

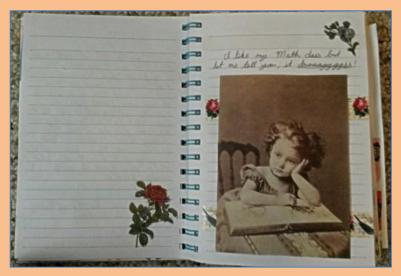
Contents

Holly (whatsthetalenightingale)	1
Kimera (gone-r)	3
Winnie (bulbaslr)	5
Abby Nichole (revelutionized)	7
Alin Iwana (wiltedwroses)	9
Sabrina (intuitive-wonder)	11
Layla (thegirlwithanoceanheart)	13
Tasha (biblio-witch)	15
Abby (mommfriend)	17
Victoria (angelihearyou)	19

For the Record #41: Holly

The original interview was posted on Tumblr on June 27, 2015.

Holly (whatsthetalenightingale) is a 19 year old college student from Colorado. She usually works odd jobs, but mainly at her cousins Farmer's Market. She is very inspired by vintage things and loves the 1940s and 1950s. She's obsessed with Elvis Presley, and likes old movies and music.



1. How long have you been journaling?

I have been journaling for as long as I can remember. I got my first journal when I was probably about 7 or 8 years old. However, I didn't start journaling heavily as a hobby until about 2 years ago when I was a Junior in High School.

2. Can you describe how you use your journal?

I've always used my journals as a

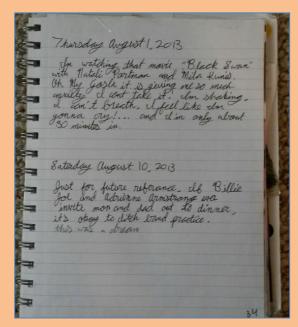
release. They gave me a way to express myself, my emotions, and thoughts without having to straight out tell other people. My journals have and are helping me to understand myself, and realize what is really important to me.

3. Why do you journal?

Nostalgia and memories are really important to me. I journal because I find it interesting to go back and read your writings and think about where you were at that time both physically and mentally. I think it's fun to go back and read them. I also journal because it is a creative out let for me.

4. How often do you work in your journal?

I work on my journal fairly regularly. I'm not on a specific schedule, just whenever I feel like it. For example sometimes I won't write for 2-3 weeks but other times I'll write 20 pages in 1 day. It just depends on how I feel and what's going on in my life.



5. What are your favourite supplies to work with?

Supplies-wise, I prefer the good old pen and paper. I don't have an art journal, but a written journal. However, I do go back and decorate the pages with pictures from that day, or just pictures that I like and have printed out. I also use stickers, scrapbook materials, ribbon, etc.



6. What inspires you?

I have always been inspired by the past. I love hearing stories that my Grandparents tell about their life and I just think that one day the life that I am living, the present, is going to be just stories and I would like to remember as much about myself and the environment around me as possible. If that makes sense.

7. That totally makes sense! Do you ever use your journal as a basis to create other work?

I use my journal entries to create memories. It's just that simple.

8. What are your thoughts on destroying journals?

I feel like whether a person chooses to destroy their journals is completely up to them. I have done it myself. I have gotten rid of most of the journals that I kept when I was younger (pretty much anything that I had written before middle school) just because they were highly exaggerated, and frankly a little embarrassing and that's not what I wanted to remember. I'm contemplating destroying my journal from middle school but I haven't made a decision yet. But overall I think that it's a personal choice to do so. Everybody has their reasons.

9. Thank you for answering these questions! Where else can we find you/your work online?

I can be found at <u>whatsthetalenightingale</u> or @<u>mrshollypresley</u> on Instagram or <u>http://whatsthetalenightingale.tumblr.com/otherplaces</u>

For the Record #42: Kimera

The original interview was posted on Tumblr on July 1, 2015.

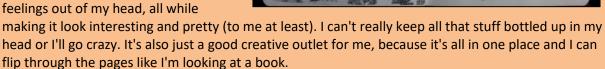
Kimera (gone-r) is a 17 year old photographer from Oklahoma.

1. How long have you been journaling?

I haven't been art journaling for very long, maybe a month or so. I have been keeping a journal just to write in for a year or so, and I found that to be very helpful. I can't really remember how i got into art journaling, but I'm glad I did.

2. Can you describe how you use your journal, and why you journal?

I use my art journal to get thoughts and feelings out of my head, all while



3. How often do you work in your journal?

At least once a week, but I usually work in it every day.



4. What are your favourite supplies to work with?

much slower

Twenty One Pilots

I love to use watercolors, it's so pretty. I also like to use acrylic paint, stickers, cute tape to stick pictures and other things in, and sharpies. And some interesting paper when i find it.

5. What inspires you?

The moon and stars, and music. And other interesting things i pick up here and there.

6. Do you ever use journal entries as a basis to create other work?

Not really, my art journal is its own special thing.

7. What are your thoughts on destroying journals?

I'm not really sure. I've never tried it. Maybe if I did, I'd know how it would make me feel.

8. Thank you for answering these questions! Where else can we find you/your work online?

I have an Instagram account: @gone.rr.
And my Tumblr username is gone-r.



For the Record #43: Winnie

The original interview was posted on Tumblr on July 4, 2015.

Winnie (bulbasir) is 18 and from Rotterdam in The Netherlands. She just finished high school and will be studying Molecular Life Sciences at University next year.



1. How long have you been journaling?

I've had travel journals since I was about seven; I used to suffer from otitis a lot, especially after traveling by plane. Journaling was a way to remember all the nice things from my holidays instead of the pain I had. I made journaling a hobby a little more than two years ago because I had a lot of empty notebooks and journals and I just HAD to fill them because it seems unworthy for nice stationery to not be used.

2. Can you describe how you use your journal?

My main journal is a combination of a diary and art journal, maybe it's more of a miniature scrapbook. I just open a random page and fill it. It used to have no purpose but now I'm keeping it to show my future kids how cool their mom was in her teenage years. I also still keep travel journals in which I put receipts and tickets and drawings of places I've been to. In all of my journals I use a lot of colour and contrasting things (not just colours, but stripes vs dots; flowers vs clouds).

3. Why do you journal?

To keep my mind off things and to not lose my creativity. I've been suffering from a pretty bad depression since I was 14/15. I always loved to write and make scrapbooks, so this is a way to keep in touch with myself.

4. How often do you work in your journal?

I think I write in one of my journals at least every day. I have a lot of differently themed journals so there's always one that fits my feeling of that day.

5. What are your favorite supplies to work with?



Liquid eyeliner (Works just like charcoal, but doesn't need fixation); washi tape; felt pointed markers; and random things I keep with me (tickets, dried leaves/flowers, candy wrappers).

6. Wow, I've never thought to use liquid eyeliner - I'm going to try that soon! What inspires you?

Everyday life. It's nice to show yourself that every day is different and worthy to be remembered.



7. Do you ever use journal entries as a basis to create other work?

Not really, sometimes I need inspiration for the school's paper or a water color painting. But it's not like I'm really an artist.

8. What are your thoughts on destroying journals?

I made myself a promise that I won't ever see one of my entries as messed up, because they're all based on my mood at that moment, so for me there is no reason to destroy a page or a whole journal.

9. That's a good way to think about it. Thank you for answering these questions! Where else can we find you/your work online?

I have a secondary Tumblr blog: theboredjournaler.

For the Record #44: Abby Nichole

The original interview was posted on Tumblr on July 8, 2015.

Abby Nichole (<u>revelutionized</u>) is 16 years old. She identifies pansexual and her journaling often reflects who she is and what she's been through. Aside from loving journaling, her other hobbies include sitting outside, talking with her boyfriend, sometimes drawing, and lots of sleeping!

1. How long have you been journaling?

I have been journaling since I was six or seven years old, unfortunately I never finished an actual journal, it was more just on whatever paper I could find.

2. Can you describe your journal style?

My journaling style is pretty much stream of consciousness with a bit of collaging and some prompts when I lack motivation.

3. Why do you journal?

I journal for a couple different reasons. I used to journal mainly so I knew what went on in my life so I could remember it all for my therapy visits. I also journal as a way to document my recovery, to self-reflect, and just because I love to write!!!

4. How often do you work in your journal?

I write in my journal several times a day:)

5. What are your favourite supplies to work with?

I mainly use washi tape, pens, colored pencils, and magazine clippings.

6. What inspires you?

Tumblr inspires me! I inspire myself!

7. Do you ever use your journals as a basis to create other work?

No, I don't usually.





8. What are your thoughts on destroying journals?

Personally, I see nothing wrong with destroying the journals if they are full of nothing but triggering, negative, terrible things that you read over and over and can't get past the things written inside. That is why I got rid of many of my journals. But I don't really know, if they are full of nice things, just mediocre everyday things or memories to remember, that's okay to keep. It's your art, and you can do what you want with it. But I won't be destroying any more of my journals.:)

9. Thank you for answering these questions! Where else can we find you/your work online?

The only place to find my work is on my <u>Tumblr!</u>

For the Record #45: Alin Iwana

This interview was originally posted on Tumblr on July 11, 2015.

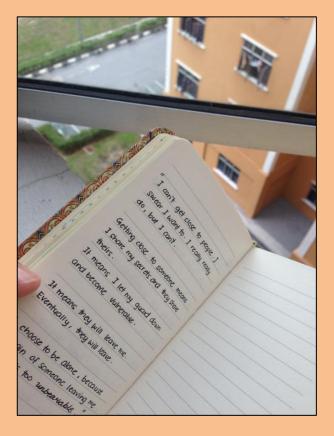
Alin Iwana (wiltedwroses) usually goes by White Rose, as she loves white roses so much and whenever she went to the florist she would buy a bouquet. She is 18 years old and studying in a University in Malaysia. She is a big fan of the Twilight Saga Series and is also a nature lover, as she lives near to beautiful gardens and parks.

1. How long have you been journaling?

I have been journaling for 5 years. In primary years I used to have 4 books full of quotes and poems as I love to write them when I'm emotional. I still keep them as I love them so much. When I was 14 I started to buy and keep cute and vintage notebooks, and I start writing a lot.

2. Can you describe how you use your journal?

My way of using journals has changed over time, as I'm busy with my classes and tutorials. But right now I mostly write and draw anything that I feel to write or draw. Sometimes, I write feelings, quotes or lyrics that make me feel relaxed, and sometimes I paste trains and movies tickets. And of course, as I love nature so much, I love to paste flowers in my journal. It's so pretty and fun to do as I love to pick flowers wherever I go. I think it's so nice and cute.



3. Why do you journal?

I journal because memories are really important to me. I find it interesting and fun to go back and read your writings and think about where you were at that time both physically and mentally. I think I can see the real feeling of me when I read my writings. I can reflect on myself and try to be a better person day by day.

4. How often do you work in your journal?

I don't really set a time to journal. As I have a lot of classes and tutorial in the morning, I usually journal at night, if there's no classes at night of course. But on the weekend I will always try to find some time to journal, or write some poems or quotes, because I feel weird if I didn't write anything in a week. (I think I'm weird) but writing is my hobby!



5. That's not weird at all! I'm the same, and I think it's a common feeling/hobby with journalers in general. What are your favourite supplies to work with?

I use pens, but I'm more inclined to gel pens. I also love to work with watercolor. It's fun to make abstract color or backgrounds. I also use markers and washi tape.

6. What inspires you?

As a nature lover, nature is my inspiration! I always walk in my garden and park to find inspiration. Luckily, here in my University, we have a lake and a garden full of flowers. Every evening, I will always spend some time to walk and write at the lake. Mesmerizing

scenery by the lake, watching the sun set, it's soo beautiful and inspiring!

7. That sounds gorgeous and definitely inspiring! Do you ever use journal entries as a basis to create other work?

My journal entries are used for my poems and short stories that I never post online. Hehe!

8. What are your thoughts on destroying journals?

I don't think destroying journals is a good idea because we have put in effort to make it. I never have a thought to destroy them because I love every each of them. Journals are my friends and I will never destroy them.

9. Thank you for answering these questions! Where else can we find you/your work online?

You can find me on Instagram: @wiltedrose.s

Or snapchat: @wiltedwroses.

My work I only post on my Tumbir and Instagram.

Thankyouuu!



For the Record #46: Sabrina

The original interview was posted on Tumblr on July 15, 2015.

Sabrina (<u>intuitive-wonder</u>) is about to turn 16 years old in August. She enjoys adventuring, art museums, and especially loves filming.

1. How long have you been journaling?

I've been journaling for a total of 7 years, but have gotten more serious in the past 3 years.

2. Can you describe your journal style?

My journal style is pretty sporadic, it can consist of all written entries, to a written part with doodles, or full pieces of artwork. It depends on my mood, but it's mostly written.

3. Why do you journal?

I began journaling when my father was deployed to Iraq in '08-'09 and he gave me one so I could write what he missed out on. Since then, my reason for journaling has become more of a passion than task.

4. That's really interesting how you started journaling! How often do you write in your journal?

Sometimes I won't write for a month, but then I could submit multiple entries in a single day. Again, it depends on my mood.

5. What are your favourite supplies to work with?

The classic ballpoint pen has always been my go-to choice of material. I try and keep my journals black and white with an exception of some highlighted areas, and papers I've glued inside.

6. What inspires you?

My emotions and day to day activities. I have an extreme love for teen angst; I am constantly on the search for epitomes of pure youth.

7. Do you ever use journal entries as a basis to create other work?

I've attempted on several occasions to write a complete novel, or at most a short story, and fail epically each time. Journals are the only thing I'm able to finish.

8. I know how that is! What are your thoughts on destroying journals?

With my first serious journal 3 years ago in 2012 I went through a tough time with my parents and I was so scared they would read it so I wrote in it many times how I wish I could destroy it, but it is just too much a part of me. My life lives in these journals, I will never try and erase my past, it's the construction of the person I am today.

9. Thank you for answering these questions! Where else can we find you/your work online?

My Tumblr, really. Twitter is what I'm most on though, my user is @sabviera. I'm usually uncomfortable with posting my journal entries because only my eyes have ever seen it, but I think I want to share with the world now.

For the Record #47: Layla

The original interview was posted on Tumblr on July 18, 2015.

Layla (thegirlwithanoceanheart, now private) is an 18 year old student living in Glasgow. She is going to University next year to study English Literature, but is unsure what she wants to do when she graduates because she is interested in countless diverse subjects.

1. How long have you been journaling?

I have been keeping diaries all throughout my life. However, it was very inconsistent. I don't recall a time in my life where I haven't been writing in some form of a journal. I'd like to believe that majority of people journal, but they just don't know it. In my opinion, blogging, taking pictures, writing in notebooks, or even tweeting is a form of maintaining records of ideas, time, and beauty.

I began to take journaling more seriously in 2010. I enjoy the process so much so that I don't think I'm ever going to stop. I'd love to someday look back at all the dozens and dozens of journals I have written. It's not a goal that is set in stone, but it won't be hard to achieve because I truly love journaling.

2. I think you're right about the majority of people journaling without knowing it; all of those things are documenting life in some form. Can you describe how you use your journal?

I use my journal as a cookbook, a shopping list, an autobiography, a sketchbook, a makeshift umbrella, a receipt/card holder, and whatever else I need. It is the one stop shop to my entire life and I cannot live without it! My journal serves as a lovable companion of sorts. It helps me build, think, learn, and live a little more passionately and creatively.

I used to merely write about my ideas, thoughts and daily life, but a couple of years ago I was introduced to art journaling. I soon gave up writing words for painting and sketching, but was still unsatisfied. I have discovered that I enjoy both the written word and drawing. Currently, I am documenting my travels, thoughts and ideas in both verbal and visual form.

3. I love the idea of your journal being a loveable companion! Why do you keep a journal?

I journal, primarily, to express my thoughts and feelings. Often in life, we are asked to censor our thoughts, repress our feelings, and curb the urge to freely speak our minds. Journaling offers a way you can let all those pent up thoughts and feelings release. It gives you a sort of freeing feeling... almost as if you are invincible. So, it is no wonder why so many people come back to it over and over again. I like the fact that a journal gives you a look into the raw parts of a person from one's deepest darkest secrets to more euphoric feelings.

4. How often do you work in your journal?

Almost every day. I don't like to force myself to journal because then I won't do it. I want to be able to come back to my journal because I want to, not because I have restricted myself.

As I mentioned earlier, journaling should feel very natural and free. It is important not to censor yourself and be brutally honest. In doing so, you will find that you just feel like returning to the journal time after time. We all have masks we put on in our lives. Pretences and masks make life incredibly tiring. No one likes to constantly hide themselves. I find that by being myself, I am able to feel calm and joyful when journaling.

5. I know exactly what you mean. What are your favourite supplies to work with?

I love writing with a good quality black gel pen! I dislike writing in pencils or any other colored pens because I love the look of black ink sprawled across off-white sheets in my notebooks. I like using colored tapes, paints, and loads of ephemera. A huge part of my journal is pictures from magazines, old textbooks, catalogs, etc.

6. What inspires you?

In one word: Life. I journal about movies, music, tea, flowers, books, TV shows, philosophy, evolution, art, friends, family, world events, god, the fleck of green in my right iris, my glasses, the universe, and anything I can think of. I don't run out of ideas because there is always something I have never encountered before, some song lyric I'd like to copy onto my journal, or always more pictures to stick onto blank pages. Additionally, I also browse through tumblr's art journal tags and see what techniques or ideas other people have used that I can incorporate into my own journals.

7. Do you ever use journal entries as a basis to create other work?

Nope. I know some people who like to use their journal to test out paints or mediums to work with in my Art classes. However, I don't use my journal as a basis to create other work.

8. What are your thoughts on destroying journals?

About a year ago, I decided to destroy three of my journals. These journals were written in a part of my life that was particularly sad for me. I went through a lot of emotional turmoil and dealt with intense feelings of nihilism. I wrote a lot of negative thoughts and ideas. After that period, I grew increasingly concerned about someone finding those journals and exposing all the negative, nihilistic thoughts and feelings. Then, I decided that the safest way to get rid of the fear of being exposed and the fear of these thoughts coming back to me...was to destroy my journals.

In retrospect, I am not entirely happy or sad I destroyed my journals. On one hand, I am glad I was able to rid myself of these thoughts and feelings because these made me feel sad and worthless. On the other hand, I can see that now they could have served as a reminder that I could overcome my obstacles successfully.

I think that journals are very personal things, and whether you choose to retain them or throw them is entirely up to you. For me, part of the process of dealing with obstacles was to vent and complain in journals. I like to think that destroying them served as a closure, the end of all that pain and sadness, after which I emerged stronger. I am probably not going to destroy further journals I create, however, I have no regrets that I did in the past.

9. Thank you for answering these questions! Where else can we find you/your work online?

Unfortunately, at the moment, I don't have any of my work online.

For the Record #48: Tasha

The original interview was posted on Tumblr on July 22, 2015.

Tasha (biblio-witch) is a 28 year old journal keeper, booklover, and bookmaker from Brooklyn, New York.



1. How long have you been journaling?

I have been journaling on and off since I was 7 years old. My first journal and pen set were a gift from my Titi's (Aunts), because they saw how much I loved to read and correctly guessed that I would love to write!

2. That's really sweet! Can you describe your journal style?

My journal style changes as I change. I am mostly a stream of consciousness/free writing type of journaler. My journal tends to be wordy, filled with poems, things I overhear, music that sits in my ear, the things that creep into my memory during solitary walks and train rides home. It also

has splashes of color, sketches, ideas. Every time I buy new art supplies, I make the time to test them in the journal.

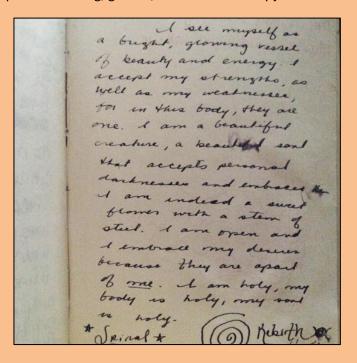
3. Why do you journal?

I journal to hear my voice, to hear myself speak, as a way to cope and heal. Emotions can be really intense for me and journal writing makes a space for healing, growth, and resolution. My journal is a

companion, someone I trust, and a witness to my life as I change and live and grow. Every journal I make, and write in, holds a part of me in it.

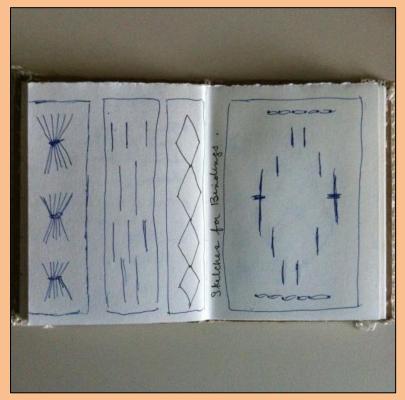
4. How often do you work in your journal?

There are days where all I want to do is rush home from work and write in my main journal, but since I don't carry that with me all the time, I have a smaller, portable notebook that I stick in my bag and write into during my commute to and from work. When I took my first overseas vacation, I set aside time every night to write, and that was very structuring. I try to write at least every other day.



5. What are your favourite supplies to work with?

I am a big fan of smooth writing pens, such as Pilot G2 pens, fountain pens, and rollingball pens. A typewriter. Paints and waterproof/archival pens in all colors (sigma micron, and zig archival pens). I also love unlined, blank paper, but because journals with blank paper were hard to come by, I started to make my own by teaching myself how to bind books.



6. That's awesome; I really want to learn to bookbinding. What inspires you?

The heartbeat of life inspires me. I really love rhythm, sound, and scent. I am also inspired by old books, light, rain, the moon, stories, dreams, the natural world, history, and all forms of expression.

7. Do you ever use journal entries as a basis to create other work?

Oh yes! Sometimes a journal entry will inspire an idea for a design for a book want to make, or a piece that wants to be written.

8. What are your thoughts on destroying journals?

Ah, the tender subject of diary destruction! I threw away my first pre-teen journals because I wanted to hide my thoughts and sexual blossoming from the prying eyes of my younger sisters. In hindsight, I wish I would have kept them!!

Now, I keep every journal I write, to honor memory, and to honor my life as it is lived.

9. Thank you so much for answering these questions! Where else can we find you/your work online?

My personal Tumblr is biblio-witch.tumblr.com.

For the Record #49: Abby

The original interview was posted on Tumblr on July 25, 2015.

Abby's (mommfriend) nickname is Bee and she is 16 years old.

1. How long have you been journaling?

I've been keeping an art journal since January, although I've always loved painting.

2. Can you describe how you use your journal?

Most of it is collage but I also paint from time to time. I don't usually write too much.

3. Why do you journal?



I use my journal to relieve stress and kind of escape from things. Aside from that, it's really rewarding to be doing my art in a place where it's completely organized instead of binders of loose papers. I love going back and re-reading entries or looking at old drawings and seeing where I've gotten in the past 6 months.

4. I love that too. How often do you journal?

I usually do at least one page a week, but when I'm really busy I don't do anything, or sometimes I do multiple in one day. It really depends on how much time I have.



5. What are your favourite supplies to work with?

I love to use black pens to do line drawings, but I also sometimes use gouache paints.

6. What inspires you?

Really whatever is going on in my life. When things are stressing me out I paint. When I'm happy I do more. Whenever I feel a strong emotion I do a page or two, so the book itself is like a documentation of the spectrum of my emotions.

7. Do you ever use your journal entries as a basis to create other work?

Not really.

8. What are your thoughts on destroying journals?

I could never destroy my journal. I understand the sentiment, but I feel as though I've worked so hard and put so much into this journal that destroying it would be like killing a friend.



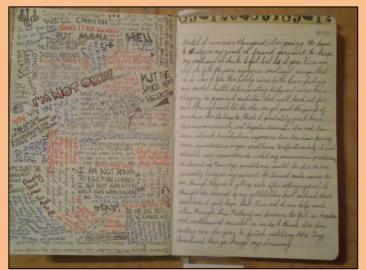
9. Thank you for answering these questions! Where else can we find you/your work online?

I don't really post many pictures of it online.

For the Record #50: Victoria

The original interview was posted on Tumblr on July 29, 2015.

Victoria (angelihearyou) is a 15 year old pansexual actor from Pennsylvania.



1. How long have you been journaling?

I always kept notebooks as a kid where I would just write and draw everything. About 4 years ago, I started regularly keeping a sketchbook. I've been keeping a dream journal on and off for 3 years. I only started my first real journal about 3 months ago.

2. Can you describe how you use your journal?

I use it to express myself freely. I mostly write in it. I write about my day,

feelings, problems, prominent figures and events in my life, etc. I also like to draw and paste/tape things in.

3. Why do you journal?

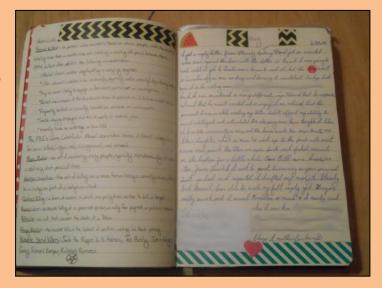
I journal for multiple reasons. I received the journal as a gift from my bio teacher after having surgery, so it started out as a way to occupy my time while recovering. Now it serves a place to get out feelings and deal with them in a healthy way. It also provides a record of my life which will be really cool to look back on. Keeping a journal has really helped me understand myself better.

4. That's really great! How often do you work in your journal?

I work in my journal at least once every day. If I don't have something to write about the day, I'll find something to write about or stick in.

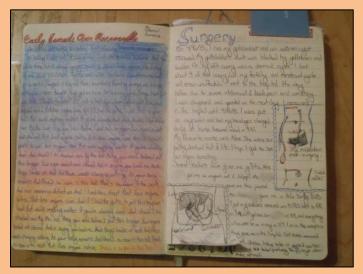
5. What are your favourite supplies to work with?

I really like using Bic Cristal pens to write with. I use washi tape and stickers often. I also glue/tape in photos, ticket stubs, any sort of paper memorabilia really.



6. What inspires you?

Journalers on Youtube who share their journals inspire me a great deal. I'm also greatly inspired by music and the people in my life, so I often write about both of those things.



have covered up pages I wasn't pleased with.

7. Do you ever use journal entries as a basis to create other work?

Not really. I don't do much other work anymore, but when I do, it's usually in my sketchbook.

8. How do you feel about destroying journals?

You do you. I've destroyed all of my of old notebooks from when I was a child, so I understand why a person would destroy their journals. I don't think I would destroy my journal now, but I

9. Thank you so much for answering these questions! Where else can we find you/your work online?

I'm mostly on Tumblr at <u>angelihearyou</u>, but I also use <u>Twitter</u>.