

An excerpt from my journal.

I already have a file.

4-7-19

Crying in my sleep... Its wierd. I wake up and I seem to be sobbing really hard. Im not sure whats going on. There are no tears or anything. Its been happening more frequently.

Last night, I was dreaming of escaping somewhere, where I was, crawling through what appeared to be a very thick mangrove. I had a couple of dogs with me. At one point, the shit we were crawling through got way to thick and it was getting dark.

I think I gave up. Thats when I started sobbing. Then I remember a guard or maybe it was a cop dragging me back to wherever I had come from.

Its wierd that these types of dreams keep happening. Not the dreams I mean, but the fact that I keep waking up because Im crying in my sleep. And Im not just dreaming of crying. I truly think Im actually crying. Its unusual and Im left with a case of anxiety that only occurs after certain situations. Afterwards I just lay quietly in the dark and wonder "What the hell"?

Travis Kirkman
Miami Correctional
Facility
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