THING, BUT NO,
MY WHOLE LIFE IS STILL ABOUT
BEING COOL (OR NOT COOL)

APRIL 2nd, I MADE MY FIRST
ATTEMPT AT SWIMMING IN
THE SEA THIS YEAR



UNFORTUNATELY IT WAS ONLY A
LITTLE BIT EXHILARATING AND
MOSTLY DEEPLY UNPLEASANT.
IT WAS SO COLD

IT MUST BE GOOD FOR YOUR
MENTAL HEALTH BUT IN THE
MOMENT IT FEELS LIKE YOU'VE
BEEN DUNKED IN A TUB OF SALTY
ICE CREAM



WHICH I IMAGINE IS VERY
TRAUMATIC. IT'S VERY DIFFICULT
TO RESIST THE PRESSURE TO ACCEPT
THE ICEY CHALLENGE THOUGH

MINNIE AND I HAVE STARTED
DOING A RADIO SHOW ON
PANIC FM, A RADIO COLLECTIVE
THAT SOME FRIENDS FROM UNI SET
UP



IT'S CALLED DOMESTIC DISCO
BECAUSE WE'RE ALL CONFINED TO OUR
HOMES AND CAN ONLY DANCE
DOMESTICALLY, SO WE PLAY DISCO SONGS

IT'S THE FIRST TIME WE'VE
DONE ANYTHING TOGETHER IN
YEARS. SO IT FEELS STRANGE
BUT NICE TO ACTUALLY BE SPENDING
TIME TOGETHER



I CAN'T REMEMBER A TIME
WHEN WE ENJOYED EACH OTHER'S
COMPANY OR HAD AN INTEREST IN COMMON

I THINK MAYBE WHEN WE WERE YOUNGER I RESENTED HER POPULARITY BECAUSE I WAS ALWAYS BULLIED AT SCHOOL



I'M NOT SURE WHY I THINK OF MYSELF AS SPECIAL IN THIS REGARD. EVERYONE IS COMPETITIVE AND ARGUMENTATIVE WITH THEIR SIBLINGS

I THINK ONE OF THE REASONS I LOVE DISCO IS THAT IT INTRODUCED FREEFORM DANCING TO THE WORLD



BEFORE 1970s DISCO, SOCIAL DANCING ALWAYS CONSISTED OF A MAN AND A WOMAN DANCING TOGETHER

JUST IMAGINE GOING TO A NIGHTCLUB AND HAVING TO ONLY DANCE WITH SOMEONE OF THE OPPOSITE SEX



THE MAIN REASON I LOVE DANCING IS THAT I CAN MOVE COMPLETELY FREELY AND IT CAN BE A KIND OF COMMUNAL RITUAL

ME AND LAURA MET UP AT PORT ISAAC, AS IT'S IN-BETWEEN OUR HOMETOWNS, AND WALKED AROUND THE COAST



IT'S SUCH A BEAUTIFUL PART OF CORNWALL. IT FELT LIKE A SCENE FROM A LESBIAN INDIE FILM EXCEPT WITH SOCIAL DISTANCING

I THINK THE MAIN THING THAT WORRIES ME IN MY LIFE IS WHETHER I'M CONTRIBUTING POSITIVELY TO THE WORLD AND THOSE AROUND ME



IT'S PROBABLY WAY TOO MUCH RESPONSIBILITY TO TAKE ON AND MOST PEOPLE DON'T EVEN HAVE TIME TO THINK ABOUT IT BUT MAYBE IT'S A GOOD DRIVING FORCE

I FEEL UNDERWATER SO MUCH OF THE TIME, OCCUPYING A WORLD INSIDE MY HEAD AND STRUGGLING TO GET A HOLD ON THE REAL WORLD



IT'S STRANGE TO IMAGINE SIMILAR EVENTS HAPPENING INSIDE OF EVERYONE ELSE'S HEADS, BUT IT ALSO GIVES ME COMFORT

ANYWAY, I STARTED THIS
BOOK TO TELL FUN ANECDOTES
BUT IT'S TURNED INTO A
THERAPY TOOL



I HOPE IN SOME WAY IT IS
USEFUL AND INTERESTING