If only I hadn't gone crazy, I would not have lost everything. Now I have to do something drastic. When Ron is out & Tonya is asleep I will do it. It will change my life forever. I will swing over the head & then go on to using something else until the job is done. Then I will start a fire - the cheap comforter will go up fast. I will tell her to stop screaming or I will kill Chewy. I am happy as I wollup on her head & kill her fast. I enjoy it. I smile. I will go to the State Hospital or prison for sure this time. No relief for me. They can do all the DBT, CBT, etc. & I will not return to the old me. I miss my old self & want her back. But it's not going to happen.
So, self, when? Tonight I say, or early AM. I will do it - Kettlebell? Frying Pan? Hammer or all 3. I will do it - if she struggles, I will throw her down the stairs - then get her. She will go down & I will enjoy it. Okay, so tonight I will let her go to sleep. Then I will grab the Kettlebell & swing it over her left side & then grab the hammer & keep hitting her over the back of her head. I tell her to keep quiet or I will light the bed on fire. I have to do this.

STATE'S EXHIBIT 4