

No nightmares. Not much of anything really. Sleep is weird, just drifting in and out of consciousness at random intervals throughout the days. I've been out of it this past week. I took paid leave. Told them I caught covid, they didn't ask much more. Amelia called, I made plans to see her a couple weeks ago, I didn't pick up. I think I should call her back but it's been like five days now. I wouldn't really know what to say anyways.

I don't know how to feel. Or what to say at all. I just don't know.

Well, I was fucking terrified, first of all. I know I was sober, but for a second I thought maybe I did accidentally take something. Or maybe I was having a stroke. Or something. I don't know. I briefly considered calling an ambulance.

Still don't know what to think of any of it. This shouldn't be a thing that could happen, but at this point I think anything can fucking happen. I thought maybe this could be a prank. I don't know how it would be. But I don't know how people do magic tricks either. It's not a special feeling or anything. I don't fucking know what I'm saying.

Maybe I died.

Okay, maybe I didn't die. I feel the same. But maybe that's what death is. Maybe I'm haunting my house.

Pets seem to respond fine though, so I think I'm overreacting. Actually, I think I'm underreacting. Fuck if I know how to feel right now.

See, I thought maybe this is some fucked up prank, but then there's no one that actually knows about any of this. Besides a girl I dated in college, but considering the fact that I was high off my ass and crying when I told her that I am haunted by people I don't know, I don't think she thinks anything of it now. She broke up with me a few days later, too, something about suspecting me cheating because I was "babbling about some girl" when I was high that night and that I "don't even seem that interested in a relationship with her" (haha). So I don't think I told her enough to let any of this happen now. I think it's safe to exclude her from the possible causes of whatever is happening.

I don't know what else to do. All I can do is just talk to them. I'm scared they're gonna disappear. Or I will. I don't want to be gone. I'm scared something bad is gonna happen to these people I barely know. I don't want anything to happen to them either. I don't know what to do.