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For the Record #21: Anonymous

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

Vinnystrawberry is an art journaler from the rural Canadian prairies (small town) who went to school for design and drafting, but works as a mechanic. She is an INFJ (I think a lot of us journalers fall into that category!) and loves creativity, nature, the outdoors, and hobby farming.

1. How long have you been journaling?

I've been obsessively art journaling for about 2 years now. I have 5 filled journals and have about half a dozen on the go. Seriously, it's a problem.

2. Sounds like fun, though! Can you describe how you use your journal/your journal style?

I have never been comfortable with writing down my thoughts, so most of my journaling is visual and/or obscure



writing. I like to incorporate my own photographs into my pages, as well as collage, drawing and painting. A lot of it is random, and the majority of time I don't have an end result in mind. I mostly just like to play.



3. Why do you journal?

There are so many reasons. I journal as a creative release the majority of the time. I also use it as a place to try out different techniques or color combos, or just a place to play without worrying about the outcome. Sometimes I use it to plan projects or just explore ideas and sometimes I have no idea in mind and I just go, all depends on my mood and focus. Right now I'm really working on finding my artistic style, so I try to keep my journaling as unrestricted as possible.

4. How often do you work in your journal?

Whenever I have the time and energy. I usually use it as a way to unwind at the end of the day, however some days I'm so exhausted I just fall asleep on the couch. It all depends on what's going on in life - on average probably 4 or 5 evenings a week I will sit down and art journal. If I go more than a couple days without doing something creative I get squirmy.

5. I know that squirmy feeling well! What are your favorite supplies to work with?

Gesso is a staple. Glue sticks also. Acrylics are my main paints. I love Neocolors II as well, they are so vibrant and lovely to work with. Magazines are essential.

6. What inspires you?

Blogs like this. All the wonderful artists on Tumblr, Twitter, Pinterest, Flickr, Instagram. Everyday people making art just because they want to. People being fearless and living their dreams is probably my biggest inspiration.

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

Yes, sometimes with intention, sometimes not. I have an art journal layout that I replicated onto two canvases that is now hanging in my kitchen, and sometimes I practice in my journal first before executing on a larger canvas. I think of my art journal as a kind of catch-all for ideas, so I imagine that most of it in some way or another is the basis of everything I create.



8. What are your thoughts on destroying journals?

I have never done it personally, but I can see its place. If I were to ever share my intimate thoughts on pages I would have no problems destroying it, however I can also see the advantage of revisiting journals and examining your growth/finding patterns.

9. What is your favourite thing about art journaling?

My favorite part about art journaling is that there are no mistakes and anyone can do it, kudos to you for spreading that message! :)

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

Some of my stuff is here on <u>Tumblr</u>... however, my <u>Twitter</u> links (almost daily) to my most current art journal pages which are stored on my <u>Flickr</u>.

For the Record #22: Siobhan

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

Siobhan (bisspateralligator, since deactivated) is a 19 year old Accounts Assistant Apprentice from the UK. However, her side job is online where she makes candles and art, does Tarot readings, and writes, which she would love to do full time.



1. How long have you been journaling?

My earliest dated journal is 2012, but I have half a notebook and a few scattered pages from where I tried to obliterate my early life, some of which I think I was five or six when I wrote, and some of it I think I was eleven. I have always kept notebooks where I've noted down ideas or wrote stories in, but I never succeeded well with

keeping written diaries/journals - they always had to be perfect, with long entries and neat handwriting, and that holds you back. I also keep a Bardic/Spirit journal, which is an account of how I'm moving through a Druidry course, the Tarot readings I do for myself, and other assorted spooky woo stuff.

2. Describe how you use your journal/your journal style.

My journaling style changes often. It's mainly art-based, but I have started to add in a lot more written journaling. I use my art journal to expand and change my style - sometimes I choose a particular artist to emulate for a whole journal. This way I get to use different techniques, focal images and perhaps even explore different feelings than I would normally. It is interesting to look through these journals - there is one that is clearly based on Kelly Kilmer's work, but if you look at the tiny, fine details you will see my own flair for the absurd and the scary has crept back in.

3. Why do you journal?

I journal for several reasons. It's becoming more and more apparent that I probably have dyspraxia - a condition normally described as being 'medically clumsy' and actually struggle to make art, but also means I have a poor memory, struggle to think things through, express and understand emotions 'properly', and concentrate.



In my journal, I not only get to practice making art - which I love - but I get to explore feelings and events in a roundabout way, in a way which is logical and almost impersonal. I often sit down and make what I think is a set of completely random, unconnected set of images based purely upon a colour or collage element which I liked the look of at the time, only to look at the pages a month or so later and realise I described exactly what I was going through at that time.

4. How often do you work in your journal?

The time I spend in my journal changes. When I was in school/college, I would spent six or seven hours at the weekend painting and collaging. When I was unemployed, I would perhaps spend that amount of time a day. Now I'm working a couple of jobs, I make sure I set aside an hour a week. I usually spend more, and I feel a lot better for doing it. Since I lose stuff all the time, I don't like to take my art journal to work, but I do take a notebook where I write down any ideas or do a quick sketch.

5. What are your favourite supplies to work with?

My favourite supplies to work with change from journal to journal - they mostly depend on the construction of the journal. If it's a pre-bought sketchbook, I love to use acrylic paints, India inks and collage. If it's altering one of my Lincoln Cathedral newsletters - they come on beautiful thick paper, and feature intense images of the stunning Gothic architecture, I use alcohol markers, collage and water colour pens. If I made it myself, it's usually collage-based with a few bits of black pen, stamped images and glitter. The scalloped edged front cover included has a lucet cord I made myself, the authentic Viking way. I can't knit, you see, but since that requires only one stick thing, I found much

easier to do.



6. What inspires you?

Ask me this question in a month, and the answer will be different. Right now it's the TV show Grimm, the musical Into the Woods (1991 stage version, of course), Shrek the Musical, which is better than it sounds, and, an all-time favorite, the winter sunlight.

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

All the time, though I am looking at creating prints straight from some of my journal pages. There are several acrylic sketches in my journal which I have turned into huge collaged and beeswax paintings, which is a fun technique.

8. What are your thoughts on destroying journals?

I would never destroy a piece of art I made, because there is always something to learn from it - technique, subject, style - even if it's to look back on it in five years and think, 'Look how far I've come from this rubbish!' Written journals I have destroyed, though sometimes I wished I'd kept my angsty teenage poetry - if just for a lesson on what not to do.

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

My journals are in the process of being filmed at my Youtube channel. I also have a Wordpress.

For the Record #23: Ella

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

Ella (<u>rosefoam</u> / <u>ellahowells</u>) is an aspiring artist/writer/creative person living in Melbourne. She is currently still in high school, but looking forward to graduating and taking a gap year in Europe before hopefully attending art school.

1. How long have you been journaling?

I have begun regularly journaling this year – from January 1 I've been completing one 180 page journal per month.

2. Wow, that's amazing! Could you describe how you use your journal/your journal style?

I use my journal to put collected snippets together with writing, photographs, sketches and watercolours to illustrate my day



through colours and feelings. My style ranges from minimalistic pages with drawings and soft pastel colours to busy, lively collages and occasionally small comics and portraits. I like to think of it as material proof that my experiences and thoughts and ideas and opinions and observations can be a physical thing, able to be seen and appreciated when I look back through the pages.



3. Why do you journal?

There's a little glow I get when I see a nice colour combination or a little thing on the ground that I need to pick up and put in my journal, and I think I mostly do it to feel that glow.... I don't know.... it just feels really satisfying to create things and have a unique output of all the diverse influences I get from life. I find that it's really calming to use creative energy in a positive and constructive way rather than using that energy to criticize myself or what I'm doing.... It's a way to

release the events of the day and whatever's going through my mind into something that looks pleasing and lightens my mood, if that makes sense.

4. That totally makes sense - I know the feeling! How often do you work in your journal?

Every night usually, just before I fall asleep. That's when my mind is calm enough to feel content, but energetic enough to process ideas with clarity.

5. What are your favorite supplies to work with?

Artline fine-liners, watercolour paints, National Geographic pages, and the insides of envelopes. Sometimes pretty washi tape is a nice addition.

6. What inspires you?

I think this is probably really clichéd, but the internet inspires me a lot. It's a unique way to appreciate certain aspects of life that may not be present in your own, and you can relate certain experiences to photos or songs or writing that may make up an art piece. I really find sustenance in the fact that on the internet, a whole lot of other creative people are in the same boat: putting their art out there for people to appreciate and it just gives a good energy, a motivation to make things and to feed back into the community.

I am also inspired by social justice: it's something I'm completely passionate about. I hate the fact that a lot of art is less accessible to those with a lower income, so a goal of mine is to find a way to express important messages through art that doesn't have a financially specific audience. I would like for people to have a holistic view of art as essential to people's expression, not just that art is elitist and must be only appreciated within the confines of 'the art world'.



7. That's really great! Do you ever use journal entries as a basis to create other work?

At the moment I'm too busy with enormous amounts of homework to create art or write as much as I would ideally like to, so it really is (aside from the art I do for school) just my journal and the raw ideas. In the future though, I would like to finish some zines I started a while ago that stem from ideas in my journal, but for now I'm content. Other fields I would like to venture more into are performance art, more

photography, more painting, and more sculpture (especially assemblage sculpture.)

8. What are your thoughts on destroying journals?

I think that it's a personal choice, so if you want to do it you can, especially if it's a cathartic release, but for me I would be reluctant to destroy something that is a unique imprint of my thoughts and ideas and experiences – it would be sad to ruin something that took so much time to fill as well!

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

I have a blog where I have just started posting my artwork (<u>ellahowells.tumblr.com</u>) and I have a main blog for everything (<u>rosefoam.tumblr.com</u>).

For the Record #24: Vera

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

Vera (<u>mumpitzhausen</u>) is from Germany and born in 1987. She always wanted to be a writer, and still feels like one, although hasn't written a story in 4 years. Her main skills are drawing and word-building, and hopes that someday she will make a living out of it, and change people's minds for the better with her artwork. In order to get to that point, she is currently studying Graphic Design and Illustration.



This messy mixed media double page is from the book in which I turned away from linear writing and started experimenting. It's my biggest journal so far and I love it and I've never achieved to make

1. How long have you been journaling?

The first journal I remember is from when I was 4. At that age I was able to write, and the book contains the first stories I made up.

2. Describe how you use your journal/your journal style.

Everything before college was mostly writing, stories and thoughts, in a linear way, from page to page. Then I started adding picture scraps and writing upside down, everything in one book, which lead to very messy and very big books. Now, because of Art School, I use different books for Art School drawings, personal drawings and personal diary. But I'm

not very good at separating, so mostly it all ends up in the personal diary. The chaotic books look best anyway.

3. Why do you journal?

This is a strange question, because I never thought about this. I think I would burst if I didn't have a pen and journal with me. I'm not a talkative person, or rather I cannot put my thoughts into straight words. I prefer to put them into stories and metaphors and pictures.

4. How often do you work in your journal?

Whenever I can, because it doesn't feel like work, but always for different reasons. I think, mostly, when I need a bad feeling to get out. And sometimes, the better times, when there's an abstract idea that needs to be explored.

5. What are your favourite supplies to work with?

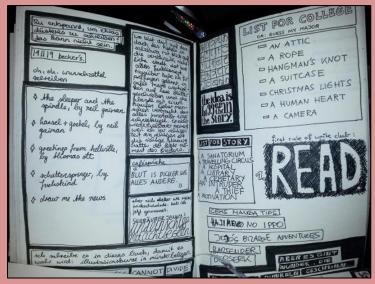
Faber Castell Pitt Artist Pens. Although I've been discovering coloured aquarelle pencils lately. And I have to return to adhesive tape...



This single page is 4 years old and a perfect example for something that was put in a book, when I really wished I had this on a separate piece of paper.

6. What inspires you?

That's like the "where do you get your ideas from" question. I cannot put my finger on it. I'd like to put it this way: everything inspires me. But I have to take my time first and shut off all distractions, only then the inspiration hits me.



This double page with the writing is an example for what I am currentl doing with my personal journals.

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

I tend to do everything in my journals (thoughts, stories, pictures, songs), because I like it when it's all gathered in one book. But I really need to try to use my journals for mere sketches, in order to make original artworks on separate papers, in bigger formats, to be able to frame them or give them away.

8. What are your thoughts on destroying journals?

For some years now I've been thinking about what will happen with these books after I've died. There are many personal thoughts in there, and I'm not comfortable with other people having access to them without my supervision. In this context I gave it a thought to destroy them one day, or also to take them to my grave, literally. But the grave would need to be a large one. I never destroyed a journal, and I cannot imagine what could make me. It would be an interesting experience.

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

Currently, on <u>Tumblr</u>. There are not many books to be seen there, but many single pictures are taken from books.

For the Record #25: Colin

This interview was originally posted on Tumblr on May 2, 2015.

Colin (<u>princesstaxiboy</u>) is a 15 year old gay trans guy who is Youth Vice President of allsorts. He plays bass and drums in his band, knows a lot about fonts, and hopes to one day become an artist and/or trans activist.

1. How long have you been journaling?

I've been journaling as far back as I can remember but used to always have a fear of finishing them, more recently I've been thinking of them as a series so I have finished 17 since the beginning of the year.

2. Wow! I love that you have finished so many journals in such a short space of time; what journals do you use?



I'm very fussy about my journals. They're always A1 size, never ring-bound, plain or squared (never ruled), and I prefer for them to come with a plain cover so that I can add my own decorations. When I don't have enough money for the next journal I sometimes make my own but they're usually quite short and just to give me something to draw in until I get the next one.

3. They must take up a lot of space - where do you keep them all?!

I keep the last few years by my bed, all in order and in piles of which year I did them, this year's pile is already way bigger than last year's. The older ones sit on my bookshelf in no particular order because they don't really relate to each other.

4. Could you describe how you use your journal/your journal style?

I use my journals for anything and everything. For example, today I have used my journal for:

- Sticking in the slip of papr I was given in my mock exam
- A drawing of Mike Falzone in blue (when I was supposed to be doing work in my IT lesson)
- The date and time for an event I'm going to
- The doodles I did when I was really bored in Maths
- Scribble to check if my pen still worked
- A drawing of myself in brown
- A drawing of Van McCann in blue (I'm really enjoying tonal colours today)

5. Why do you journal?

I have a constant need to create and I like everything I make to stay organised and in one place, I can look back on my journals from the last few years and know the exact day I had an idea, or something happened.



6. How often do you work in your journal?

I get through a journal about once a week, I fill about 15 pages a day. Instead of reading at night, I journal. When im bored in class, I journal. I have some kind of addiction.

7. What are your favorite supplies to work with?

My favourite changes every few days,

today I've just been using felt tips. I also love collaging and have a bit of a love/hate relationship with watercolours.

8. What inspires you?

Tumblr, my friends, my own selfies, the TV, David Shrigley, pretty much anything.

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

I sometimes use them as a place for a quick sketch so as to visualise and/or explain things to others (I drew a design for a jacket to show my textiles teacher my idea the other day. Most of my art work stays within my journals so most of the work goes no further.

10. What are your thoughts on destroying journals?



That hurts me so much, I don't think I could get rid of all those memories and thoughts, I can understand ripping a page out but never to get rid of it all

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

I'm on <u>Tumblr</u> and you can find some of art at: <u>princesstaxiboy.tumblr.com/tagged/arty-farty</u> but that's mainly just requests and old digital stuff. I don't really use other social networks anymore but I love meeting new journalers.

For the Record #26: Lore

The original interview was posted on Tumblr on May 6, 2015.

Lore (<u>lorenkiv</u>) lives in New York City. She is a freshman in college and is currently working at a small bookshop.



1. How long have you been journaling?

I've been journaling seriously for about 5 months, but I've been keeping a journal since I was about 10 years old.

2. Describe how you use your journal/your journal style.

I have about two journals that are each used for something different. The one I write in more often, is the one I use for writing whatever comes to mind. I usually write poetry, and

different quotes from different books I have read. I use the other journal for drawing different things. I usually draw women that seem very tired and have bags under their eyes. I don't know why I draw them that way, I just seem to like the way it looks.

3. Why do you journal?

I journal because it's something I like to do.

4. How often do you work in your journal?

I work about 5 days out of the week. I like to try to work daily, but I can't do that, because it'll be too much for me and I'll end up not working in my journal.

5. What are your favourite supplies to work with?

I work with black ballpoint pens, Papermate mechanical pencils, and Papermate sharpies.

6. What inspires you?

My feelings inspire me. I journal to express what I'm feeling and how I am feeling.

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

I use my Wreck This Journal to even out my ideas. I usually doodle whatever comes to mind when I read the instructions. It helps me be more creative and smart with my journals. I don't use my main journals to create other work because it's something that I like to do, I don't want it to become a burden.

8. What are your thoughts on destroying journals?

People can do whatever they want with their journals. People use journals to show their emotions, and maybe destroying their journals helps them do just that. Destroying my journals is not something I would do, but that doesn't mean it's wrong.

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

I only show my work on my <u>Tumblr</u>. I will regularly repost some creative journals, and I'll sometimes post some pages of my journals that aren't so personal.

For the Record #27: Sarah

The original interview was posted on Tumblr on May 9, 2015.

I filmed this as a special edition of For the Record, you can view the original video on <u>Vimeo</u>.

For the Record #28: Robert

The original interview was posted on Tumblr on May 13, 2015.

Robert (speewackdreams / robspeewack) is a film producer, director, and production manager living in Seattle, WA. He went to Western Washington University – graduated with a BA in marketing and film studies and now he's the Production Manager at a film company called <u>Cinesaurus</u>. He's also the Festival Director for a music video festival in Washington called <u>Northwest Heat</u>, and contributes to a geek culture site called <u>Fanpup</u>. He likes playing with animals, eating perfectly-cooked tamales, and wearing shorts.

1. How long have you been journaling?

I started my dream journal at the start of 2015, aiming at trying to record a dream every day for the year. I've flirted with a dream journal before but I always fell off the wagon after about two weeks, for whatever reason or another.

2. Can you describe how you use your journal?

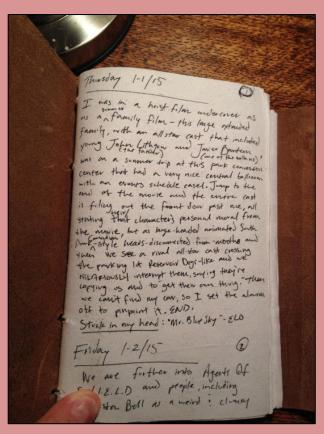
It's tough to get up and out of sleep and over to the journal



to write, so my writing style is pretty lazy, honestly, and with a very spoken tone. My writing is full of run-on sentences, shorthand, etc. and that's mostly due to having just woken up, and oftentimes I get really antsy with writing since I don't want to forget anything so it seems like it just takes forever to get the picture in my head written down, so there's a lot of shortening and trimming to get the gist down. I've seen dream journals that are SO descriptive, it's kind of mind-blowing. How they have the patience to write in such detail and remember such minuscule bits of what makes up the visuals of a dream, I'll never know. I've also gotten into a habit of writing down the first song I can think of when I wake up, or usually one that's immediately just stuck in my head. It's interesting how deep the tracks go, like sometimes I haven't heard them in FOREVER or they're like "Uptown Funk" and every other week I wake up with it in my head.

3. I really like that you make a note of the songs you have in your head on waking up, I always wonder how many other people have that happen! It's definitely interesting how deep the tracks go, too. Why do you journal?

This is my 2nd (3rd ongoing) 365 project (doing something every day for a year straight): my first being 365 Films I'd never seen before in 2013, and concurrently with a photo every day this year as well. I wanted to return and do another 365 project because they're really ripe with opportunity to learn about yourself and I think that kind of intimate knowledge of how your own brain works and what makes up your own personality is really important to how you mature and develop and learn. Plus I kind of wanted to force myself to enjoy writing, and thankfully at this point I'm getting there and not totally hating it (like I have in the past).



4. That's an interesting way to think about 365 projects. Probably a silly question for a dream journal, but how often do you work in your journal?

I do it daily, as best as I can. Sometimes I miss a day (usually due to not remembering the dream or being too sleepy to get up and at it) but I go back and fill it in later, most often with a variation on "I GOT NOTHIN'."

5. What are your favourite supplies to work with?

I actually was partially inspired to do the whole thing by the journal I found to use; it's a handcrafted leather journal from No Boundaries Books, which I found at Pike Place Market gift-hunting last December. It's got these dope pages made from recycled cotton, so the ink doesn't bleed if it gets wet. They're intended for travelers, hikers, backpackers, etc. and the elements but they're real substantial

and I actually like it MUCH better than a moleskine or plain ole notebook paper. Then I use the best pen on the market: the Pilot G-2.

6. What inspires you?

I love life experience and trying to step outside my own experience and trying something new, whether someone's telling me to or if it's just totally nothing I thought I would ever do. Once you start doing things like that, you start getting new ideas you've never had before and making deeper connection with the world around you, giving you a deeper pool within which to create. It's incredible how much easier being creative gets when you're learning new things and seeing things for the first time. I'm one of those guys who's always making inside jokes and quoting movies with friends and I love adding to that and coming up with more to share. It's almost a fault, where I'll reach a point where I feel like all my speech is quotes and that's when you've gotta change something up. I've talked with friends and family since starting my dream journal and my dreams are surprisingly populated by pop culture and celebrities – it's apparently really weird! I've always just had weird cameos by cartoons and movie characters and other random people and friends and I just figured that was a normal thing up until this point.

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

I've actually had a couple little kernels from my dreams that I definitely intend to try to work into future scripts and films. It's incredible how inspiring subconscious details can be when fully fleshed out. It almost makes me do a double take how your brain on its own without your consciousness can make some really off-the-wall connections to whatever's bouncing around while you're sleeping — and if you're lucky enough to write it down when you wake up BOOM there's some creative goodness for you. It's how Keith Richards wrote "Satisfaction", so why can't it work for movies too?

8. That's a great point! What are your thoughts on destroying journals?

Has anyone said they were for it? I understand how the burning of one's work can be a spiritual, zen kind of thing, how those ideas will never exist again altogether or like how you burn your homework when you graduate from high school, but for my purposes at least, these are memories and stories you can pull off a bookshelf someday and share, and that's a huge part of why I journal. To create something to be able to share. And ashes just tend to bum people out when shared.

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

Vimeo: http://www.vimeo.com/robertbojorquez

Twitter & Instagram: @Rob_Speewack



For the Record #29: Sofia

The original interview was posted on Tumblr on May 16, 2015.

Sofia (<u>le-tre-grazie</u>) is an 18 year old from Buenos Aires, Argentina. She is a student at Universidad de Buenos Aires, studying psychology. She loves reading, drawing, hanging out with friends, and watching movies and TV shows. She kindly took the time to talk about her journaling process:



1. How long have you been journaling?

The first time I got a journal I was 7 years old, my cousin gave it to me (I still keep it).

2. Describe how you use your journal/your journal style.

My way of using journals has changed over time, but right now I mostly draw and paint anything that I feel like drawing or painting, I write sometimes, feelings or lyrics that make me feel floating in the sky, sometimes I write things that I don't want to forget or paste tickets.

3. Why do you journal?

I journal because it is my sanctuary.

4. How often do you work in your journal?

I journal almost every day, sometimes I can't because I have to study or do other things that require my attention. I journal when I feel like it, which is almost every day.

5. What are your favourite supplies to work with?

For my journal I use all kinds of things, from basic pencil and eraser to bubble gum wrap to create some kind of pattern, I also love using acquarelles because their amazingness is out of this world.

6. What inspires you?

Life inspires me, the sun, the wind, the music, the people, the smells. But I guess my drawings or lyrics I choose depend on my mood or thoughts at the moment.



7. What are your thoughts on destroying journals?

I have a Wreck This Journal but that is it, I would never ever destroy my journals, they are memories, little pieces of me through time, that way I can remember the things that used to be important to me at one point of my life.

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

Sometimes I post pages from my journal on Tumblr and I tag them so I won't lose the post: <u>le-tre-grazie.tumblr.com/tagged/sketchbook.</u>

For the Record #30: Anonymous

The original interview was posted on Tumblr on May 20, 2015.

Sudohasinsanedreams (since deactivated) is a 21 year old odd-jobs person (she writes, draws, designs, and undertakes website work, marketing and documentation at her workplace) who also studies IT at University. She lives in Victoria, Australia, and creates cosplays in her free time. She has predominantly always been a fiction writer.

1. How long have you been journaling?

How long is an awkward question. I've always found it hard to consistently keep a journal because my schedule can only best be described as entropic. So I suppose I've been on/off keeping a journal for years; I usually get a period for one month per year where I start writing things down, when my schedule is a little more relaxed. I'm getting much more into it now, however, and am beginning to finally prioritise journalling above certain other activities.

2. Could you describe how you use your journal?

Currently I keep two journals; one for everyday life, where I just write down whatever happened that day as well as any other stray thoughts, and one for dreams. The dream journal is often quite incoherent as the best way to remember a dream is to write it down the moment you wake up — it's not exactly a method that has the most clarity, so to speak. But I've started creating prose poems out of the things I dream as a part of the journal, which has been quite interesting.

3. That is really interesting! Why do you journal?

I journal because things are worth remembering. I want to know what I did on the 24th of March 2015 when I'm 86. I want to know about what I dreamt on the morning of April 2nd, 2019. Journals are keepsakes by nature. Plus, I've always just enjoyed seeing books full of handwritten words stacked onto shelves. It makes me happy in a way I can't really describe. Dream journaling does have a few ulterior motives, however; firstly, if you make that conscious effort in the mornings to write whatever you do remember down, you'll begin to remember dreams with more clarity and frequency. Secondly, dreams fascinate me from a psychological point of view. I don't read into them exactly, however they can show surprising facets of your subconscious mind that you wouldn't have had a chance to mull over, otherwise. I find value even in nightmares. Finally, with the whole prose poem thing, it's a strange area of literary technique that I haven't tried before. Traditionally I've been quite terrible at poetry, but prose poems are far more approachable for me as I've been writing regular prose for a good nine or ten years, already.

4. Dreams are really fascinating, I used to keep a dream journal when I was younger and have just started keeping one again for the reasons you stated. How often do you work in your journal?

The everyday life journal is one that I write in every evening, throughout the evening. It's usually one or two pages. Sometimes I take photos, print them off and paste them in, which makes the entries longer. The dream journal, I keep on my bedside table. The written pages are covered in ink smudges from where I have tiredly pressed my thumbs as I write in the morning. I write in it every time I remember a dream, which is usually once per day — but sometimes I'll have three or four over the course of a morning, or none at all (often because I have to get up too quickly, and immediately forget). I make a prose poem for the next one in the queue every evening.

5. What are your favourite supplies to work with?

Nice pens (usually the ones that smudge, unfortunately), usually in black. Hard cover faux leather-bound journals. And a keyboard, when it comes to the prose poetry. That's it.

6. What inspires you?

The strange and unusual, generally. And cases of morality. A lot of my fiction deals with people having to navigate their way around extremely unusual circumstances, or interact with things that often defy understanding. I also write a lot about morality, ethics... because it is a deep rabbit-hole of a topic, and who truly knows what is right, anyway? So when I find elements of these topics in my own life, it certainly inspires me to write about them. I'm also inspired by people sharing stories about unusual or traumatic experiences, and what was going on in their minds as they happened. I tend to keep a bit of a catalogue of all of that in my mind. I'm also inspired by good satire and witty observations.

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

Yes, see above.

8. What are your thoughts on destroying journals?

I don't like doing it. Sometimes I will tear pages out of an old journal (very carefully!) that didn't really make it past 10 pages, so that I can just use a clean book. But I always preserve the torn out pages in a draw that is a part of my bedside table. It's filled to the brim with random other papers, too. I should probably sort it out sometime.

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

You can find me on <u>Facebook</u>. I don't really use deviantART anymore, but you can find me there too, as Pseudinymous. I have a few pieces of literary work there that I am varying degrees of proud of. One has a Daily Deviation though ("Nameless"), so I guess that's reason enough to celebrate. :3