STATE'S EXHIBIT 3

Thanksgiving is coming and now the voices are saying to drop London off a bridge - The Yaquina Bay Bridge or The Waldport Bridge. I study the bridges as we drive over them. I know where I would push London off. I can't believe it's come to this - I don't want to spend 35 yrs in prison, but it looks like that's my option now. I found an article of a woman who threw 2 kids in a river from a bridge + + died. How sad. I must do this to London if I want the voices to stop + so Matt stays alive. The voices are saying Matt will die if I don't kill London. I love Matt. I love London. Tis stressful. I am severely stressed over this. I think of nothing else. I have to get London up early in the AM and drive him to the bridge. Everyone will hate me - I see Alicia and Caroline and Steph at the trial with Matt hating me. I see the family against me. I see Matt

00213

avoiding eye contact. How can I go through with it? London is my little guy whom I love so deeply. I can't imagine him gone, especially by my hand. I see prison as the option or the State Hospital. I hope I would go to the State Hospital; I want to go there because I heard about it from the guys at Creekside. I want to go. I feel ready to go to prison or the State Hospital - I deserve bad things. I hate the thought of my In-Laws being so hurt by me, they are though. They don't want to see me so I am pulling down. I want to just move on. If they would just know I heard voices & I was seeing people who weren't there, they'd understand, I think. Oh My God, I have ruined all, it is over. I feel down and I feel worthless over this. I am feeling I ...

being forced to act - I have to do it now - then I won't have to see the family. Tomorrow I will do it - I will get London up & take him to the bridge & I will throw him in the water - then these damn voices will stop - I will go away - Everyone will hate me, but I am hated anyway. No matter what I do, I am deeply damaged. My family won't get it. They don't know. I will get through the prison system or the State Hospital even though I am damaged. I am told by the voices Matt will be better w/ out London and I. He will be able to move on being a writer - Matt called me an obligation & London a burden, He can be [free]. Free!! I know he can be happy again.

00215

I still haven't done it. The voices are hitting me hard now. The main things they say are "do it now" "Kill London", "Andrea Yates", "Family hates you anyway" but they talk too, like they will talk about me being worthless and how nobody will forgive me. They say I am doomed and that I will be alone. They will even disagree, Fred and Francine. I heard sirens from the police last night and I thought they were coming for me. I saw the blood in the mirror again - bloody handprints + the words, "Kill him!" The visions are about the same but the voices are bad. I feel pretty doomed now. I don't want to be alone because that's when the voices start up. So I will ~~[illegible]~~ watch shows a lot + hang out near Matt. Its getting dark now, I better get the cursed into the car + get London all

00216

ready to go to the bridge - oh my God, I am scared. I am starting to shake a little bit. I have to do this and I need to be brave to get this done. The voices promise to stop if I do it. I love London so very much - I don't want to lose him, but I have to. Fred and Francine say that Matt will be free & he can be happy, he can be a writer and move on. I will go to prison or the State Hospital for 35 years & then to a group home or to a Creekside kind of house