

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1	SMS Messages	Outgoing	10/16/2013	10/16/2013 6:43:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey do we have a test in history tomorrow		File System (3)	
2	SMS Messages	Incoming	10/16/2013	10/16/2013 6:48:33 PM(UTC-4)	From: 7745713150 Sam Boardman	The website says it's Friday		File System (3)	
3	SMS Messages	Outgoing	10/16/2013	10/16/2013 6:49:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's what I thought but it says Thursday on the top and then assignment due		File System (3)	
4	SMS Messages	Incoming	10/16/2013	10/16/2013 6:51:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha no I'm looking at it now, it's Friday		File System (3)	
5	SMS Messages	Outgoing	10/16/2013	10/16/2013 7:04:29 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay good thanks haha		File System (3)	
6	SMS Messages	Outgoing	10/20/2013	10/20/2013 6:30:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey did we have math hw		File System (3)	
7	SMS Messages	Incoming	10/31/2013	10/31/2013 10:10:45 AM(UTC-4)	From: 7745713150 Sam Boardman	WHAT PAGE IS THE EXTRA CREDIT		File System (3)	
8	SMS Messages	Outgoing	1/5/2014	1/5/2014 11:25:51 AM(UTC-5)	To: 17745713150 Sam Boardman	Hey Sam! Sorry I forgot to text you about the board but idk if you even need to know this anymore but I'll tell you anyways haha. Mrs. Rowe said that she doesn't want you to email it to her because she doesn't have the program that you create the board on on her computer		File System (3)	
9	SMS Messages	Outgoing	3/8/2014	3/8/2014 9:53:17 PM(UTC-5)	To: 17745713150 Sam Boardman	Hey Sam congrats on an amazing job this year. I'm really proud of you and Kyle and I know you put in a lot of hard work so you should be very proud of yourself too. I know the results may have nit been what you wanted but you'll get em next year I know you will, congrats on making top 10 that's still so awesome!		File System (3)	
10	SMS Messages	Incoming	3/8/2014	3/8/2014 9:59:33 PM(UTC-5)	From: 7745713150 Sam Boardman	Michelle you are too nice, thank you. You should be proud too, I was so happy to see u and lex and kaylee up there!		File System (3)	
11	SMS Messages	Outgoing	3/8/2014	3/8/2014 10:02:26 PM(UTC-5)	To: 17745713150 Sam Boardman	Haha thank you that really means a lot. You're amazing Sam keep your head up and keep smiling, I'm so proud of you :)		File System (3)	
12	SMS Messages	Outgoing	3/13/2014	3/13/2014 7:32:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Hey what was the math homework		File System (3)	
13	SMS Messages	Incoming	3/13/2014	3/13/2014 8:19:49 AM(UTC-4)	From: 7745713150 Sam Boardman	That worksheet		File System (3)	
14	SMS Messages	Outgoing	3/17/2014	3/17/2014 8:13:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey can I ask you something		File System (3)	
15	SMS Messages	Incoming	3/17/2014	3/17/2014 8:14:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sure!		File System (3)	
16	SMS Messages	Outgoing	3/17/2014	3/17/2014 8:16:55 PM(UTC-4)	To: 7745713150 Sam Boardman	I'm trying to lose weight but I can't seem to do it. I wanna eat healthy but I always end up loosing control on junk food and it makes me upset like I wanna be skinny again and stuff but it's hard for me to start for some reason So I was wondering if you could help me out?		File System (3)	
17	SMS Messages	Incoming	3/17/2014	3/17/2014 8:21:37 PM(UTC-4)	From: 7745713150 Sam Boardman	I go threw the same issues sometimes too. First off, you do not need to lose any weight. You are beautiful how u are! But I understand if u want to. I think what is important is that u dont deprive yourself, and everything in moderation. Also, drinking alot of water can help. I drink so much water cus iv become so used to it. But it helps like fill u up and keeps up ur metabolism and helps digestion.		File System (3)	
18	SMS Messages	Outgoing	3/17/2014	3/17/2014 8:25:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww thanks Sam that really means a lot to me and I've just always been self conscious and obsessed with my body image. As you know I've been anorexic twice and I don't wanna go back to that but being skinny like that felt good tbh I hate feeling the way I feel now. I don't dress up like a pretty girl because I don't feel like one. And I wanna dress up and stuff and love who I am but i don't at all and I just wanna be fit and stuff like you. I've always been jealous of you you're perfect and I wanna be skinny like you especially for summer but I'm just having so much trouble getting started		File System (3)	
19	SMS Messages	Incoming	3/17/2014	3/17/2014 8:43:02 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel like we have a lot more in common than u think. Iv struggled a lot with eating disorders that basically no one knows... Literally like I only told Lexie the other week. I'm like getting better now but I know exactly what u meen about feeling so much better skinnier and losing control and stuff. The more weight I gain more more I hate it. But just remember that healthy is better than super skinny, and that you can lose weight in a healthy way. And never skip breakfast too, cus tht will lead to bingeing later. It also helps to nt eat late at night. Don't eliminate food groups either, I meen I eliminated so much before that my hair was literally falling out cus I wasn't getting nutrients and protein. You have nothing to be jealous of, you are a beautiful girl		File System (3)	

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20	SMS Messages	Outgoing	3/17/2014	3/17/2014 8:54:55 PM(UTC-4)	To: 17745713150 Sam Boardman	It really means a lot to me that you open up to me Sam. I will always be here if you wanna talk about it or anything because I think I understand more than anyone else because I've been thru it and know exactly what u mean. You're right, we have a lot in common. I used to eliminate food groups and I had the same affects as you with the hair and stuff. I used to eat a carrot and then feel like I'd have to run 3 miles to burn it off. I have a binge eating disorder now. I only eat once a day and its a lot. And then I have no energy to go to the gym because I'm tired and feel so bad about myself for eating all the food. Last year during this time I struggled with the same thing. I was actually suicidal too. I um considered suicide a lot and almost committed it. And recently I have started to cut. Lisa is actually the only one that knows about that. I talk to her a lot about it. Its literally my body image that causes all these problems. If I was skinny I wouldn't cut or feel bad or hate myself. It all goes back to my weight so I really need to change like soon		File System (3)	
21	SMS Messages	Incoming	3/17/2014	3/17/2014 9:14:55 PM(UTC-4)	From: 7745713150 Sam Boardman	You are an amazing person with the ability to light up the room. You deserve a place on this planet. I know that sounds like gay but really, don't you ever think that ur not wanted on this planet, because there are so many people that love you		File System (3)	
22	SMS Messages	Outgoing	3/17/2014	3/17/2014 9:30:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I give you a hug tomorrow? I think you need it. And yeah like people understood I had a problem but no one knew the mental part of it. I went thru 6 therapists and I stayed at a mental behavioral center for 2 weeks when I was anorexic to get the proper nutrition to gain weight or else I could have died from being malnourished. And yeah it's awkward in ethics for me when we talk about that and suicide and stuff because like I've felt that way and Yeah that statistic about the eating disorder didn't shock me either. And yeah I come home and eat a shit load and can't stop myself be wise I have no control. And yeah I understand that to other people I look normal and everything but inside it doesn't feel that way and I know you get that. But thank you so much for giving me these tips Sam I'm gonna use them and do everything you said. And yes you aren't alone. You have me. When you feel like you need someone to talk to about this or if you're having a hard time, call or text me. I'll always be here for you to help you out because I understand completely. And Sam you are amazing. You're one of the most incredible people I have ever met. And what you said wasn't gay at all haha it actually made me really happy. No one ever said that to me before. No one has ever made me feel like I was enough but you just did and I really appreciate that more than u think. You're beautiful Sam and so nice and smart and strong and I admire you. You deserve to be loved and feel wanted e very second of every hour of every day and I promise if you ever feel alone, that I'll always be here. You're amazing Sam and thank you so much for everything it means so much to me		File System (3)	
23	SMS Messages	Incoming	3/17/2014	3/17/2014 9:47:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I was planing on hugging you too haha. You have come so far and even though people mistaken skinny for being healthy, your body is a lot healthier now. I know all about the body distortion. It's all about how you see yourself, not about what others think. It's so hard to believe what others say when you already have a fixed opinion if yourself. I'm so happy tht I could help, cus by helping you, you have helped me feel better about myself. Thank you so much Michelle, and same goes to you; I'm always here		File System (3)	
24	SMS Messages	Outgoing	3/17/2014	3/17/2014 9:56:17 PM(UTC-4)	To: 17745713150 Sam Boardman	You're the first person who actually understands me and gets what I'm talking about so thank you. And you're exactly right. That's the perfect definition to an eating disorder and I'm happy I'm not the only one that sees it they way. And I'm so glad I helped you. You're saving my life		File System (3)	
25	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:04:57 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have a question		File System (3)	
26	SMS Messages	Incoming	3/17/2014	3/17/2014 10:07:00 PM(UTC-4)	From: 7745713150 Sam Boardman	I so happy that I could help. It meens just as much to me as it does to you. And ask away!		File System (3)	
27	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:09:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Well thank you I really appreciate you saying that and I'm so happy you feel the same. But idk if this is too much to ask...		File System (3)	
28	SMS Messages	Incoming	3/17/2014	3/17/2014 10:12:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't worry about it, just ask		File System (3)	
29	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:14:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I was wondering if I ever feel like cutting or if I'm having a problem with eating, can I text you for help?		File System (3)	

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30	SMS Messages	Incoming	3/17/2014	3/17/2014 10:20:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle you can call or text me at anytime and I will always be here to help you. I work weekends and sometimes right after school, and that's like the only time I don't have my phone on me (just so you don't think tht I don't care when I am unable to read ur text at sometimes) but I'm here for you and will always help you if you need it		File System (3)	
31	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:28:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm literally crying. I've never had someone care so much and it feels amazing to finally find someone who does. See one of my problems is that I care so much about people who don't care as much in return and it sucks. But I know you care and that's awesome I'm so thankful for that. Like Lisa's there for me but she makes me feel like I annoy her and stuff when I'm having a hard time. She says I overwhelm her sometimes and I'm just scared that's what's gonna happen with you so that's why I understand if you don't want to help. I know we just started to get closer and like you said on Twitter I'm so so happy for that. I've never had someone that wants to help me as muxh as you do, But I just want to make sure you're okay with doing this?		File System (3)	
32	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:28:32 PM(UTC-4)	To: 17745713150 Sam Boardman	And if you wanna go to bed now you can tell me haha		File System (3)	
33	SMS Messages	Incoming	3/17/2014	3/17/2014 10:37:08 PM(UTC-4)	From: 7745713150 Sam Boardman	You do care about people so much, and I wish there were more people out there like that. So many people say that they care but never show their appreciation for others like you do. Of course I'm ok with being there for you! As I said before, helping you helps me as well. I do care about you to be happy, and feel happy about yourself. I actually am going to bed now haha I didn't want to leave u hanging before haha. Goodnight Michelle		File System (3)	
34	SMS Messages	Incoming	3/17/2014	3/17/2014 10:38:24 PM(UTC-4)	From: 7745713150 Sam Boardman	* and want you to be happy and happy about urself		File System (3)	
35	SMS Messages	Outgoing	3/17/2014	3/17/2014 10:42:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for noticing I feel like nobody does and even the people I do so much for don't even appreciate if because I do it so often. Idk it's just who I am I guess. But okay thank you so much Sam I can't thank you enough for what youre doing for me. And I want you to be happy with yourself as well and I'll do my best to always make you feel that way! Goodnight Sam I love u!		File System (3)	
36	SMS Messages	Outgoing	3/18/2014	3/18/2014 4:36:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
37	SMS Messages	Incoming	3/18/2014	3/18/2014 5:24:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey, I was working. What's up		File System (3)	
38	SMS Messages	Outgoing	3/18/2014	3/18/2014 5:29:22 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay but I'm kinda having a hard time right now		File System (3)	
39	SMS Messages	Incoming	3/18/2014	3/18/2014 5:39:20 PM(UTC-4)	From: 7745713150 Sam Boardman	What's wrong?		File System (3)	
40	SMS Messages	Outgoing	3/18/2014	3/18/2014 5:47:39 PM(UTC-4)	To: 17745713150 Sam Boardman	I binged and i tried really hard not to I really did I just couldn't do it today and I was so upset I felt so ashamed of myself for doing it so I cut I'm so sorry I feel like I let you down		File System (3)	
41	SMS Messages	Incoming	3/18/2014	3/18/2014 6:00:50 PM(UTC-4)	From: 7745713150 Sam Boardman	There's no need to feel ashamed, you are human and all humans make mistakes. And there's no reason to feel you should cut, cus although u may think you deserve it, hurting your self won't solve anything in the end. I don't want you to result I cutting, because there are a lot safer ways to fix your mistakes. Keep yourself occupied to avoid bingeing and to keep your mind busy. Did u eat lunch today?		File System (3)	
42	SMS Messages	Outgoing	3/18/2014	3/18/2014 6:05:05 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want you to think I'm messed up and stuff and I don't want you to think less of me now that you know I do this and thnk this. I'm most scared of that. And I don't wanna cut either I just do it idk why it's like a forceful reaction. I really like to draw and write so Lisa told me that I should do that when I need to escape the thoughts. And I do draw and stuff but it's after I binge or cut so I need to start doing it before somehow. And no I didn't		File System (3)	
43	SMS Messages	Incoming	3/18/2014	3/18/2014 6:09:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Lisa is right, that is a good idea. Or even like just grab something to eat after school and go upstairs so u don't feel like you are gonna lose control. And it's important to never skip lunch! Or any meal. Cus then you will feel starving and be more likely to binge when you get home. Michelle I don't think any less of you, I'm happy you are opening up to me. Don't be afraid of what I think, because no mater what, I'm here to help you		File System (3)	

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44	SMS Messages	Outgoing	3/18/2014	3/18/2014 6:15:44 PM(UTC-4)	To: 17745713150 Sam Boardman	You're a really great friend Sam and I owe you so much. But yeah that's a good idea about grabbing a snack and going upstairs. But I know what's gonna happen if I do that like I'll tell myself I'm good I don't need anything else but then after like 5 mins I'll be like fuck it and I'll go down and eat more that's exactly what Will happen. And I know I should eat lunch. That's why I didn't sit at same table as you today so you wouldn't notice I didn't eat. The reason i don't ls be cause I eat so much stuff the day before so I tell myself I'm not gonna eat the whole day so it will end up balancing out so I won't feel bad but then I get hungry when I come home from school and lose control. And that cycle happens everyday.		File System (3)	
45	SMS Messages	Outgoing	3/18/2014	3/18/2014 6:16:51 PM(UTC-4)	To: 17745713150 Sam Boardman	But thank you for still liking me I didn't know if you still would. I've kept all this in for so long that it feels so good to finally talk to someone who really understands		File System (3)	
46	SMS Messages	Incoming	3/18/2014	3/18/2014 6:42:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I know what you mean, I do the same thing. I get tht "fuck it" reaction all the time. So yeah I can see how that wouldn't work. And take each day as a new day. Take lunch as an opportunity to hae something healthy and to fuel yourself. Although u won't want to eat for a whole day, that's no healthy and will eventually lead to a binge at some point.		File System (3)	
47	SMS Messages	Outgoing	3/18/2014	3/18/2014 6:46:07 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah you're right I keep trying to make each day a new one and I wanna do that it just seems impossible at times because when I look in the mirror I get so frustrated I feel like there's no point. I did drink a lot of water today tho so that's a good start right?		File System (3)	
48	SMS Messages	Incoming	3/18/2014	3/18/2014 6:50:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course, that is start! I know what you mean, just keep your goals in mind. Sometimes it helps to like plan ahead what you are gonna eat to, and make it something that will fill u up. Do your parents know what is going on?		File System (3)	
49	SMS Messages	Outgoing	3/18/2014	3/18/2014 7:01:18 PM(UTC-4)	To: 17745713150 Sam Boardman	That sounds like a great idea! Yeah I'll do that I'll make a meal plan and I'll follow it. And well kinda I mean I'm on a medication for anxiety and stuff but it doesn't really help. I actually wait until they are both not home to eat be cause then I can lose control and eat whatever I want without them telling me not to		File System (3)	
50	SMS Messages	Outgoing	3/18/2014	3/18/2014 7:20:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Were you diagnosed with an eating disorder or did you just have the same symptoms and felt the same way and stuff?		File System (3)	
51	SMS Messages	Incoming	3/18/2014	3/18/2014 7:41:52 PM(UTC-4)	From: 7745713150 Sam Boardman	I know what u mean, like i never binged if my mom was home cus I was embarrassed. You should talk to them though more about how you have been feeling towards food. And yeah what happened was like my mom was worrying about me and took me to the doctor and the doctor was really concerned because of my weight drop and they basically told me I needed to gain weight and how to do it or they would have to get more involved an that they were gonna see how I would do and check up on me. By that point tho I was gaining weigh back anyways cus school started and stuff. I didn't really get help when I was at my worst. And they never actually used the term anorexia, they just kept refering to it as "watching what you ate too much" and "irregular eating". But I know exactly what was going in in my head		File System (3)	
52	SMS Messages	Incoming	3/18/2014	3/18/2014 7:42:06 PM(UTC-4)	From: 7745713150 Sam Boardman	And I'm sorry Am bad at answering. I'm babysitting a crazy 2 year old		File System (3)	

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53	SMS Messages	Outgoing	3/18/2014	3/18/2014 7:55:51 PM(UTC-4)	To: 7745713150 Sam Boardman	Don't worry about not answering right away it's okay I mean I understand, especially if you're babysitting a 2 year old haha. No worries. And yeah I feel embarrassed when they're home and I do it so that's why I wait til they leave or if they aren't going out I sneak food somewhere to go eat alone. And the thing is tho Sam like I dont wanna talk to my parents about it. I've been anorexic twice and my mom was there with me to see the doctors and everything and its just I feel guilty and bad and embarrassed if she knows I'm having problems again. I just don't wanna put her thru everything again you know? And that's exactly what happened with me. My mom brought me in one day bc she was concerned and I lost like 35 pounds from last time and I was at a healthy weight last time so it was bad. They got involved immediately like I didn't have the chance to try to fix it on my own. I'm sorry that you had to deal with it when u were at your worst alone be cause I know how hard that was for you and if I knew you were struggling and if we were closer then, u need to know that I would have never let u go thru that alone Sam. I would have helped you and been there for u in a heartbeat. I'm really proud of you and admire u for getting better on your own tho because it was impossible for me to do it on my own. I give you a lot of credit. I had to quit sports and go to the doctors three times a week and see a therapist and nutritionist twice a week it was awful. My whole life was about food and that stuff and that's why I became suicidal be cause I didn't wanna deal with it all anymore it was too much		File System (3)	
54	SMS Messages	Outgoing	3/18/2014	3/18/2014 8:51:06 PM(UTC-4)	To: 17745713150 Sam Boardman	I know what you mean. I'm always gonna have trouble with food like I feel like there will always be a part of me that thinks too Mich about it and worries about the calories and stuff. I just have to accept that and not let it get me down anymore because I can't stop living my life because of that. Its just hard when it's always on my mind like for me I'm constantly thinking about my weight and how I wanna be skinnier and stuff. And I'm so proud and happy you're doing better Sam. I cam tell you're happier mentally bc you shine so bright now and you have this lightness to you and its really amazing. I cry a lot now I mean I just look at myself and cry. When I cut it lets all that pain out and it helps me feel better. But I know I can't do that anymore but it's hard for me to stop. Thank you tho Sam. Nobody has ever put so much effort in helping me as much as you. You're kinda like a therapist to me now I mean you're helping me get better. It feels good to talk about it with you and I hope you feel the same. I know I'll get over this but it's just really hard to start and I can't seem to. But you're helping me so much with this so thank you		File System (3)	
55	SMS Messages	Outgoing	3/18/2014	3/18/2014 8:52:45 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm not triggering you to start again am I?		File System (3)	
56	SMS Messages	Outgoing	3/18/2014	3/18/2014 9:31:25 PM(UTC-4)	To: 17745713150 Sam Boardman	I want you to listen to this song. Its called Cannonball by my favorite person ever Lea Michele haha. Just listen to it, it will help you. Its helping me		File System (3)	
57	SMS Messages	Incoming	3/18/2014	3/18/2014 9:32:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I think over time you will be able to accept things more. And I'm like happy that you can see an improvement in me, thank you Michelle. And just try and find other ways to cope. Try and put ur anger towards like exercisong or a run or something. You should try soft ball again! It would be so good for u. And no ur not at all triggering me haha		File System (3)	
58	SMS Messages	Incoming	3/18/2014	3/18/2014 9:35:21 PM(UTC-4)	From: 7745713150 Sam Boardman	I'll look it up right now		File System (3)	
59	SMS Messages	Outgoing	3/18/2014	3/18/2014 9:35:45 PM(UTC-4)	To: 7745713150 Sam Boardman	Tell me what you think		File System (3)	
60	SMS Messages	Outgoing	3/18/2014	3/18/2014 9:36:38 PM(UTC-4)	To: 17745713150 Sam Boardman	And yes I see a very good improvement in you Sam. I'm gonna.write you a little note soon. I want you to have something you can always read that I wrote. I feel like that has more meaning.		File System (3)	
61	SMS Messages	Outgoing	3/18/2014	3/18/2014 9:37:49 PM(UTC-4)	To: 17745713150 Sam Boardman	And exercising is another problem I have ill tell you another time tho bc I don't wanna keep u up if you're tired haha		File System (3)	
62	SMS Messages	Incoming	3/18/2014	3/18/2014 9:42:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I like it, it's like motivational. I feel like it could be like a soundtrack to life haha. And thank you. If you want to tell me now u can, I'm just really stressed with this ethics essay and I still haven't studied for history. But I'm here if u still wanna talk		File System (3)	
63	SMS Messages	Outgoing	3/18/2014	3/18/2014 9:45:42 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah I thought it would be good for you to listen to. ldk it empowers me like it gives me a source of strength but that just might be because I love Lea Michele haha. But no it's okay you have a lot to do. We can talk tomorrow. Do you need help with the essay? I just finished mine haha. And history isn't until Thursday so you still have a day		File System (3)	

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64	SMS Messages	Incoming	3/18/2014	3/18/2014 9:52:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Iv never listened to her before now, but I like it. And no I'm all good, I actually don't mind writing it, it's like good to reflect on life. It's just taking Soo long. WAIT ARE U SERIOUS?! ITS THURSDAY!??		File System (3)		
65	SMS Messages	Incoming	3/18/2014	3/18/2014 10:08:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Wtf my Sagittarius, Mar 18: Expect advice seekers. You have all the answers -- and everyone knows it. by astrology.com		File System (3)		
66	SMS Messages	Incoming	3/18/2014	3/18/2014 10:09:12 PM(UTC-4)	From: 7745713150 Sam Boardman	My Horscope is creapy.. Not the part that I have all the answers but the other part		File System (3)		
67	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:09:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg Sam you gotta listen to her haha she has some great songs. And she's just been my inspiration and stuff lately I love her haha she's the actress on glee. But yeah exactly I like writing I mean when I write I need to include something intimate or personal of something Ive experienced or else it doesn't feel right. Do you wanna read mine tomorrow? I wanna read yours if you'd let me? And yeah it's Thursday hahahahah		File System (3)		
68	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:11:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahahah wtf everyone knows it...thats creepy af		File System (3)		
69	SMS Messages	Incoming	3/18/2014	3/18/2014 10:29:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Mines not extremely personal, but I def have put a lot of thought into it. More than the lazy seniors in my class anyways haha. I would love I read yours! And of course u can read mine. I don't feel like I have anything to hide		File System (3)		
70	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:35:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I think we are becoming really good friends and I like that		File System (3)		
71	SMS Messages	Incoming	3/18/2014	3/18/2014 10:40:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha aw Michelle I'm glad		File System (3)		
72	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:40:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that okay with you?		File System (3)		
73	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:40:50 PM(UTC-4)	To: 17745713150 Sam Boardman	And yeah I'd be honored to read yours! I bet it's great		File System (3)		
74	SMS Messages	Incoming	3/18/2014	3/18/2014 10:43:24 PM(UTC-4)	From: 7745713150 Sam Boardman	It's probs not, i need to stop process nagging tho. ☺		File System (3)		
75	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:44:41 PM(UTC-4)	To: 17745713150 Sam Boardman	What is process nagging? Haha		File System (3)		
76	SMS Messages	Outgoing	3/18/2014	3/18/2014 10:54:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait is it okay if I write you a note?		File System (3)		
77	SMS Messages	Incoming	3/18/2014	3/18/2014 10:59:46 PM(UTC-4)	From: 7745713150 Sam Boardman	* procrastinating. Auto correct		File System (3)		
78	SMS Messages	Incoming	3/18/2014	3/18/2014 10:59:54 PM(UTC-4)	From: 7745713150 Sam Boardman	And yes of course u can		File System (3)		
79	SMS Messages	Outgoing	3/18/2014	3/18/2014 11:01:00 PM(UTC-4)	To: 17745713150 Sam Boardman	OH SHITTT SORRY I DIDNT KNOW WHAT YOU MEANT SO ITS MY FUALT ILL STOP TALKING TO YOU IM SORRY!!!		File System (3)		
80	SMS Messages	Incoming	3/18/2014	3/18/2014 11:17:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Stop idc haha it was autocorrect. I'm going to bed now tho, just printed my paper. Goodnight!		File System (3)		
81	SMS Messages	Outgoing	3/18/2014	3/18/2014 11:18:10 PM(UTC-4)	To: 7745713150 Sam Boardman	I wanna read it tomorrow! Goodnight Sam sweet dreams good talk today thank you for helping me		File System (3)		
82	SMS Messages	Outgoing	3/19/2014	3/19/2014 2:20:15 PM(UTC-4)	To: 17745713150 Sam Boardman	I lied I'm not okay		File System (3)		
83	SMS Messages	Incoming	3/19/2014	3/19/2014 2:26:14 PM(UTC-4)	From: 7745713150 Sam Boardman	What's wrong?! I was wondering why u were so quiet		File System (3)		
84	SMS Messages	Outgoing	3/19/2014	3/19/2014 2:27:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm scared when I get home		File System (3)		
85	SMS Messages	Outgoing	3/19/2014	3/19/2014 2:29:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Its so tempting, both my mom and dad aren't home today		File System (3)		
86	SMS Messages	Incoming	3/19/2014	3/19/2014 2:46:39 PM(UTC-4)	From: 7745713150 Sam Boardman	Plan out what u are gonna eat and lay it out in front of you		File System (3)		
87	SMS Messages	Incoming	3/19/2014	3/19/2014 2:46:57 PM(UTC-4)	From: 7745713150 Sam Boardman	And try and eat slowly. You can do it.		File System (3)		
88	SMS Messages	Outgoing	3/19/2014	3/19/2014 2:55:34 PM(UTC-4)	To: 17745713150 Sam Boardman	It's so pathetic that I need to do this		File System (3)		
89	SMS Messages	Incoming	3/19/2014	3/19/2014 2:58:28 PM(UTC-4)	From: 7745713150 Sam Boardman	No it's not! What to go through is a lot more normal than u think.		File System (3)		
90	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:00:22 PM(UTC-4)	To: 17745713150 Sam Boardman	It's just so hard sometimes you know? Normal people just grab a snack or whatever and don't at all think about what it is or how much of it there gonna have. I just wish it was that easy for me		File System (3)		
91	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:13:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I have everything layed out		File System (3)		
92	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:24:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Here we go haha		File System (3)		
93	SMS Messages	Incoming	3/19/2014	3/19/2014 3:26:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I know what you meen, you like automatically overthink it. I'm the same way. But just et and then try and keep yourself occupied		File System (3)		
94	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:27:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah exact and okay. I'm sorry I'm like this		File System (3)		
95	SMS Messages	Incoming	3/19/2014	3/19/2014 3:30:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't be sorry		File System (3)		
96	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:47:03 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm done		File System (3)		
97	SMS Messages	Incoming	3/19/2014	3/19/2014 3:49:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay! Now try and just keep yourself occupied, like lye down an watch you're vids in bed haha (that's what I do)		File System (3)		
98	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:55:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha I'll try that thank you. Its just I can't get my mind off of thinking I need more		File System (3)		
99	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:56:17 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't have the "satisfied" feeling		File System (3)		
100	SMS Messages	Incoming	3/19/2014	3/19/2014 3:58:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Well what did u eat? I have a feelin you didn't eat a lot, so ur still hungry.		File System (3)		
101	SMS Messages	Outgoing	3/19/2014	3/19/2014 3:58:53 PM(UTC-4)	To: 17745713150 Sam Boardman	A yogurt and pretzels and a banana		File System (3)		
102	SMS Messages	Incoming	3/19/2014	3/19/2014 4:01:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u eat lunch and or breakfast?		File System (3)		
103	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:02:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Lunch I had that apple and no I didn't have breakfast and I'm not gonna have dinner		File System (3)		
104	SMS Messages	Incoming	3/19/2014	3/19/2014 4:06:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle that's not enough to keep you going! And apple should only be a side for your lunch. If u are breakfast as lunch, that would have been a great after noon snack. But your body is still hungry from the day since u didn't feed it.		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
105	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:08:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats my problem Sam I literally either lose control and eat a shot ton or barely eat anything at all. So if I'm not gonna binge, I'm gonna eat barely anything		File System (3)	
106	SMS Messages	Incoming	3/19/2014	3/19/2014 4:09:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Ate* (not are)		File System (3)	
107	SMS Messages	Incoming	3/19/2014	3/19/2014 4:14:24 PM(UTC-4)	From: 7745713150 Sam Boardman	I had/ have that issue too! Like can't eat any sweets at my house cus I'll lose control. But avoiding food is alittle different because you need food. You will feel so much more energized if you eat a healthy breakfast, and continue to replenish at lunch. That will help you avoid bingeing. It's especially good to eat breakfast and lunch because those times don't really allow for bingeing, so u can get in a nice meal. Mornings are rushed, And u can't really binge at lunch cus u only have what you bought		File System (3)	
108	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:20:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes I have that problem haha like if I eat one bad sweet I'm like "well I already had one so I might as well have more of doesn't matter now." And I know I need food but it's just every time I'm somewhere like my house where I know I have access to as much food as I want I lose control. At school I'm surrounded by friends and stuff so I don't eat a lot And yeah I domt have time to eat in the morning. I know I'll start eating breakfast and lunch and stiff normally once I feel skinny. Then I'll be fine. Its just now I'm trying not to eat like at all be cause I wanna be skinny. So once I lose weight from not eating then I'll eat normally. Bingeing happens be cause I get so frustrated that it's not working. And I have absolutely no motivation to go to the gym which is another reason I'm trying not to eat a lot		File System (3)	
109	SMS Messages	Incoming	3/19/2014	3/19/2014 4:26:03 PM(UTC-4)	From: 7745713150 Sam Boardman	You will get skinnier faster in the end and make it last if you can develops healthy eating patterns. And your metabolism won't shut off. I'm not encouraging you to eat more now, but by dinner you would already have a net loss of calories anyways and should try and keep up your metabism and fuel yourself. By not eating dinner, you will be hungry, and that's not a good feeling		File System (3)	
110	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:30:30 PM(UTC-4)	To: 17745713150 Sam Boardman	You're absolutely right in everything that you're saying. The reason why I'm so hungry and then binge is because I starve myself the whole day. Do you think maybe you can help me make a meal chart or something tomorrow in deca if he lets us do whatever again? Or would you not want to?		File System (3)	
111	SMS Messages	Incoming	3/19/2014	3/19/2014 4:35:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course I would help you! And yeah I use to not eat breakfast last year cus I thought I was still full from my last binge the night before, but once I started to eat breakfast, my binges were smaller after school cus I didn't feel deprived.		File System (3)	
112	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:38:20 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay thank you so much for doing this Sam It means the world to me. And yeah that's exactly how I feel!! And that makes sense. Maybe I should start eating a salad like you at lunch maybe it will fill me up more? I don't think I'm ready to start eating breakfast yet		File System (3)	
113	SMS Messages	Incoming	3/19/2014	3/19/2014 4:53:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Take small steps in the right direction. Yeah get a salad! Get some chicken on it for protein, which fills you up. A milk on the side too is good if you are comfortable with that. Eating lunch is a good start!		File System (3)	
114	SMS Messages	Outgoing	3/19/2014	3/19/2014 4:56:02 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay I'll get a salad :) and yes you're right small steps in the rights direction are ten million times better than big steps in the wrong direction. And I'm not comfortable with milk yet. Like I'm really starting to get bad habits of calories and stuff again. So I have to watch that. But yeah I think if I eat a better lunch then it will help alot		File System (3)	
115	SMS Messages	Incoming	3/19/2014	3/19/2014 5:04:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand completely. I didn't drink Anything with calories before cus it is like a waste of calories. Like I only drank water and black coffee and tea. Depending on the week and how I'm doing, il drink milk. Some weeks I like forget about calories and other I don't. Kyle got me candy when he asked me to prom and I like freaked out inside cus it was overwhelming. But I just put it away and only eat 1 piece at school in deca so I can share it with lex, and not have to binge on the whole bag. It feels good. That was random but I completely understand the milk thing, it took me so long to drink it again		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
116	SMS Messages	Outgoing	3/19/2014	3/19/2014 5:11:41 PM(UTC-4)	To: 17745713150 Sam Boardman	No Sam I'm so happy you opened up to me about that! Because I cam totally relate! I don't drink anything besides water because of the wasted calories too. When I binge I do drink milk because at that point I have the fuck it attitude and don't care. But since I'm trying to seriously lose weight now that your helping me, I won't go near it. And the whole candy situation, I would of done the exact same thing. I don't eat sweets like candy or anything unless I'm bingeing. But if I'm not gonna binge, I eat only fruit and veggies or nothing at all. Its so messes up. I mean I haven't had one deca cookie. I stay away from them because I know if I have one then I'll feel bad and be like " we'll I had the cookie so the days already ruined". But I'm proud of you that u can drink milk again thats a great accomplishment!		File System (3)	
117	SMS Messages	Outgoing	3/19/2014	3/19/2014 5:14:51 PM(UTC-4)	To: 17745713150 Sam Boardman	And it bothers me soooo much when like fit/ skinny people eat junk and sweets and stiff because I say to myself like wtf whenever I eat that stuff I blow up and feel awful and fat but when they eat it its fine and they don't gain a thing. Idk that bothers me. And when people talk about like food and chipotle and eating so much I just sit there like f you haha because they're skinny and get to eat anything they want without feeling bad or anything		File System (3)	
118	SMS Messages	Incoming	3/19/2014	3/19/2014 5:22:26 PM(UTC-4)	From: 7745713150 Sam Boardman	No but milk is of for you! I know i struggle with it but I don't want you to think I'm discouraging milk! I'm encouraging it cus the protein and calcium. I literally was so obsessed with food that I know like everything about it and all the calories that were in everything I ate and like after I went to the doctors they were encourageig I eat new protein to repair the damage on my hair so now I look for that in everything haha. And trust me, it bothers me too. But I think alr of people have alot of food issues that we just don't know about. Like they act normal but then go home and don't eat. And the eatig out thing, Lexie would always get so mad at me cus I never went out to eat with her over the summer and she would like actually get mad cus she didn't understand. Or like I'd eat a salad before I went over to avoid eating unhealthy food		File System (3)	
119	SMS Messages	Outgoing	3/19/2014	3/19/2014 5:29:42 PM(UTC-4)	To: 17745713150 Sam Boardman	No I know you're not discouraging it haha I'm just saying I think it will take me some time to drink it too. And Yes I was wicked obsessed over food too! Whenever my mom would go grocery shopping I'd ask to come so then I'd go in the food aisles and literally look at the food labels or everything I was buying to see how many calories were in it. And if she cooked something at home and I didn't know what went into it I wouldn't eat it because I was afraid of the calories. And yeah you do have a point k mean maybe we aren't the only ones. But everyone I see still eats and stuff at school So I know they are at least eating something which is good. And I WAS THE SAME WAY with the restaurant thing. I would never go when people asked I'd make up an excuse or something. And Sam I was actually anorexic the first time and I was not only anorexic the second time but I was also bulimic. I didn't tell you that part. And I'm afraid thays gonna happen again		File System (3)	
120	SMS Messages	Incoming	3/19/2014	3/19/2014 5:43:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah same! Like I was so lucky cus my mom was never home when I ate, so I could get away with just eating salad every night and not eating anything but fruit. And image always would ask me and I lied and t was so awk. And exactly like ou probably didn't expect that I had eating issues cus I try nt to show it. Like the only indicator was that I lost 25 pound iver the summer and are only a salad at lunch. At the beginning if the year I remember everyone thought I was weird cus I just got lettus and tried to say I don't like dressing HA. I was a weirdo. I know some people thought I was skinnier and said stuff to me and people asked Evan and Lexie, but not that many people approached me so idk if people really saw the issue		File System (3)	
121	SMS Messages	Incoming	3/19/2014	3/19/2014 5:44:55 PM(UTC-4)	From: 7745713150 Sam Boardman	And being bulimic has a lot I do with bingeing. Do u still purge now? I did that, but not when I wasn't eating. I used To puke last year only if I binged. Have you been able to over come that? I'm happy you are opening up to me		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
122	SMS Messages	Outgoing	3/19/2014	3/19/2014 5:56:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I love this like we are opening up to each other and finally telling all our secrets and stuff to someone who understands! I'm so happy you're opening up to me! I've always wanted to be someone that somebody could trust and tell things too and ask for help and advice and idk I finally feel Like that now so thank you for giving me that. And omg we are so much alike, like we have done and think the same way it's really relieving to say the least. And yeah my mom would give me dinner but I'd go down in my basement with my dog to eat ans I'd give her all my food haha so I had none. And I always lied about it too and said I ate it but I never did. I'd always only eat fruit or a vegetable for a snack nothing else. And my doctor also told my mom to give me protein shakes so my mom would give me it when I got home from school and when she went to get my sister off the bus I would go to the bathroom and dump it down the drain hahaha i was a sneaky shit. And Sam I never approached you or asked what was wrong be cause we weren't close like I used to be really intimidated by you the haha. I felt like u always judged me. But I knew something was up I had a feeling you were having issues. I could sense it because I went thru the same thing. AND I PUT MUSTARD ON MY SALAD BECAUSE IT HAS NO CALORIES! Hahahah that's so funny u brought that up like I tell people I don't like dressing be cause I know it has calories so that's why I use mustard. And yes I still puke once in a while. I did on Sunday actually. I used to do it a lot But I mostly overly exercised. Tbats how I mainly got rid of the food. After eating like am Apple I'd do 200 jumping jack's and after I at pb and banana sandwich I would go run 15 miles. And I'd go on 25 mile bike rides. I went extreme. And I lost so much weight be cause I wasn't even eating a lot so I burned so many calories.		File System (3)	
123	SMS Messages	Outgoing	3/19/2014	3/19/2014 5:58:37 PM(UTC-4)	To: 17745713150 Sam Boardman	I ate a pb and banana sandwich*		File System (3)	
124	SMS Messages	Incoming	3/19/2014	3/19/2014 6:16:01 PM(UTC-4)	From: 7745713150 Sam Boardman	And I understand why u wouldn't have said anything to me but I never judged you! And I hope u don't find me intimidating now!		File System (3)	
125	SMS Messages	Outgoing	3/19/2014	3/19/2014 6:28:18 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHHAHA omg that's awesime haha you read me like a book. Haha yup thats why. And so do u even like the mustard or no? Haha bc you're the only one that "likes it" I mean I don't even fucking like it that much hahahahhah. But Yeah if it wasn't for me my dog would be a twig haha I probably made up 95% of her body fat. AND I HAVE SO MANY STUPID THINGS I DID TOO! Literally id wake up for school every morning at 5 to go downstairs and run in circles in my basement so no one knew. And when no one was home I'd sprint up and down my drive way Like 20 times to burn as much as I could until my mom got back. And holy shit I'd even try to burn calories in school! Like I'd ask to go to the bathroom and I'd just go to the stairs and climb up and down them 24 times HA. and when someone would walk by I'd act normal ans pretend I was tying my shoe HAHAHHAHA. I used to shake my leg like when u sit at the desk and people shake their legs nervously I used to do that bc I thought it burned calories haha now I just do it out of nerves. But aww Sam that really really means so much to me thank you for saying that. I'm honored to be the person who you're telling everything to, you're the only person I've told everything to as well. AND I UNDERSTAND ANND CAM RELATE AND I CARE SO MUCH. And wow that's a lot of running haha I pretty much did the same I mean I felt like if I didn't run that day then I'd gain like 10 pounds which seems so stupid bit that's what I felt. And yeah see idk why I wouldn't get tired like I could keep going for days. But I would faint a lot I used to faint like twice a week haha. And gymnastics would be hard after binging especially because you have to wear a tight leotard so it shows easily. But no! You aren't intimidating to me now at all I think of you as a really awesome and amazing friend and I'm so thankful and blessed to have gotten the chance to know u better		File System (3)	
126	SMS Messages	Outgoing	3/19/2014	3/19/2014 6:28:36 PM(UTC-4)	To: 17745713150 Sam Boardman	And I hope the bulimia thing gets better too		File System (3)	
127	SMS Messages	Outgoing	3/19/2014	3/19/2014 6:28:40 PM(UTC-4)	To: 17745713150 Sam Boardman	And the cutting		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
128	SMS Messages	Outgoing	3/19/2014	3/19/2014 6:54:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahah well I mean I like the mustard but when there's a big clump of it it burns my mouth haha idk. And yeah she did find out actually because she would always wonder why I was down there for 45 mins and I used to say I was trying to find clothes from the dryer but idk she caught on haha. And I know it's really great we can look back and laugh about it. I mean we did the stupidest stuff but it all makes sense like it explains everything. And no way Sam I did the same thong with granola bars! Hahahha or any food that had something fattning in it I'd push it aside or pick out the chocolate chips or whatever. And yes omg I used to be forced to eat breakfast so I'd have a banana and yogurt and if we didn't have those I'd lose my shit and I'd take a granola bar too AND TAKE OUT THE CHOCOLATE CHIPS! That right there is classic. And yeah I can see how gymnastics caused it. You're whole body is exposed bc your wearing such tight clothing you obviously wanna look good. And that's really good that you realized how weak you used to be and gained the weight back this head and got stronger. I'm really proud of you for that. Is that why you quit Quiggs be cause you lost weight and were too weak? And Sam you are helping me and everything you're saying will continue to help me in the long run bc I'll always remember what you told me and I'll always wanna do my best so that I can make you proud. Gradual weight loss is better and its kinda hard because I need to lose it all for the summer so the deadline of 3 months is giving me anxiety		File System (3)	
129	SMS Messages	Outgoing	3/19/2014	3/19/2014 6:57:48 PM(UTC-4)	To: 17745713150 Sam Boardman	This year* (not head)		File System (3)	
130	SMS Messages	Incoming	3/19/2014	3/19/2014 7:09:14 PM(UTC-4)	From: 7745713150 Sam Boardman	I just picked up Lexie so I didn't have a chance to read that all but I will when I get home later and answer then so I can read it all an stuff. Tyl, I'm sory I can't answer properly now		File System (3)	
131	SMS Messages	Outgoing	3/19/2014	3/19/2014 7:10:30 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay no worries. I'll be here, don't be sorry Sam it's all good ☐ drive safe haha		File System (3)	
132	SMS Messages	Incoming	3/19/2014	3/19/2014 9:19:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Three months is enough time to make a change. If u lose like a pound every week, that's 12 pounds which is more than enough weight to lose! Or even a pound ever two weeks! But OMG I'd always do that, I picked appart my food to get the bad out. Or any like cheese or something I thought was fattening. And Michelle I'll be happy for you no matter what. You don't have to lose any weight for me to be proud of you! I just want you to be happier and eat more regularly. But yeah gymnastics was just so hard at that level. I started restricting eating at the end of last year, and that's when the weight started dropping. When I saw my gym friends over the summer at a pool party though, they like were so worried cus this sounds weird, but they know my body and how it looked. I think I also was worried about gaining weight when I quit, so that made me go overbord. Is it like really noticibke that I gained weight, or do I just look like happier?		File System (3)	
133	SMS Messages	Outgoing	3/19/2014	3/19/2014 9:31:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah 3 months is enough time and that's what really motivates me becase I feel like I can do it I jusy gotta start and I'll be alright. But omg cheese! Hahah I'd do the same thing. One time my family and I went out to eat and I ordered a small pizza with like pepper and onions at a topping but I scraped off all the cheese on it and my mom got so mad at me ha but yeah I'd always take off all the fattening stuff. And we'll thank you Sam. I know like if I can lose some weight then I will be so much happier. And yeah I gotta eat more and more regularly. Sometimes I go 2 days without eating so thats when the binge gets real bad. But yeah softball did the same thing to me. I started restricting stuff so I'd look good in my uniform and whatever. And that's not weird. That's exactly what happened with me and softball. Everyone knew me and how I looked and then over the summer I lost a ton of weight and they all noticed and were concerned. I ended up not being allowed to play the rest of the year because my doctor took me out of physical activity so that was hard. And no it's not noticeable! You look healthier now. You're still tiny! I'll be honest, you used to be really skinny like I noticed u were very very tiny and it concerned me too. I had a feeling you were having issues. But you do look a lot happier and better now Sam you really do and I'm so proud of you. And after seeing that you went to McDonald's and had like ice cream and shakes shows me you're so much better		File System (3)	
134	SMS Messages	Outgoing	3/19/2014	3/19/2014 9:33:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I always used to think that people would like me more if I was skinny. I know that sounds really stupid....I still think that alot		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
135	SMS Messages	Incoming	3/19/2014	3/19/2014 9:46:02 PM(UTC-4)	From: 7745713150 Sam Boardman	I believe you can do it, I really do. Especially if u have help and learn to not skip meals. Once u start and get on a routine, it becomes so much easier. And I thought te same, like I look back and wen bough I havnt gained that much weight back, I still wish I was skinnier. But trust me, with your personality, people like you no matter how you look. U have such a positive effect on people. And I think I like wanted people to think I was skinny and I thought like the more I lost the better. Where other people concerned? No one at school ever said they were concerned, they just wondered how I did it. Idk if people could see it the way u could.		File System (3)	
136	SMS Messages	Incoming	3/19/2014	3/19/2014 9:46:19 PM(UTC-4)	From: 7745713150 Sam Boardman	And why don't ou play soft ball again now?! I remember u said u were gonna tell me something about that		File System (3)	
137	SMS Messages	Incoming	3/19/2014	3/19/2014 9:48:57 PM(UTC-4)	From: 7745713150 Sam Boardman	OH and the mcdonalds... Yeah I lost control and binged. But I'm like fine with it. Like I don't feel sick now and it happened and for once I am accepting it.		File System (3)	
138	SMS Messages	Outgoing	3/19/2014	3/19/2014 9:56:49 PM(UTC-4)	To: 17745713150 Sam Boardman	No one has ever told me that they actually believe in me or thnk I can do it so thank you so much for that. And I believe I can now bc of you. You're the reason I'm confident I can conquer this. I feel like of you can just keep helping me, then I'm gonna be okay. So can you help me make a plan tomorrow? I think that would really help. And thanks Sam that's really sweet. I lo e making people happy I just don't ever want anyone to feel alone or like they aren't loved. I want people to feel like they belong and that they're enough. You're probably the most confident and real people I know. You're so real and honest about your opinions and who you are and I really admire that. And no nobody said anything to me that I can remember. I think it was just me because I understood. They were probably all jealous and didn't realize that it was actually unhealthy and you were in pain. And its too late now tryouts are already going on. I was gonna play but I felt like I wouldn't make it and I felt fat in all honesty that's why I didn't play. And well I'm happy you're accepting of the McDonald's thing I mean when you really think about it its not like u did anything bad. To normal people it was fine you were enjoying yourself. Don't deprive yourself you know, everything is good in moderation. Is this the first time youre accepting it?		File System (3)	
139	SMS Messages	Outgoing	3/19/2014	3/19/2014 9:57:33 PM(UTC-4)	To: 17745713150 Sam Boardman	And freshman year when I was anorexic, could you tell something was wrong? Or did anyone say anything about me?		File System (3)	
140	SMS Messages	Outgoing	3/19/2014	3/19/2014 9:58:58 PM(UTC-4)	To: 17745713150 Sam Boardman	*Real person (not people)		File System (3)	
141	SMS Messages	Incoming	3/19/2014	3/19/2014 10:05:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly just always keep your goals in mind. And aw Michelle, u have other reasons to be confident besides me just saying it. U have a lot of will and I know u can put it to good use. I can see that trait in you, you are just so nice and will get far with that attitude. And I'm not confident. I am so insecure at times, especially around really pretty people. In surprized it doesn't show more. But yeah ivalways try and be real, that's one thing about me. I'll say what I think, and people can judge me for it all they want. Idk I just hate people who pretend to be somethingb their not. But Michelle don't give up in the soft ball thing, I think it could really help if u got involved in sonethibg again. Or maybe like a club team or something. I'm going to bed now tho, ima pass out. Goodnight Michelle!		File System (3)	
142	SMS Messages	Outgoing	3/19/2014	3/19/2014 10:14:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you Sam It means more to me than you'll ever know. You're really saving my life I mean that. And yeah im the most insecure person you'd ever meet. And yeah around pretty people I'm really insecure but Sam you are one of those pretty girls you shouldn't feel insecure around them. You're probably prettier anyways you're beautiful. But yeah you domt come off insecure at all. You have a brightness and confident attitude. And yeah I love that you're real. That's something nobody is these days (Kristen) haha so domt ever give that quality up. I have a lot of respect for you Sam. And I've already given up with it but i thnk I'm gonna help coach my sisters team this summer which is good. But okay good night Sam I'll see ya tomorrow thanks again for everything you're amazing, love u		File System (3)	
143	SMS Messages	Incoming	3/19/2014	3/19/2014 10:14:55 PM(UTC-4)	From: 7745713150 Sam Boardman	And i dot think unnoticed too much cus I don't know I that well and don't see you everyday when we were freshmen		File System (3)	
144	SMS Messages	Incoming	3/19/2014	3/19/2014 10:15:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Your very welcome		File System (3)	
145	SMS Messages	Incoming	3/19/2014	3/19/2014 10:17:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Your nice words go afar ways. And that would be so good to coach! thank you so much tho		File System (3)	
146	SMS Messages	Outgoing	3/19/2014	3/19/2014 10:18:07 PM(UTC-4)	To: 17745713150 Sam Boardman	You don't have to thank me, but do you still wanna do that plan thing with me or no?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
147	SMS Messages	Incoming	3/19/2014	3/19/2014 10:18:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess of course		File System (3)	
148	SMS Messages	Outgoing	3/19/2014	3/19/2014 10:19:14 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay thank you you're the best, sweet dreams!		File System (3)	
149	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:20:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you at work		File System (3)	
150	SMS Messages	Incoming	3/20/2014	3/20/2014 3:21:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Nope I'm home. How u doing?		File System (3)	
151	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:22:51 PM(UTC-4)	To: 17745713150 Sam Boardman	I couldn't do it today		File System (3)	
152	SMS Messages	Incoming	3/20/2014	3/20/2014 3:28:23 PM(UTC-4)	From: 7745713150 Sam Boardman	I had a feeling it would happen today, because all you ate at lunch was lettuce. But I didn't eat to make you eat somethin or embarass you. But the lung u ate was like 100 calories. And I'm assuming you didn't eat breakfast. I only didn't get that chicken cus I have gluten sensitivity. But that chicken was perfectly fine. Just because it is breaded doesn't meen it's not healthy! You you are undoubtably going to binge if u don't eat meals throughout the day. I know it's hard, but remember that it is way better to eat healthy food throughout the day than eating a lot of unhealthy food in one sitting instead		File System (3)	
153	SMS Messages	Incoming	3/20/2014	3/20/2014 3:28:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I didn't want *		File System (3)	
154	SMS Messages	Incoming	3/20/2014	3/20/2014 3:34:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Try getting sides with it! Like fruit or rice or something. Or just get the normal lunch. Like today it was grilled cheese and some days it's like pasta. That food is all healthy! It has to be for health code. I just can't cus my gluten. That also was a HUGE part of everything. I just was sold cus I was always sick like at gymnastics and stuff and I would feel so suck even if I didn't eat alt and I didn't know why so I figured out that like fruits and vegetables didn't upset my stomach so I would only eat that. I didn't realize it was the gluten, so I jut didn't eat like pasta or stuff and then I figured it out		File System (3)	
155	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:39:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I dont like any other chicken besides the grilled chicken tho. And no I didn't have breakfast. Like I won't have the other chicken because my mind tells me it's not good for me. And I know what's gonna happen tomorrow already- im gonna go the whole day without eating anything because I feel bad and discusted about this binge. I'm gonna end up going home and binging again. That's exactly what's gonna happen. And yeah maybe I'll get like an Apple or orange to go with the salad. But no I won't get a normal lunch be cause my mind tells me it's fattening. Salad is the only option for me. I won't eat cheese or pasta.		File System (3)	
156	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:41:41 PM(UTC-4)	To: 17745713150 Sam Boardman	But that makes So much sense about the gluten problem. Im really happy you figured it out tho be cause figuring that out saved a big part of your life		File System (3)	
157	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:42:37 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm actually really upset right now		File System (3)	
158	SMS Messages	Incoming	3/20/2014	3/20/2014 3:48:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle don't be upset, just beat the binge tomorrow. Have a healthy breakfast. Get a lunch that will keep u energised. I understand wih the other food tho, but the wraps are healthy too! And it has like the bread and more food groups. You know tht ou will binge if u don't eat breakfast or lunch, so jut try it. I eat a big breakfast and it just feels so good. I worked my way into it tho. Like for example, I use to just eat oatmeal, and then to gradually change I started adding milk to my oatmeal, then eventually almonds and eventually I would have a banana with it. Like small steps like that! It helps so much.		File System (3)	
159	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:55:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm gonna be completely honest with you right now. I'm not gonna get myself to have breakfast or lunch tomorrow. Its just not going to happen I know it won't. I'll probably end up trying to not eat the whole day so then I can start fresh Saturday morning. And I know exactly what u mean by working into it. I've done that a lot with many different things. But also u know how you said maybe I could have sprinkled cereal with yogurt? I didn't wanna tell u this when Lexie was there but when I'm eating healthy and not binging, I won't eat any cereql. I'll try to only eat fruits and veggies that day. Doing that is the only way I can stay on track becace once I eat something else like meat or crackers or whatever I feel like I ruined the day so I get the fuck it attitude and binge. My whole relationship with food is just so messed up		File System (3)	
160	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:57:06 PM(UTC-4)	To: 17745713150 Sam Boardman	You're helping me more than you can imagine tho like talking about this with you and knowing that you care is the most amazing feeling		File System (3)	
161	SMS Messages	Outgoing	3/20/2014	3/20/2014 3:57:31 PM(UTC-4)	To: 17745713150 Sam Boardman	And if I'm bothering you about this now tho u can tell me		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
162	SMS Messages	Incoming	3/20/2014	3/20/2014 4:03:20 PM(UTC-4)	From: 7745713150 Sam Boardman	You can not survive on fruit And vegetables. You are missing so much nutrients! Calcium, iron, and protein are all so important, and fruit provides close to none of those. I know it's hard to eat those things, it was hard for me too. But u have to realize that eating healthy isn't eating only fruit and vegetables.bthats far from healthy. It took me so long to be able to eat a yogurt and the granola, but it makes it easier that it's in the morning and you won't have time to binge. You know that by not eating breakfast tomorrow u will binge. Even if u make it to Saturday morning, you will binge then. You have to just do it. U will feel so accomplished and realize that u can eat it and it is healthy. Start tomorrow as a new day. And don't disregard today. Still dot forget to eat dinner. What did u have when u got home from school?		File System (3)	
163	SMS Messages	Outgoing	3/20/2014	3/20/2014 4:12:41 PM(UTC-4)	To: 17745713150 Sam Boardman	You're right in every thing you're saying. I know it's not healthy to just eat fruits and veggies but to my mind thats the only healthy way so I need to get out of that concept. And I can't promise u that I'm gonna eat breakfast tomorrow but I can promise u that I'm gonna try my hardest. But I'm nit gonna eat dinner tonight because I didn't purge. If I threw it up then maybe I would have but I didn't so I dont wanna eat any more calories today. And we'll I had all junk became I completely lost it. I had goldfish, a peanut butter (which I searched for and found) and jelly sandwich, pb crackers a few oreos, cereal, and banana bread...		File System (3)	
164	SMS Messages	Outgoing	3/20/2014	3/20/2014 4:13:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Because I completely*		File System (3)	
165	SMS Messages	Incoming	3/20/2014	3/20/2014 4:22:10 PM(UTC-4)	From: 7745713150 Sam Boardman	And all of that added up is short of 2000 calories by a lot I bet. Don't feel bad about it! You were so hungry. Use what u did today and learn from it. The idea of heathy that u have is concerning because it shows that u want to try and starve yourself		File System (3)	
166	SMS Messages	Outgoing	3/20/2014	3/20/2014 5:37:32 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm so sorry it took so long to respond! But I do feel bad because it was all junk and sugar and carbs and fattening stuff it just thinking about that gives me anxiety. And I know this may sound weird but I like the feeling of starvation		File System (3)	
167	SMS Messages	Outgoing	3/20/2014	3/20/2014 5:40:18 PM(UTC-4)	To: 17745713150 Sam Boardman	I cut again Sam		File System (3)	
168	SMS Messages	Outgoing	3/20/2014	3/20/2014 5:54:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I know you tell me to do other things like draw or write but cutting is the first thing that pops into my head because I've done it for a while and I'm used to it and I know that it brings satisfaction from the guilt I feel to get rid of the pain		File System (3)	
169	SMS Messages	Incoming	3/20/2014	3/20/2014 6:07:19 PM(UTC-4)	From: 7745713150 Sam Boardman	I just woke up so now im the one who's sorry they didn't answer. I know what you meen about the feeling of starvation, cus it makes u feel like you are losing weight. But that feeling will also lead to a bing and will slow down your metabolism I you don't fofil it. This whole process shouldn't be about losing weight, it should be about developing healthier eating patters. I think hat in order to stop the cutting, the reasons behind the cutting needs to be tackled.		File System (3)	
170	SMS Messages	Outgoing	3/20/2014	3/20/2014 6:17:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's exactly what it feels like for me. But yeah it always leads to a binge and I just have to realize that. And I think my metabolism is slow because of all the damage I've done. So I feel like it will take a while to fix. But if I develop healthy eating patterns then I know it will be fixed. I just have to do it. The hardest part is the beginning. But once I start I'll be fine. Once I start I'll probably go extreme tho bc I'll realize it's working. That's a big fear I have. And yeah you're right about the cutting. I try not to do it be cause I domt want to scar. I do it in places where it seems like it is a cut by accident and doesn't look like I did on purpose. So I have little scars like on my shin or whatever but the places I tend to do it a lot is on my bikini line on my hip be cause no one can see that. I also have done it on my thighs. I do it on my hand usually because it's just easier and it hurts more.		File System (3)	
171	SMS Messages	Incoming	3/20/2014	3/20/2014 6:34:49 PM(UTC-4)	From: 7745713150 Sam Boardman	If you can start to eat 4 meals a day of healthy stuff with all four food groups and can lose weight that way, it will be less likely that you lose control again. And just remember that cutting will only hurt you in the long run. It won't justify what you ate and will physically and mentally make the problem worse.		File System (3)	
172	SMS Messages	Incoming	3/20/2014	3/20/2014 6:35:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm going tanning right now, I'll text you later! You can still answer now tho if you want!		File System (3)	
173	SMS Messages	Outgoing	3/20/2014	3/20/2014 6:36:52 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah I'm gonna start to follow the meal plan that you and Lexie made me. I feel like that is really gonna work. You have no idea how much it means to me that you did that. And okay haha don't get burnt again ;)		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
174	SMS Messages	Outgoing	3/20/2014	3/20/2014 7:56:28 PM(UTC-4)	To: 17745713150 Sam Boardman	There's something else I need to tell you		File System (3)	
175	SMS Messages	Incoming	3/20/2014	3/20/2014 8:08:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey I'm back, what it is		File System (3)	
176	SMS Messages	Outgoing	3/20/2014	3/20/2014 8:09:23 PM(UTC-4)	To: 17745713150 Sam Boardman	How was it??		File System (3)	
177	SMS Messages	Incoming	3/20/2014	3/20/2014 8:12:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Good! I didn't get burnt I don't think. I'll be able to tell more in the morning though. What did you have to tell me. My ou know u can tell me anything		File System (3)	
178	SMS Messages	Outgoing	3/20/2014	3/20/2014 8:15:45 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha that's good. But don't worry because it will never be as bad as my tan was last year hahaha. And I know I can tell u anything and that means the world to me I rally appreciate it, You know you can always tell me anything too. I think we have established a really good trust and advice system between us. And I'll tell u but you might be a little freaked out		File System (3)	
179	SMS Messages	Incoming	3/20/2014	3/20/2014 8:20:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I agree, I already trust u so much. And haha just tell, I don't think I'll be freaked out. I'm prepared haha		File System (3)	
180	SMS Messages	Outgoing	3/20/2014	3/20/2014 8:22:04 PM(UTC-4)	To: 17745713150 Sam Boardman	I trust you more than anyone Sam and I'll always stand up for you and stand by your side thru everything. And okay well I have really bad nightmares like every night. They're of the Devil and I feel like he wants me. I feel like he's trying to tell me something like idk if it relates to this food thing but I think it might		File System (3)	
181	SMS Messages	Outgoing	3/20/2014	3/20/2014 8:26:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I know that sounds so stupid and weird but idk why it happens it scares me		File System (3)	
182	SMS Messages	Incoming	3/20/2014	3/20/2014 8:31:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank you Michelle, that means a lot. And why would that freak me out?! That's like normal to still have night mares. People think that only kids have them but that's not true. I don't know much about it so idk why it happens bit just know that no devil is trying to get you, cus u are the last person a devil would go for cus ur suh a good person. There's a chance it has to do with food and how u think towards it. Cus like you are almost scared of food so u might relate the scary dream to food. But I don't really know. I don't think the dreams are telling you something, but I can see why u would think that		File System (3)	
183	SMS Messages	Outgoing	3/20/2014	3/20/2014 8:45:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm like crying my eyes out right now. I haven't had anyone care about me or w ha I'm going thru since Alice like 2 years ago. Since then I haven't really had anyone. No close friends no nothing. I'm a floater. But you care you really do care and I'm just so happy that I have you as a friend now and I'm happy it was you out of anyone that I coukd relate about everything to. I'm happy and extremely thankful it was you. And I thought it might freak you out because I've told Lisa and she freaked out and thinks I have issues. I've told like 2 others and they thnk the same. The only person who actually gave a shit about them and my problems and stuff was Alice. I thought I was never gonna find anyone again that cared. But I found someone. I found you. And yeah when I was little I used to have night terrors which is like a sleepwalking nightmare. I used to bang my head on walls and scream and stuff and when I woke up I had no idea what happened. And now I have these nightmares. When Alice used to sleepover, she told me that I do a lot of things in my sleep during the nightmares that really scared her so that's why it's like nerve racking for me because idk if it's getting worse or not because she's the only one whose seen me have them. The Devil tries to kill me in them. And when I wake up I'm scared as hell. It takes me a good 10 minutes to calm down. But that's a good point. Maybe since I'm scared of food I relate it to the nightmare. And the weirdest and scary thing is is that I had them for 6 months then they stooped for 6 months and then they happened again for 6 months and stopped for 6 and now I'm on the 3rd month for them again, and the devils number is 666... idk if thays a coincidence or just bad luck		File System (3)	
184	SMS Messages	Incoming	3/20/2014	3/20/2014 8:55:56 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so touched that u feel that way about me, thank you Michelle. And you do have so many friends, like you literally can have a conversation with anyone. I remember when u and Alice were close tho, I always wondered what the reason was for her mom not letting u hang with her anymore tho. That's what u heard anyways which is so stupid. And I don't think the 666 has anything to do with it! Like I didn't even know that was the devils number so I wouldn't have even guessed that. I wouldn't think much of it. Just remember that it was just a dream and that nothing like that will ever hurt you. When you wake up, it will all be gone		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
185	SMS Messages	Outgoing	3/20/2014	3/20/2014 9:02:40 PM(UTC-4)	To: 17745713150 Sam Boardman	I have school friends. I don't have anyone I hang out with outside of school. I want to but I'm too insecure and feel to fat to hang out with anyone. But nobody ever asks me to either. Idk why no one asks me I mean everyone seems to like me in school but outside of it I'm all alone. And yeah me and Alice used to be really close. I can get into the details if you want to know What happened. But yeah I know it won't hurt me but it's every night and it just gets so hard. I dont get a lot of sleep because I'm afraid to.		File System (3)	
186	SMS Messages	Incoming	3/20/2014	3/20/2014 9:06:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Well I'll hang with u sometime! I meen I do t do much, me and lex usually go somewhere and get food. Which could be good for you. I would love to know more about he Alice thing if ur comfortable telling me tho		File System (3)	
187	SMS Messages	Outgoing	3/20/2014	3/20/2014 9:09:20 PM(UTC-4)	To: 17745713150 Sam Boardman	You'd really hang out with me? And yeah I'd love to like hangout with you and Lex too that would be so fun and nice I'd really like that. And I'd go with you to get food if you're going somewhere I'd be comfortable getting something if you know what I mean. But it's such an honor to hang out with you I can't believe you'd want to. And yeah of course I'll tell you! Now or another time?		File System (3)	
188	SMS Messages	Outgoing	3/20/2014	3/20/2014 9:35:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Or if your tired you can go to bed haha		File System (3)	
189	SMS Messages	Incoming	3/20/2014	3/20/2014 9:43:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha why honored!? We don't mind, the more the merrier. And yeah we only go places I'm comfortable too so no worries. And I want to be able to give u my undivided attention when u tell me a story so I can like duly read and give a log and thought flu answer ad I don't think I can do that now haha so we can save tht story for tomorrow of that's alright wit u! I love hearing ur stories tho like I jut love like learning more about people		File System (3)	
190	SMS Messages	Outgoing	3/20/2014	3/20/2014 9:52:51 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm honored because you and Lexie are two people I really admire and respect and would love to be good friends with. I feel like I have a new found closeness to you guys and I'm finding out so much about you that I never knew and I we are so alike and have been thru the same things. I know who you are now Sam and I love it. But no you go to McDonald's haha and I dont eat anything from there. I haven't had.McDonald's since 5th grade. And that's so nice of you that you do that like you give me all you're attention. I do the same for you. I really want my responses to what you say to mean something and help you and answer everything you said. I like giving you long and thorough answers back as well. When you do that it lets.me know you really care. I don't think anyone.else would ever do that so thank you. And yes I'll tell you tomorrow that sounds great! I have a lot to say haha. I love hearing all about you too. It makes me happy and I feel like you really trust me and stuff and what to be friends. It means a lot		File System (3)	
191	SMS Messages	Outgoing	3/20/2014	3/20/2014 10:48:31 PM(UTC-4)	To: 17745713150 Sam Boardman	What do u you mean how I acted certain ways haha like what ways? And yeah I wear sweatpants because that's the only thing I feel comfortable in unroll I lose weight. HAaha and the numbers stick to me too with things I get at places. I'll get the same thing every time be cause I know how man calories are in it. Like if I knew I was going out to dinner, I'd plan my whole day according to that so I knew it was okay for me to go out. And okay well there's a lot to say about her so be ready haha. And if you have any stories of something I wanna hear them too! Goodnight Sam sweet dreams ☐		File System (3)	
192	SMS Messages	Outgoing	3/20/2014	3/20/2014 10:49:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Until (not unroll)		File System (3)	
193	SMS Messages	Outgoing	3/21/2014	3/21/2014 1:40:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you working today		File System (3)	
194	SMS Messages	Incoming	3/21/2014	3/21/2014 1:41:21 PM(UTC-4)	From: 7745713150 Sam Boardman	No but I have a Cher banquet at 6. What's up		File System (3)	
195	SMS Messages	Outgoing	3/21/2014	3/21/2014 2:15:24 PM(UTC-4)	To: 7745713150 Sam Boardman	Oh Okay and well I just didn't know if we could talk or not		File System (3)	
196	SMS Messages	Incoming	3/21/2014	3/21/2014 2:41:00 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm here. Did u eat breakfast and lunch?		File System (3)	
197	SMS Messages	Outgoing	3/21/2014	3/21/2014 2:44:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Not breakfast I knew I wasn't gonna be able to and I didn't have lunch money. I had an apple tho. I feel like whenever you're in my lunch you motivate me to get it. I was gonna talk to you before when u asked if I ate already and I said I was going now. I wanted to tell you I didn't think I could get it but I was scared		File System (3)	
198	SMS Messages	Incoming	3/21/2014	3/21/2014 2:51:00 PM(UTC-4)	From: 7745713150 Sam Boardman	I woulda given you money! You are gonna binge now, your body needs the food.its natural, like your body is deprived. By this point, it's just as unhealthy to not binge as it is to binge. We have history tomorrow first period on Monday? Do u want me to bring you somethig for breakfast?		File System (3)	
199	SMS Messages	Incoming	3/21/2014	3/21/2014 2:53:07 PM(UTC-4)	From: 7745713150 Sam Boardman	*not tomorrow, I meen Monday		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
200	SMS Messages	Outgoing	3/21/2014	3/21/2014 2:55:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I wanna binge so bad but I would rather not eat at all. And when I have lunches with you, you motivate me to get something like talking to you makes me feel better. It calms me down. I need to talk to you in school more. Not just about this but in general. I have anxiety during lunch because I don't know if I should eat or not. And we'll it depends what you would bring me I mean Sam it's so nice of you to do that you really don't have to		File System (3)	
201	SMS Messages	Incoming	3/21/2014	3/21/2014 3:20:53 PM(UTC-4)	From: 7745713150 Sam Boardman	You have to eat something. More importantly, you have to break this cycle. What lunch do you have on Monday? I know what you mean, and I'll talk to you whenever you want! And maybe like a bag of cereal and a piece of fruit, or honestly whatever! I think the cereal would be good to help you get over eating carbs in the morning. You will feel so much better if you do that. And the fruit is also good so that it's something you are already comfortable with. I can bring it, or you can bring whatever you want and like eat it in class so that being there is motivation for you, ya know!?		File System (3)	
202	SMS Messages	Outgoing	3/21/2014	3/21/2014 3:29:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I just binge <input type="checkbox"/> and I know I really need to break this cycle I don't know how much longer I can take this. If I didn't have you I'd be a complete mess with no hope at all. And I have last lunch on Monday (ethics), and yeah I wanna talk to you more. But I don't want easy cereal anymore because of the sugar. I want to stay away from that but I'd definitely be comfortable with fruit. I really like eggs too so maybe I could have an egg. But I'd bring in fruit if I don't make an egg and I'll eat in class on Monday because yeah you being there really helps!!		File System (3)	
203	SMS Messages	Outgoing	3/21/2014	3/21/2014 3:30:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Eat (not easy) cereal*		File System (3)	
204	SMS Messages	Incoming	3/21/2014	3/21/2014 3:39:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Cereal doesn't have a lot of sugar! Some do obviously, but so does fruit. That's part of the learning healthy eating. You have to eat all food groups. You have to realize that it is okay to eat those things.		File System (3)	
205	SMS Messages	Outgoing	3/21/2014	3/21/2014 3:42:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't know my mind just immediately tells me that cereal is not healthy or whatever. Like there are certain foods my mind automatically calls unhealthy and I won't allow myself to eat those things		File System (3)	
206	SMS Messages	Outgoing	3/21/2014	3/21/2014 3:50:35 PM(UTC-4)	To: 17745713150 Sam Boardman	And Sam like I don't know if you've realized but it's kinda hard for me to be able to talk about my issues with food with you in person. Like I have a hard time talking about it when I'm actually with you. I think that's why I'm timid on talking to you at school about it when I need help or I'm feeling anxious. I'm working on it though because I'm realizing you'd help me so much and that talking to you makes me feel better because you motivate me easily. Like for example today I wasn't gonna eat anything at all but then you asked if I ate already and that reminded me I needed to eat something. So that really helped so thank you for doing that		File System (3)	
207	SMS Messages	Incoming	3/21/2014	3/21/2014 3:58:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand that completely. And the fact that there are other people around. But if you feel like you need to talk to someone at school or need encouragement, I'm there. And you can come to my locker before history as we can walk to history on Monday, and when we have math and then first I'll do the same. And you can eat in class. I think that would be good so that you know that you can't let me down.		File System (3)	
208	SMS Messages	Outgoing	3/21/2014	3/21/2014 4:11:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha Sam thanks for providing me with the cheerios box <input type="checkbox"/> And Yeah it does have only 1 gram of sugar and vitamins and minerals which I didn't even know about. But to be honest I'd probably be more comfortable with the chex cereal next to it haha. My mom used to buy that and I really liked it. And I know ours healthy so I'll eat it. And yes I used to have the same problem like I always used to want to eat the whole box because I couldn't stop myself. I actually used to eat cereal for all 3 meals. But yeah if you could bring me in a small baggie of that then I would really really appreciate that thank you so much. And yes when other people are around that's when I get really shy about it. I like don't really want other people knowing I'm struggling like people who I'm not even friends with especially. It just makes me feel like a freak I don't know. And all I think about all day is what I'm going to eat or if I'm gonna try not to eat at all that's all I can think about. It's getting harder for me to focus on school work lately. And would you be okay if I started walking to class with you? I'd really like that because we can talk and stuff without other people listening in. Thank you for being there for me and offering to walk with you really means so much to me. It makes me so happy that you care so much, no one ever has. And yeah eating in class in the morning with you in it would make me eat because yeah I know I can't and won't let you down.		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
209	SMS Messages	Incoming	3/21/2014	3/21/2014 4:27:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay I'll bring the chez then! I eat those every day with my yogurt too! Just remember that I'm extremely health conscious, and if I can eat it so can u. It's not like I'm a fit person suggesting u eat a burger haha. And you should have a piece of fruit with it, I can bring that or u can. Breakfasts should be AT LEAST 300 cal, but we can work into that. If u divide 2000 calories into 4 meals(breakfast, lunch, after school, dinner) each meal should be no less than 400 cal so u can also have a snack in between it after dinner with room to spare. BUT I don't want u to try and count calories, that's not what it's about. That will just bring back old habits. But that just gives an idea so that u see that eating breakfast good so that u can spread uo your eating throughout the day		File System (3)	
210	SMS Messages	Incoming	3/21/2014	3/21/2014 4:30:26 PM(UTC-4)	From: 7745713150 Sam Boardman	And you can come to my locker whenever or walk with me whenever! I'm locker 91 haha. I know what U meen, and although I am recovering I still think about food ALL THE TIME but omg after I started eating a big breakfast it helps so much cus ur stomach isn't rumbling, which reminds me. And like I literally would start to like shake cus id be so hungry an id get like cranky, and that all goes away. Food will make you so much happier, instead of saving all that energy after school for after u binge		File System (3)	
211	SMS Messages	Incoming	3/21/2014	3/21/2014 4:30:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Chexs*		File System (3)	
212	SMS Messages	Incoming	3/21/2014	3/21/2014 4:30:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Chex*		File System (3)	
213	SMS Messages	Incoming	3/21/2014	3/21/2014 4:31:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Not like I'm a fat person* geez I can't type		File System (3)	
214	SMS Messages	Outgoing	3/21/2014	3/21/2014 6:31:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Well if chex is your cereal I don't wanna take that from you! I'll feel bad. But that is somethmg I will eat. But if I have those I'm not gonna be ready to have a fruit too. I'm not ready for that. And if I wanna lose weight, I know tgat 2000 calories is perfect with exercise and stuff but to my mind that seems so much. Like I'm only allowing myself to eat 1000 or less. And yeah I'm more concerned with the overall" is it healthy and no fat too many calories" aspect of the food like I won't count the calories I've had all day if I know that everything I had was healthy and little calories. Idk if that makes sense. I think eating a big breakfast is going to take some time. I'll eat the chex but that's it for now. I'm still even like wary on that. And yeah I used to always be so cold be cause I didn't have any body fat to keep me warm haha. And I'd be really cranky and like depressed because I'd be so hungry. And Sam like if I habe no food in me I feel better. Idk if that's weird but like if I feel skinny and empty then I'm happy		File System (3)	
215	SMS Messages	Outgoing	3/21/2014	3/21/2014 6:31:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry that took long to respond. I fell asleep and it took me like 30 minutes after I woke up to calm down		File System (3)	
216	SMS Messages	Outgoing	3/21/2014	3/21/2014 8:52:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh crap im sorry I forgot you had the banquet		File System (3)	
217	SMS Messages	Incoming	3/21/2014	3/21/2014 9:16:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha no we have plenty. And I understand if u don't have fruit. Baby steps. And OMG cheer I was ALWAYS COLD!! And HOLLY SHIT football games that were 20 degrees, no one could relate. Like people would complain about being cold when they had no idea. And Michelle 1000 calories is starving yourself of nutrients. Like that is starving for me, and because I'm shorter I need less calories per day than u. You need to do something that will lead to healthy eating patterns and a healthy relationship with food. I'm not goi to help I if u plan on starvig yourself, I don't want people to think I'm encouraging that. If I were to do that u don't know how guilty I would feel		File System (3)	
218	SMS Messages	Incoming	3/21/2014	3/21/2014 9:23:44 PM(UTC-4)	From: 7745713150 Sam Boardman	If u want my help you need to clarify and promise to me that I'm helping you develop a more healthy relationship to food that will last, not helping you starve yourself		File System (3)	
219	SMS Messages	Outgoing	3/21/2014	3/21/2014 9:25:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good and Yeah baby steps is what it's gonna have to be. I'm sorry I'm so difficult. Its just its gonna be hard to transition. And Omg yes I used to be freezing!! Like for softball games in the fall and early spring it would be like 20-30 degrees sometimes and I'd be so cold and everyone would say that they were cold but id be no you have no idea haha. And yeah my anorexia mind is coming back. I can feel it. I need to stop it before it's too late. And you're helping me Sam you really are. You are helping me have a more healthy relationship towards food it's just my anorexia mind is trying to take over again. That's what we have to work on		File System (3)	
220	SMS Messages	Outgoing	3/21/2014	3/21/2014 9:29:00 PM(UTC-4)	To: 17745713150 Sam Boardman	But by you making me a meal plan and telling me things are okay and healthy to eat, its helping relieve the anxiety and fear I have towards it so yes you are helping so much I can't thank you enough. I'm just sorry I'm so difficult and stuff its just that food has ways been an issue for me		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
221	SMS Messages	Incoming	3/21/2014	3/21/2014 9:31:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly like I wanted to scream at the heavier people complaining! And that's what I want to help u with. You will be so much happier once you tart eating more normally tho. Are u willing to promise me that you will not starve yourself? Are u gonna promise me that this is gonna be about developing a healthy relationship with food, and that ull be honest with me?		File System (3)	
222	SMS Messages	Outgoing	3/21/2014	3/21/2014 9:40:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know I'd literally wrap myself in a blanket once I got into the dugout and I always felt like crying be cause I just wanted to go home. And I know I can't wait for the day I start eating healthy and have healthy eating patterns. And I'm so confident that you're gonna help me get there and get thru this. I just gotta keep holding on and do everything you say. And I will do everything you say because I wanna get better and win this battle. I'm determined. I don't wanna starve myself and I'm ginna try my best not to. Its just right now I feel that's the only way. Once I see I lost some weight I'll start eating more(all the healthy stuff on the meal plan) But to get there and do it I feel like I need to feel skinny first. But yes I know this is about getting a healthy relationship with food and you're gonna get me to that. But yes I promise I'll be honest with you. I'm a big fan of honesty. I'll never lie to you or tell you I ate something when I didn't. I'll always be honest about everything I do because that's the only way I'll get better		File System (3)	
223	SMS Messages	Incoming	3/21/2014	3/21/2014 9:47:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Starving your self is not the only way. It's short term. U will eventually starve to death or u will binge. We wanna break that. So in order to "get skinny first" there will be no starving under my watch. If u go down I'll go down with u. I'm going to bed tho, work in the morning. Chalange your self for breakfast. Have a carb with friut or a yogurt. Get a carb in tho! Text me if you have any troubles. I have work 9 to 5:30 with a lunch break at like 2 so I u text me after I go to work I can answer on my lunch if u need		File System (3)	
224	SMS Messages	Incoming	3/21/2014	3/21/2014 9:47:51 PM(UTC-4)	From: 7745713150 Sam Boardman	GOODNIGHT!		File System (3)	
225	SMS Messages	Outgoing	3/21/2014	3/21/2014 9:55:54 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah you're right starving is only short term and will lead to binge. I have to get that thru my head. Okay I won't starve. And thank you Sam you're saving me. What you're doing is the most caring and nicest thing anyone ever has done for me. And wow that's a long day of work. But okay I'll try to have breakfast. I'll have an egg! Well I'll try my.best to. And okay I'll text you if I need help. I just domt wanna bother you I mean we've been talking about this every day and I just domt know if that's annoying you or you're fine with it so please be honest and tell me if I'm bothering you. Goodnight Sam sweetest dreams! Have a good day at work!		File System (3)	
226	SMS Messages	Outgoing	3/21/2014	3/21/2014 10:01:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't cut today tho so that's good right?		File System (3)	
227	SMS Messages	Incoming	3/21/2014	3/21/2014 10:08:29 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm very proud of you. And one egg is not a proper breakfast. Really push urself for two eggs at least m. Eggs are 70 cal each if I'm correct. Not enough for a breakfast. Remember, it's better to eat earlier so u can burn off the energy throughout the day. I just had ice cream... Two bowls. I'm mad but like sometimes you need to i guess. Aka this whole week for me. Whatever tho, I'm accepting it. And I'm not annoyed at all! I like helping. OK, OFFICIAL GOODNIGHT NOW! Sweet dreams, literally		File System (3)	
228	SMS Messages	Outgoing	3/21/2014	3/21/2014 10:15:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah you're correct, memorized that too I see. And thanks I really tried hard not to cut today and I did it. Now I just gotta try as hard with food. And okay I'll try for 2 but I can't promise I'll be able to. And we'll I had ice cream today too when I binged haha so I'm with you. And I mean I'm happy you're accepting of what you do now and don't sulk in regret. And okay Thank you I just wanted to make sure! GOODNIGHT and I don't dream remember haha		File System (3)	
229	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:19:19 AM(UTC-4)	To: 17745713150 Sam Boardman	I had an egg for breakfast! I made 2 but i could only get myself to eat one. But I did try. And that was at 830 and I stopped after I finished and didn't go back to any more food, I drank water and told myself that I was good and didn't need any more. And I had sat class anyways at 930 so that helped me not eat any more because I knew I had to go there. And now I just got home and I'm having a lot of feelings and stuff and I don't wanna eat anything for the rest of the day at all		File System (3)	
230	SMS Messages	Outgoing	3/22/2014	3/22/2014 2:00:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Just kidding I just binged ☐		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
231	SMS Messages	Incoming	3/22/2014	3/22/2014 2:18:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle u have to realize tht u can't just have an egg, you are going to get hungry and there is no way u can I till lunch in just an egg. If I didn't work both days on the weekend I would take you out for breakfast. You should go back for more after that egg.		File System (3)	
232	SMS Messages	Outgoing	3/22/2014	3/22/2014 2:23:47 PM(UTC-4)	To: 17745713150 Sam Boardman	This is why I became suicidal last year. Its too much to handle and I can't do it. I try so hard but the food just overtakes me		File System (3)	
233	SMS Messages	Outgoing	3/22/2014	3/22/2014 2:24:17 PM(UTC-4)	To: 17745713150 Sam Boardman	And maybe one day when you don't have work we could go out for breakfast?		File System (3)	
234	SMS Messages	Outgoing	3/22/2014	3/22/2014 2:26:20 PM(UTC-4)	To: 17745713150 Sam Boardman	You may as well give up on me Sam. I don't wanna disappoint you anymore		File System (3)	
235	SMS Messages	Incoming	3/22/2014	3/22/2014 2:26:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't say that Michelle. You just have I realize a middle ground between te two extremes. And I have work every single weekend on Saturday and Sunday for 9 hours both days. It's insain. I use to be able to go out to breakfast with lex but now I never can anymore.		File System (3)	
236	SMS Messages	Incoming	3/22/2014	3/22/2014 2:28:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Gtg I'll answer after!!		File System (3)	
237	SMS Messages	Outgoing	3/22/2014	3/22/2014 2:47:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'm sorry Sam		File System (3)	
238	SMS Messages	Outgoing	3/22/2014	3/22/2014 3:02:24 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm having a breakdown		File System (3)	
239	SMS Messages	Incoming	3/22/2014	3/22/2014 6:09:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I'll call u in a little actually, ok? I just got home and now I have I babysit. I'm not gonna "give up" on you!		File System (3)	
240	SMS Messages	Outgoing	3/22/2014	3/22/2014 6:11:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll be here but Sam you're really busy and you probably just wanna relax and babysit and not deal with me today so if you don't wanna talk we don't have to. And okay thank you I'm just so difficult and I know I frustrate you probably and I keep disappointing you		File System (3)	
241	SMS Messages	Outgoing	3/22/2014	3/22/2014 9:43:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to start this change tomorrow because I can't do this anymore		File System (3)	
242	SMS Messages	Incoming	3/22/2014	3/22/2014 9:46:56 PM(UTC-4)	From: 7745713150 Sam Boardman	HI IM HERE NOW! And tomorrow u are gonna eat a normal size breakfast. And you won't have to binge In the after noon. Trust me. I can't call cus I'm babysitting and the kid is in the room with me but I can text		File System (3)	
243	SMS Messages	Outgoing	3/22/2014	3/22/2014 9:50:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yayay hi!! and yeah I will eat 2 eggs and then can I call you during your lunch break tomorrow so you can help me with lunch? I think that will help. And that's okay haha texting is fine. But what I really need to work on is going to the gym. I haven't went in 2 weeks be cause I've binged and stuff and had no desire to go after. So I really need to go but I can't get myself to		File System (3)	
244	SMS Messages	Incoming	3/22/2014	3/22/2014 10:01:04 PM(UTC-4)	From: 7745713150 Sam Boardman	How bout two eggs and some toast? Eggs on toast tastes so good. And I know it will be hard but just try it my way for a day. Think of it this way; you will eat a lot worse foods if u binge, and without a pod breakfast, you will binge. So just trust me. So two eggs and some type of carb. And yes u can! But I go on lunch at line 2:30 tomorrow and that's like after lunch. Between breakfast and 2:30, you will need to eat.		File System (3)	
245	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:05:09 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay I'll try your way. I trust you a lot. I trust you more than anyone so yes I'll do it. I'll have 2 eggs and toast. And okay so I'll eat like an apple in between? And then on your lunch break we can talk. But I don't wanna bother you bc you're gonna be at work all day and then have to talk to me idk if you mind?		File System (3)	
246	SMS Messages	Incoming	3/22/2014	3/22/2014 10:05:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Good* not pod		File System (3)	
247	SMS Messages	Incoming	3/22/2014	3/22/2014 10:07:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay two eggs two pieces of toast. PERFECT! And yeah how about an apple and a yogur in between? What time do u usually eat breakfast at?		File System (3)	
248	SMS Messages	Incoming	3/22/2014	3/22/2014 10:07:34 PM(UTC-4)	From: 7745713150 Sam Boardman	And u arnt bothering me. I want to help u all that I can		File System (3)	
249	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:08:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you and 2 toast? Ehhhh okay and ldk if I'll be able to do the yogurt that makes me anxious. And I usually eat when I wake up so like 830		File System (3)	
250	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:11:02 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have a question		File System (3)	
251	SMS Messages	Incoming	3/22/2014	3/22/2014 10:21:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Two pieces of toast and two eggs, just give it a try. You will feel so much better. Tommorrow we are gonna beat the binge! And remember that after u eat the two eggs and toast, there is no need to binge right after that. U don't even have to put butter on the toast if u don't want to!! So if you eat breakfast at 8:30, you will need to eat again by 11:30. This will be the apple and yogurt. I know you arnt 100% comfortable, but if you don't plan to eat more food you are going to be starving yourself hense you won't be making it up in a binge. When u have a binge day, u don't want to eat as much throughout the day cus u just make up for it in the binge. But we are gonna try an take out the binge, and replace it with about 4 meals.		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
252	SMS Messages	Incoming	3/22/2014	3/22/2014 10:23:10 PM(UTC-4)	From: 7745713150 Sam Boardman	I think the gym would be perfect for tomorrow! Not us the exercise, but cus it will keep u away from food! Like if u go after breakfast at some time so that u don't binge after tht meal. And then wen u get home u could have your apple and yogurt. And yup what's ur question.		File System (3)	
253	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:31:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll do 2 eggs and 2 pieces of toast. But no butter haha I can't. TOMORROW WE WILL BEAT THE BINGE YES! And after that I won't eat more I'll go away from the kitchen. I'll probably wanna binge but I'm not gonna do it I'm gonna listen to you and try things your way. And you're right so I'll have the yogurt and apple. That sounds like perfect 2 healthy meals so far so I'm good with that! And well see like I have this problem where if I feel full, I won't go to the gym. I only go when j feel empty. So between 3 hours idk if I'll get that empty feeling. But it would be good to go to get my mind off food. But then when I eat the eggs and toast and I go, when I get back I want wanna eat anything for the rest of the day be cause the gym burned all those calories and I wouldn't wanna replace them. I'd probably just have an apple or something after and nothing else for the day. That's the next thing we have to work on when I start going to the gym again.		File System (3)	
254	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:35:17 PM(UTC-4)	To: 17745713150 Sam Boardman	And I wanna know if you really would wanna hangout me? Like maybe me you and Lexie could hang out sometime? It's just you're really amazing Sam and I'd love to hang sometime to get to know you more because I feel like we can be great friends. Remember the other day when you said that pretty girls make you insecure or whatever? That's what you do to me sometimes. You're honestly one of the most beautiful and amazing person I've ever met and sometimes I feel like I'm not good enough to be your friend. It shocks me that you care so much about me. I never thought someone like you would ever wanna be friends with someone like me. I just feel like I don't fit in with you. But I want to		File System (3)	
255	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:37:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Wouldn't wanna* (not want wanna)		File System (3)	
256	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:39:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Wouldn't wanna* (not want wanna)		File System (3)	
257	SMS Messages	Incoming	3/22/2014	3/22/2014 10:40:15 PM(UTC-4)	From: 7745713150 Sam Boardman	If that worries you then maybe the gym isn't good yet. But also, maybe it will motivate you to be earthy and stick to what willake you healthy. But I still really don't even think that an apple and yogurt will hold u over till 2:30. I think you could get some pretzels or another type of food in, because I don't want to save all your calorie intake for the afternoon. Because that's when the binge comes. But about the gym, you shouldn't be empty when u go tote gym! You need energy!! If you do go to the gym, you will def need somethig more than an apple and yogurt. But I go to work t 10 tomorrow so I can help u with breakfast I just realized! And what's ur question?		File System (3)	
258	SMS Messages	Outgoing	3/22/2014	3/22/2014 10:47:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I thnk I should aim for going to the gym on Tuesday. I wanna follow your way for 2 days so then Tuesday I thnk would be a good day to go to the gym. But yeah that's a good point. But I think it will hold me over be cause I never have breakfast and tomorrow I am and km also gonna habe a snack too so I thnk knowing I had those already, it will hold me over. And okay this is gonna sound weird but I have more energy when I'm empty. When I feel empty I feel skinny. And when I feel skinny, it motivates me to go to the gym because I feel fit and stuff. When I feel full I feel fat so I don't wanna show up to the gym feeling fat because all I'll be thinking about when I'm working out is how fat I am and I won't try as hard. And oh okay awesome! So yeah if you could help me with breakfast that would be great! I don't even remember the last time I had breakfast. So its gonna be kinda hard but I'll do it		File System (3)	
259	SMS Messages	Incoming	3/22/2014	3/22/2014 10:56:28 PM(UTC-4)	From: 7745713150 Sam Boardman	The thing is, ur definition of full is after u have ah a big bing. After just eating eggs a and toast, you won't have that feeling of full where u don't want to move. You will have energy. U either eat too muh or nothing at at, so if u eat a good meal, u still won't feel fat or bloated. and yeah I would hang out with u! Haha I meen as u see i am always working but I have free time, especially nights. And you have no reason to think that. U are so much prettier than you see yourself as. Thank you so Much tho Michelle. Don't u think tht ur not good enough for anyone		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
260	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:01:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true I never thought of it that way. Thats a good point. But idk I still feel like Tuesday is a good day to go. I just wanna try tomorrow out you know? And okay awesome! Maybe we can get dinner sometime? Or idk just hang out haha. But I used to be prettier. Well to me it feels that way because when I was Skinner I feel pretty. I like can't even look in mirrors now because I feel disgusted. But thank you for that its really encouraging and it means a lot		File System (3)	
261	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:03:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I can be crazy and stuff too like you and your friends haha like I can have a good time. I just haven't been myself lately because I don't feel comfortable with how I look right now. But with your help, soon I will		File System (3)	
262	SMS Messages	Incoming	3/22/2014	3/22/2014 11:15:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah we love to drive around and find somethin to do. Doesn't have to be food. Next time me and lex are free we will get u or something. And I think that u look prettier now of anythig cus u like have grown up and look older and more mature. Like being really tiny makes u look younger. Guys like curves. Honestly I have no clue what u even look like under ur baggy cloths but I'm certain u have more curves than when u were "skinnier".		File System (3)	
263	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:21:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah I'd love to come along with you guys! Thank you I'm like honored. And that's true I just don't feel pretty and I want to. If I lose some weight ill feel pretty because that's when I'll start dressing up in some cute clothes and stuff. I wanna do that soooo bad. I just don't feel comfortable to do that yet. But ill get there soon..hopefully. and yeah MY BOOBS ARE FUCKING HUGE I hate them tho honestly I want smaller boobs. I'm really self conscious about them haha idk why		File System (3)	
264	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:23:07 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have another question ha sorry		File System (3)	
265	SMS Messages	Incoming	3/22/2014	3/22/2014 11:25:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't think of it like that. We are all equal. And u can wear cute cloths now!! U did at the beginning of the year! Everyone gave you Soo many compliments too! And IM JEALOUS! See I knew u had boobs but u always hae a sweatshirt on HA. If I had boobs id flaunt them once in a while. I ain't talking a slutty low cut v neck but u know what I'm sayin. And ask		File System (3)	
266	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:30:03 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I did Haha and it felt so good to get compliments. Especially from Evan. Idk he's like the only guy that makes me feel pretty. But I dressed that way be cause I was confident and comfortable how I looked because I was skinnier. And hahaha no I hate them they're too big I want them to shrink I told my my mom of she could take me to a lypo suck person to shrink them but she said no :(and HAHHAAH I know you would Sam thats classic		File System (3)	
267	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:30:26 PM(UTC-4)	To: 17745713150 Sam Boardman	And does Lexie know I cut?		File System (3)	
268	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:34:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait couldk you notice it??		File System (3)	
269	SMS Messages	Incoming	3/22/2014	3/22/2014 11:35:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I havnt noticed any weight gain since then! I don't think anyone has. U still look skinny to me. U should get dressed up one day next weekend, I think it would be so good for ur confidences! Cus everyone will notice and component you. And nope i don think so, unless u told her. I certainly didn't. I would never		File System (3)	
270	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:41:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg I have. Like idk if you did this but I go in the bathroom a lot and like look in the mirror at my stomach and stuff and like feel around it idk I do it when I sit down too. I.constantly do it. But yeah maybe I will get dressed up! I wanna wear my hair down more too haha. And okay thank you that means a lot. Thays another reason as to why I trust you so much. I haven't told her. Idk if I should because like if she sees when we hangout idk if I should tell her before hand. But thays another reason I wear long sleeves and sweatshirts because it covers it up. I could use a bandaid but idk if that would be suspicious or not. Molly asked whay it was and I told her my dog did it. I didn't wanna tell her the truth you know, you and Lisa are the only ones who know		File System (3)	
271	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:43:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I mean I just wanna stop this completely so I don't have to worry about it anymore so I thnk once we fix my eating and stuff and I start losing some weight and feeling better about myself then I think I'll be able to stop		File System (3)	
272	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:45:32 PM(UTC-4)	To: 17745713150 Sam Boardman	You're certainly helping with it too		File System (3)	
273	SMS Messages	Incoming	3/22/2014	3/22/2014 11:50:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel like I'm just making it harder for u. And OH MY GOD ALL THE TIME! Like not at my face, ALWAYS MY STOMACH! And my thighs. I like always notice when I look fat and skinny. And OMG do it! It will help so much. And you tell whoever you are comfortable. I can guarantee Lexie wouldn't judge u, and I bet that's the same for many.		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
274	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:56:18 PM(UTC-4)	To: 17745713150 Sam Boardman	What do you mean You feel like you're making it harder for me? And haha WE LITERALLY HAVE DONE THE SAME THINGS!! Yeah like I always feel around my stomach and turn to the side in the mirror.and stuff haha and yeah when I was anorexic especially I used to always measure.my thighs to make sure they never got any bigger. Haha but Sam you're perfect you're no where near fat so domt even think you look it for a second. You're healthier now and you're perfect the way you are. And I will do it haha! And I only wanna tell you and yeah I'll tell Lexie. If she notices on her own I'll tell her but I domt thnk I need to randomly. And yeah I know she won't judge me I just feel like a failure and embarrassed when people know. It took a lot of guts to tell you I was so afraid of what you were gonna say		File System (3)	
275	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:57:07 PM(UTC-4)	To: 17745713150 Sam Boardman	I actually cut pretty bad today like deep. It wouldn't stop bleeding I thought I was gonna.need stitches but it was fine		File System (3)	
276	SMS Messages	Outgoing	3/22/2014	3/22/2014 11:58:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I was gonna call you but you were working		File System (3)	
277	SMS Messages	Incoming	3/23/2014	3/23/2014 12:31:50 AM(UTC-4)	From: 7745713150 Sam Boardman	ldk I feel like I'm not helping me and I feel like u think ur letting me down, which makes it harder for u. And OMG all the time. I had like a string measure off and if my stomach is like bigger than the lengh of the string wrapped around, I would be beside myself. And yeah, I meen if she ever asks, you can trust her. Where was it today? I don't even know like what I can do to help that. I feel so useless ☹		File System (3)	
278	SMS Messages	Outgoing	3/23/2014	3/23/2014 12:43:17 AM(UTC-4)	To: 17745713150 Sam Boardman	You are helping me Sam. And yeah I mean when I binge and don't follow the meal plan I do feel like I let you down but I just have to follow it and I'm tying it your way tomorrow so that's good. Its gonna take some time getting used to to because I was so used to doing it my way for so long. But your way is gonna help me get where I need to be so I need to do it. And holy shit I did the same thing!! I could never let myself get bigger than the measure or else I'd go run and burn off more calories. And yeah if she asks I'll definitely tell her. I trust her. And it was on my hand where it went deep but I also went deep on my arm. Those are my go to spots for some reason. Just because it's there and the easiest place to get to and it hurts the most. And no don't feel that way, please! Its not your fault. Maybe next time when I'm about to do it I can call you so you can try to talk me out of it? Once I get this food thing down I won't cut anymore so you're helping prevent the cutting by helping me with my food relationship		File System (3)	
279	SMS Messages	Outgoing	3/23/2014	3/23/2014 12:46:59 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm pretty good at controlling the cutting like I can get myself to stop when I've done enough like a few cuts is enough to satisfy the guilt. I don't lose control with that		File System (3)	
280	SMS Messages	Outgoing	3/23/2014	3/23/2014 12:49:08 AM(UTC-4)	To: 17745713150 Sam Boardman	I can show you if you want so you can understand it better. ldk it doesn't matter to me I'd be fine with showing you		File System (3)	
281	SMS Messages	Incoming	3/23/2014	3/23/2014 12:56:00 AM(UTC-4)	From: 7745713150 Sam Boardman	You can call, of course!! just hope it's not when I'm working cus then I'm useless ☹ you can show me if ur comfortable. You just have to discover other coping methods. Maybe someday you will enable to use the gym as a method and stress reliever. I'm ping to bed tho, goodnight! Text me tomorrow morning!		File System (3)	
282	SMS Messages	Outgoing	3/23/2014	3/23/2014 1:02:14 AM(UTC-4)	To: 17745713150 Sam Boardman	Maybe you could give me your schedule or just tell me if you're working that day so I know. And don't ever think you're useless because that's not true. If you're working its not your fault. And don't ever think you're not helping because you are. I've never opened up like this to anyone, not even Alice. And yeah I'll show you I'm comfortable with it I just want to make sure you are. And Yeah that's what I'm hoping like I hope the gym will be that for me. It used to be so I think it will be again. And okay goodnight Sam thank you for everything tonight :) I'll text you in the morning! Sweet dreams		File System (3)	
283	SMS Messages	Outgoing	3/23/2014	3/23/2014 1:04:15 AM(UTC-4)	To: 17745713150 Sam Boardman	I also hope maybe hanging out with you can be a stress reliever? But I need to tell you some things tomorrow at some point too so remind me haha		File System (3)	
284	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:06:49 AM(UTC-4)	To: 17745713150 Sam Boardman	Breakfast time		File System (3)	
285	SMS Messages	Incoming	3/23/2014	3/23/2014 9:10:53 AM(UTC-4)	From: 7745713150 Sam Boardman	Okayy so two eggs and two pieces of toast. You are gonna eat a normal breakfast WOO!!! And it's all made by u and you know exactly what's goin into it. Eat slowly and remember tht u are taking steps to become in healthier		File System (3)	
286	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:13:22 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha yes the eggs are in the pan and toast is in the toaster. And yeah that helps a lot the I'm making it so I know what's going into it and stuff so I'll eat it. And okay I'll eat slow. I have a glass of water too. I'm just getting really anxious right now		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
287	SMS Messages	Incoming	3/23/2014	3/23/2014 9:22:01 AM(UTC-4)	From: 7745713150 Sam Boardman	Just remember that it is normal to eat and that ur body needs fuel! It's better you eat a healthy breakfast than junk in the after noon. You got it		File System (3)	
288	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:23:17 AM(UTC-4)	To: 17745713150 Sam Boardman	Yes I'm gonna beat the binge!! Okay I got this. What time should I have the Apple and yogurt?		File System (3)	
289	SMS Messages	Incoming	3/23/2014	3/23/2014 9:25:01 AM(UTC-4)	From: 7745713150 Sam Boardman	When ever you are hungry, probably around 11:30-12. And have something else with it too if your still hungry. Don't be afraid, just really try and focus on when u are full.		File System (3)	
290	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:27:32 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay and then for lunch I'll call you. But I dint think I'll be able to have anything more. The thought of having all this is overwhelming		File System (3)	
291	SMS Messages	Incoming	3/23/2014	3/23/2014 9:30:46 AM(UTC-4)	From: 7745713150 Sam Boardman	Ok then jut wait till lunch. I'll call u tho haha cus idk when exactly I'll be on my lunch		File System (3)	
292	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:33:24 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh yeah that makes sense haha. But after work Sam I need to tell you some things		File System (3)	
293	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:36:06 AM(UTC-4)	To: 17745713150 Sam Boardman	And I just finished		File System (3)	
294	SMS Messages	Incoming	3/23/2014	3/23/2014 9:49:29 AM(UTC-4)	From: 7745713150 Sam Boardman	Okay i gtg remember I beat the binge! Ttyl BYEE		File System (3)	
295	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:49:52 AM(UTC-4)	To: 17745713150 Sam Boardman	HAVE GOOD DAY		File System (3)	
296	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:50:05 AM(UTC-4)	To: 17745713150 Sam Boardman	Bye for now		File System (3)	
297	SMS Messages	Outgoing	3/23/2014	3/23/2014 2:10:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey Sam I'm on my way to a restaurant. My family wanted to take go out to lunch idk be cause we were all bored and hungry. So I can't talk on the phone for lunch. But I can text. I'm scared tho like I don't know what I should get or if I'll lose control		File System (3)	
298	SMS Messages	Outgoing	3/23/2014	3/23/2014 2:15:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm kinda freaking out		File System (3)	
299	SMS Messages	Incoming	3/23/2014	3/23/2014 2:17:34 PM(UTC-4)	From: 7745713150 Sam Boardman	This is perfect! It will make sure that you eat a proper meal! Take this as an opportunity. Order whatever you are comfortable with. Your family will be there to make sure u do. Where are u going		File System (3)	
300	SMS Messages	Outgoing	3/23/2014	3/23/2014 2:20:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true I didn't think of it that way. But we are going to the 99. And I know that a lot of the meals have a lot of calories. So I feel like I should get a salad. And I'll add shrimp on it. I think that sounds filling		File System (3)	
301	SMS Messages	Incoming	3/23/2014	3/23/2014 2:24:08 PM(UTC-4)	From: 7745713150 Sam Boardman	That sounds perfect. And just get the dressing on the side of that is too overwhelming! Make sure u get the shrimp on top or some kind of protein.		File System (3)	
302	SMS Messages	Outgoing	3/23/2014	3/23/2014 2:25:30 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah ha I'm definitely getting the dressing on the side. And yeah shrimp is my favorite so I'm comfortable with getting that. I provably won't use any dressing haha I never do it restaurants because idk exactly what they use. What are you having for lunch?		File System (3)	
303	SMS Messages	Incoming	3/23/2014	3/23/2014 2:27:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Get lite Italian or vinegret. You gotta get some type of dressing! And and egg frittata it's so yummy. Like eggs and vegetables. But I'm going back to work ttul		File System (3)	
304	SMS Messages	Outgoing	3/23/2014	3/23/2014 2:28:35 PM(UTC-4)	To: 7745713150 Sam Boardman	That sounds good haha I'd eat that. And no I'm not grtting dressing I can't. The shrimp will have the flavor. And okay text me after work I gotta tell you stuff okay?		File System (3)	
305	SMS Messages	Outgoing	3/23/2014	3/23/2014 3:08:04 PM(UTC-4)	To: 17745713150 Sam Boardman	If you want		File System (3)	
306	SMS Messages	Incoming	3/23/2014	3/23/2014 6:07:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's up?! How are u doing?!		File System (3)	
307	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:10:17 PM(UTC-4)	To: 17745713150 Sam Boardman	All I can think about is eating more		File System (3)	
308	SMS Messages	Incoming	3/23/2014	3/23/2014 6:11:21 PM(UTC-4)	From: 7745713150 Sam Boardman	What have you eaten today? I bet you havnt eastern enough, so you should eat more		File System (3)	
309	SMS Messages	Incoming	3/23/2014	3/23/2014 6:11:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Before u do anything tho, what have you eaten?		File System (3)	
310	SMS Messages	Incoming	3/23/2014	3/23/2014 6:11:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Eaten*		File System (3)	
311	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:13:13 PM(UTC-4)	To: 7745713150 Sam Boardman	I did everything you said. I had 2 eggs and 2 pieces if toast and then I had the Apple and yogurt and I went to the 99 and got salad with the shrimp and that's healthy like I feel healthy right now I just am so used to eating a ton of food that I feel like I need to eat more but that will jus lead to a binge of junk		File System (3)	
312	SMS Messages	Incoming	3/23/2014	3/23/2014 6:14:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Tht sounds great! Now it's like dinner time. What are u gonna eat for dinner?		File System (3)	
313	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:14:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want dinner		File System (3)	
314	SMS Messages	Incoming	3/23/2014	3/23/2014 6:14:54 PM(UTC-4)	From: 7745713150 Sam Boardman	You should be hungry by now, or at least by 7. You still need at least another meal		File System (3)	
315	SMS Messages	Incoming	3/23/2014	3/23/2014 6:16:40 PM(UTC-4)	From: 7745713150 Sam Boardman	You need to eat a dinner! No skipping meals under my watch! Tht is why u are going to think about food and potentially binge, you can't skip! Is your mom making something?		File System (3)	
316	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:18:07 PM(UTC-4)	To: 17745713150 Sam Boardman	You're right I need to do this I need to listen to you. And yes she I cooking chicken with mash potatoes and corn		File System (3)	
317	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:18:18 PM(UTC-4)	To: 17745713150 Sam Boardman	She is*		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
318	SMS Messages	Incoming	3/23/2014	3/23/2014 6:21:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Perfect! That sounds like a great dinner. Fill up on dinner so u don't think about snacking on bad stuff. And after dinner you still should have a snack. We can plan that too! Make sure u eat a good dinner though with lots of chicken for protein		File System (3)	
319	SMS Messages	Incoming	3/23/2014	3/23/2014 6:21:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Did you eat all of your salad and shrimp?		File System (3)	
320	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:28:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah it does sound perfect but see Sam I'm getting my anorexic thoughts again. If I eat healthy, I'll wanna eat foods that my mind sees as barely no fat. So chicken would be a no. I'd probably eat like a tiny piece of it and full up on the corn. The mash potatoes have butter so that's a no. And I'm not gonna want a snack be cause I'll wanna try to burn that off. After every meal, I have that feeling again that I need to burn it off. And yeah I ate all my salad and shrimp be cause I know it wold make u proud		File System (3)	
321	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:30:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm afraid I'll go back to purging and extreme exercise until I get to where I want to be		File System (3)	
322	SMS Messages	Incoming	3/23/2014	3/23/2014 6:33:27 PM(UTC-4)	From: 7745713150 Sam Boardman	We are beating the anorexic thoughts. This will be easier to stop now than further down the road. Load up on the chicken, it is soo good for you. Eat until you are full. You know what you have to do. I want you to be healthy, and if u were to go back to being anorexic I would be so am at myself and never would let myself forget and id take all the blame for it. Don't do that to me please Michelle.		File System (3)	
323	SMS Messages	Incoming	3/23/2014	3/23/2014 6:33:47 PM(UTC-4)	From: 7745713150 Sam Boardman	The chicken is healthy, and so are the potatoes and corn. The goal of this is to eat more normally.		File System (3)	
324	SMS Messages	Incoming	3/23/2014	3/23/2014 6:35:30 PM(UTC-4)	From: 7745713150 Sam Boardman	You need some butter and fats in your diet. You havnt had any today it seems		File System (3)	
325	SMS Messages	Incoming	3/23/2014	3/23/2014 6:36:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Mad at myself*		File System (3)	
326	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:40:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we go over the meal plan in class again? I mean Lexie can help but when we were making it the first time I was afraid to be completely honest and open with you about the foods we were putting on it be cause I didn't know if she would make a comment or judge me or not like me anymore. So I wanna go over it again and make it the most realistic it can be. And idk if I should be a vegetarian or not I'm like debating on that. And I wanna be healthy too. I wanna be fit and lose weight in a healthy way, which your helping me do. I don't wanna be anorexic again. Or bulimic. I'm getting those thoughts too. You're the only thing keeping me sane with this. I know you're gonna help me get to where I wanna be and prevent me from being anorexic. I coukd necer do that to you Sam I'd feel worse than you knowing I did that to you		File System (3)	
327	SMS Messages	Incoming	3/23/2014	3/23/2014 6:47:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes we can! And Michelle the "meal plan" doesn't need to be like spot on what u eat everyday! Just gives u an idea of when you should eat and stuff! And OMG NOO do not become vegetarian! Chicken and meet is Soo healthy like all when I was anorexic I still ate chicken EVERY DAY cus u need protein. Being vegetarian is not the way to go. So eat up that chicken an don't stop eating dinner untilk you are full. Do it for me, and do it for you.		File System (3)	
328	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:51:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yay thank you :) and well I wanna follow it exactly so that's why I wanna make it realistic with lots of choices. And okay fine I won't become a vegetarian but I won't eat the chicken or meat unless I know how many calories it is and what went into it and stuff. And I don't wanna overeat tho so how do I know when im full be cause if I eat too much I'll feel awful and I'll just wanna lose control		File System (3)	
329	SMS Messages	Outgoing	3/23/2014	3/23/2014 6:52:11 PM(UTC-4)	To: 17745713150 Sam Boardman	And everything I do like every time I eat and stuff, yeah it's for me but it's mostly for you. I don't wanna let you down and I wanna make you proud. No one's ever really been proud of me		File System (3)	
330	SMS Messages	Incoming	3/23/2014	3/23/2014 6:58:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so proud of you already, like you are the breakfast and I'm So happy and proud! Unless you are lying to me, but I trust you. And chicken is chicken, ok? Like at school, you won know exactly what goes into that but you are still going to eat it. You have to force yourself to do it now so you can over come there fear. Will you PROMICE me that u are going to eat a proper portion of chicken? And jut eat what looks like a normal size plate. Eat as much as your sister, plus alittle more because U are older and taller and need more food. Collie (or however she spells it) is twig haha so basically anyone will Need to eat more than her because you naturally burn more throught the day. The goal is to eat more normally, so think of yourself as stepping out of your comfort zone and just eating what's in front of you, even if you don't know what exactly is in it. Your mom is healthy, and wouldn't put anything in it that would kill u.		File System (3)	

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331	SMS Messages	Outgoing	3/23/2014	3/23/2014 7:04:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww thanks Sam that really means a lot that your proud of me. I'm trying really hard and I hope you know that. And no of course I'm not lying to you!! In order to get better I need to be completely honest so I always will be and I'll never lie to you I promise. You're right I gotta stop freaking out about what goes into it I mean it's chicken and I'm not eating the whole chicken just a piece of it. I PROMISE I'll eat a proper portion. I'll even have my mom get it for me. And I'll eat it all. And yeah that's a good point like I should eat as much as Colie and a little more. So I'll do that. I'm taking a step in the right direction to a healthier me. I just have to get that processed		File System (3)	
332	SMS Messages	Outgoing	3/23/2014	3/23/2014 7:06:58 PM(UTC-4)	To: 17745713150 Sam Boardman	How are you doing like are you doing good? Everything okay with you?		File System (3)	
333	SMS Messages	Incoming	3/23/2014	3/23/2014 7:07:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly OMG I'm so happily like I smiled when I was reading that. I'm so proud. I gtg to Evans house to do chemistry so I'll talk to you after! Enjoy your dinner!		File System (3)	
334	SMS Messages	Outgoing	3/23/2014	3/23/2014 7:08:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha well thank you I'm so thankful and just so happy that you're so proud of me it makes this a lot easier. And okay ha tell him I say hi! I'll let you know how my dinner went when you come back. Thank you so much Sam		File System (3)	
335	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:03:52 PM(UTC-4)	To: 17745713150 Sam Boardman	I feel really good☐☐		File System (3)	
336	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:17:46 PM(UTC-4)	To: 17745713150 Sam Boardman	But I kinda feel like purging. I filled up on the chicken and I did have some mash potatoes, which was hard but I did it!		File System (3)	
337	SMS Messages	Incoming	3/23/2014	3/23/2014 9:17:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw I'm happy! Now maybe you could have a snack before bed. How about a piece of fruit with a glass of milk? I know the milk will be tough, but besides the yogurt, you havnt got a lot of calcium for the day. And trust me, when ur an old lady with oseroporosis, you will wish you had more milk. It is good for you and is loaded with protein and calcium. I'm so proud of you today. You have done Soo good. How was dinner?!		File System (3)	
338	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:20:56 PM(UTC-4)	To: 17745713150 Sam Boardman	No I don't think I can do a snack yet. You said don't eat after 9 anyways. Haha and well when I binge eat I drink a lot of milk so I think Ill be a strong old lady. If I keep drinking it without the binge tho...And thank you so much I tried really hard to make you proud Sam		File System (3)	
339	SMS Messages	Incoming	3/23/2014	3/23/2014 9:21:13 PM(UTC-4)	From: 7745713150 Sam Boardman	No need for purging, you ate good and gave your body the right nutrients that you need. You don't feel extremely full, right? I have a feeling tht u want to purge cus u feel like u ate too much but u didn't at all! You ate all the good stuff. I really want you to try and drink a glass of milk. I did! I think we should both try to do it, because it's so good for you.		File System (3)	
340	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:23:45 PM(UTC-4)	To: 17745713150 Sam Boardman	No I don't feel extremely full because I didn't binge so I feel satisfied full. I haven't had that feeling in so long and it feels really good so thank you for pushing me today. I think results are gonna come! And you did what? Drink milk!?		File System (3)	
341	SMS Messages	Incoming	3/23/2014	3/23/2014 9:33:00 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY IM SO HAPPY! If you are satisfied then I guess trees no reason to force feed u haha. Now that u havnt binged, you will see that when u wake up, you will be so much more hungry, and you will be able to start the day off with a nice big breakfast. Do you think that after succeeding today, you could make yourself a proper breakfast? Or I can still bring in the chex too! Btw, do u like cheese stick? And yes, I drank milk! I'm gona drink it everyday at lunch now, and i want u to try it too. We can both do it		File System (3)	
342	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:40:21 PM(UTC-4)	To: 17745713150 Sam Boardman	IM HAPPY TOO!! I actually really am I have a lot of hope now that this is actually gonna work! Haha and no I've already been force fed before and I don't wanna do it again. At the behavioral place I went to treat me anorexia I like wouldn't eat so they had to shove a tube up my nose and it connected to this machine thing that went into ensure drinks and it went up my nose. It was gross. I had 3 a day haha so I was on th at machine thing all day. And I've like never had breakfast before so if I'll be able to make it. The thought of that still overwhelms me a bit. The chex will probably be good but I'd still prefer like a banana haha. And NO I DONT LIKE CHEESE. Well I used to but I don't anymore because of...you know...calories and shit. And yay Sam that's awesome! I'm proud of you and happy for you! I think it's really good that you're gonna drink it at lunch. That will motivate me more to eat because I know you're drinking the milk. But I'm not ready for the milk yet I'm sorry I just don't think I'll be able to		File System (3)	
343	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:41:16 PM(UTC-4)	To: 17745713150 Sam Boardman	So idk if I'll be able to make it*		File System (3)	
344	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:41:57 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have a good plan!		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
345	SMS Messages	Incoming	3/23/2014	3/23/2014 9:46:31 PM(UTC-4)	From: 7745713150 Sam Boardman	That's horrible, I'm sorry u had To go throught that. U know they were only trying to save you. Just remember that you don't want to be back at that place. I really think it would be really good to drink the milk. I think to will be best to overcome these fears right at the beginning so that u don't develop Bad habits. And what's your plan!?		File System (3)	
346	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:49:24 PM(UTC-4)	To: 17745713150 Sam Boardman	No don't be sorry its my fault I deserved it. And yeah if they didn't do that I probably would have died. And hell no I don't even wanna hear the name of that place again. I'm not gong back. Not under your watch ;) And yes i need to overcome them now before they get worse. That's what happened last time I necer reached out to anyone and I let the fears take over my life. But now I have you and you're saving my life		File System (3)	
347	SMS Messages	Outgoing	3/23/2014	3/23/2014 9:50:23 PM(UTC-4)	To: 17745713150 Sam Boardman	And I was thinking maybe I could go to the gym tomorrow straight off the bus? Its like a mile walk from the stop so I'll have like a duble workout haha		File System (3)	
348	SMS Messages	Incoming	3/23/2014	3/23/2014 10:00:20 PM(UTC-4)	From: 7745713150 Sam Boardman	It wasn't your fault! It's a mental disorder, and once you are under you often have no control over it. And we are gonna overcome them. Maybe not in all one day, but if u can challenge yourself a few times a day, it will be easy after a while. As I said before, it's not like I'm askin you to eat like some huge 1000 cal desert or somethin haha, it's all in r good health. And if you go to the gym, you just have to make sure u take precaution. You will need to bring a snack to eat on the bus before u work out. Cus normally one would go home and eat something but u won't e able to, and u don't want to do what happened with basketball when u never ate before u had bball.		File System (3)	
349	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:05:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah and thats what people don't understand! Like it's a mental disorder and it takes over your mind and actions and you have no control over it. And yeah it may take a while to overcome them but we will do it! And about the snack before the gym...I'm already gonna tell you right now it's not gonna happen. Unless it's fruit. Like I'll have a Apple or banana I'm fine with that but nothing other than that. And when I had bball i didn't eat for the whole day so I mean I'm gonna be eating throughout the day now so I'll have more energy. Sam I have to tell you something. I've necer told anyone this and never will. Its just its been like haunting me ever since and I need to get it off my chest		File System (3)	
350	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:06:02 PM(UTC-4)	To: 17745713150 Sam Boardman	You're the only one I trust to tell		File System (3)	
351	SMS Messages	Incoming	3/23/2014	3/23/2014 10:10:17 PM(UTC-4)	From: 7745713150 Sam Boardman	That's exactly it! Like I didn't even realize that the things I was doing at te time were stupid cus I was "mentally sick". And if you can't eat anything before you go to the gym, then Don't go at all. It's more important to eat regularly at this point. And if it takes you going home so u can eat a proper after school snack/ meal, then it's not a good idea to go to the gym yet. And Michelle you can tell me anything, you know that.		File System (3)	
352	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:15:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Same here! Like I'd do stuff and it wasn't until after that I recovered and actually had a moment to think clearly that I realized how stupid they were. Its really hard for me to say anorexia and bulimic for some reason like idk if it's embarrassment or guilt or what but I can't like say those words out loud. And yeah maybe it's not a good idea yet. We will see how tomorrow goes and then we can decide. But okay you know how I told you I used to be suicidal?		File System (3)	
353	SMS Messages	Incoming	3/23/2014	3/23/2014 10:21:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I know I don't like those words either. I was never actually "diagnosed" with anorexia tho,like the doctor didn't use that word. They said how I need to really try and eat more and talked to my mom separately and like just talked to me, but never said the word. I knew tho. I know Even better now. And yeah I don't think you are ready yet. I'm happy that u told me tht u wouldn't eat something if u were to go to the gym. I'm so happy ur being honest with me. And yes I remember		File System (3)	
354	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:26:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah those words are just idk I just domt like them Haha. But yeah I know was it because you're short that they didn't diagnose you with it? But yeah you definilty were because you had the same thoughts and feelings as me and I was. And yes of course I told you I'm gonna be 100% honest with you about every little thing. Its the only way you'll be able to help me get better. I'm happy that makes you happy because I've never opened up like this before to anyone. I'm really putting myself out there I never thought I'd tell anyone these things. But it's so good that you can relate too be cause that makes it easier.		File System (3)	
355	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:38:54 PM(UTC-4)	To: 17745713150 Sam Boardman	If your tired tho Sam you can go to bed		File System (3)	

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356	SMS Messages	Incoming	3/23/2014	3/23/2014 10:42:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Cus I'm short? Haha no I don't think that it is. I don't know what they said to my mom or what anything was, but a big red arrow for them was the fact that I didn't have my period in so long... I still haven't since May last year. That's almost a year! I sti havnt gotten I back yet. I assume u lost urs too at some point. And I'm so happy to hear that . I love being there for you, like it makes me feel special haha. I'm goin to bed soon but not yet. What were u goi to say about the suicidal thing? I'm here to listen (aka read since we are texting haha)		File System (3)	
357	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:50:39 PM(UTC-4)	To: 17745713150 Sam Boardman	HAhaha well yeah because like you're shorter than the average so you had a low body weight to begin with...idk what I'm saying I'm sorry haha. AND YEAH I LOST MINE TOO! I did bad damage I got my first period at the beginning of freshman year before I became anorexic and I didn't get it back until April of sophomore year and then it like went away haha I haven't had it since April of last year. And that's because I did so much damage. It hasn't came back yet so my doctor said if it doesn't come back by this April then I have to go get it checked and I may not be able to have children :(but you should feel special Sam! You're so special to me. I love being here for you too to listen to anything you have to say and help you out. I love it. You cam always trust me and tell me anything. And haha so do you want me to tell you now or tomorrow? Up to you		File System (3)	
358	SMS Messages	Outgoing	3/23/2014	3/23/2014 10:51:53 PM(UTC-4)	To: 17745713150 Sam Boardman	I just feel like I'm keeping you up but you don't wanna be rude haha		File System (3)	
359	SMS Messages	Incoming	3/23/2014	3/23/2014 10:57:07 PM(UTC-4)	From: 7745713150 Sam Boardman	That just scared me! What if I can't have kids!?!? I'm gonna ask my mom to go to the doctors soon, I wanna go on birth control or something to see if It helps (I'm not having sex don't worry haha) I wanna know now but I know that I'm drifting off an I want to be able to fully answer as like talk so tell me tomorrow. UG u still have to tell me bout Alice!! AHHH We will have time. I'm sory if I'm leaving u hanging but ima pass out. Goodnight Michelle, sweat dreams		File System (3)	
360	SMS Messages	Outgoing	3/23/2014	3/23/2014 11:00:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah go get that checked out haha but I didn't mean to scare you! I'm sure you'll be fine. But get it checked to make sure. And Hahahah I know I want to go on birth control too...But I'll because I'm having sex...HAHAHAH jk. And It's okay I'll tell you tomorrow! And oh yeah I have to tell you about Alice too ha we will talk about it all. And if you wanna talk about anything we can. Good night Sam sweet dreams you're amazing :)		File System (3)	
361	SMS Messages	Incoming	3/23/2014	3/23/2014 11:01:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Just looked this up cus I got nervous. WE WILL NE DRINKING OUR MILK EVERYDAY!! WE WILL BE HEALTHY! http://www.sheknows.com/health-and-wellness/articles/814110/amenorrhea-dieting-to-the-extreme-1		File System (3)	
362	SMS Messages	Outgoing	3/23/2014	3/23/2014 11:03:34 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHAHAHAHAHA omg Sam ☐		File System (3)	
363	SMS Messages	Outgoing	3/23/2014	3/23/2014 11:04:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Shit tho		File System (3)	
364	SMS Messages	Outgoing	3/23/2014	3/23/2014 11:06:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait fuck like this isn't good....sorry good night haha		File System (3)	
365	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:51:57 AM(UTC-4)	To: 17745713150 Sam Boardman	Are you bringing in something or no?		File System (3)	
366	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:56:16 AM(UTC-4)	To: 17745713150 Sam Boardman	I think I'll just get like a banana or Apple at the caf		File System (3)	
367	SMS Messages	Incoming	3/24/2014	3/24/2014 6:57:09 AM(UTC-4)	From: 7745713150 Sam Boardman	Yup I am! Get a piece if fruit too!		File System (3)	
368	SMS Messages	Incoming	3/24/2014	3/24/2014 6:57:45 AM(UTC-4)	From: 7745713150 Sam Boardman	Promise no		File System (3)	
369	SMS Messages	Incoming	3/24/2014	3/24/2014 6:57:49 AM(UTC-4)	From: 7745713150 Sam Boardman	Me**!!		File System (3)	
370	SMS Messages	Incoming	3/24/2014	3/24/2014 6:58:00 AM(UTC-4)	From: 7745713150 Sam Boardman	Promise me		File System (3)	
371	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:58:24 AM(UTC-4)	To: 7745713150 Sam Boardman	Yes haha I promise I'll get the fruit but I dont think I'll be able to eat the chex tho		File System (3)	
372	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:10:27 AM(UTC-4)	To: 17745713150 Sam Boardman	My cuts look pretty bad		File System (3)	
373	SMS Messages	Incoming	3/24/2014	3/24/2014 7:11:01 AM(UTC-4)	From: 7745713150 Sam Boardman	Did u cut?		File System (3)	
374	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:11:11 AM(UTC-4)	To: 7745713150 Sam Boardman	No from yesterday		File System (3)	
375	SMS Messages	Incoming	3/24/2014	3/24/2014 7:12:40 AM(UTC-4)	From: 7745713150 Sam Boardman	You cut yesturday? Michelle why didn't u tell me? You told me u had a good day and I were happy. What drove you to do tht		File System (3)	
376	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:13:51 AM(UTC-4)	To: 7745713150 Sam Boardman	I was gonna tel you but you we're so happy. And I DID have a good day! It was just anxiety from it all. But I'm.not gonna today I promise		File System (3)	
377	SMS Messages	Incoming	3/24/2014	3/24/2014 7:28:13 AM(UTC-4)	From: 7745713150 Sam Boardman	You can always tell me tho. I wanna Try and stop it in the act. But come to my locker before first period		File System (3)	
378	SMS Messages	Incoming	3/24/2014	3/24/2014 7:33:41 AM(UTC-4)	From: 7745713150 Sam Boardman	#91		File System (3)	
379	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:35:06 AM(UTC-4)	To: 7745713150 Sam Boardman	When will u be here		File System (3)	
380	SMS Messages	Incoming	3/24/2014	3/24/2014 7:40:03 AM(UTC-4)	From: 7745713150 Sam Boardman	I ment after home room haha I am always late for hr. I have to go to mrs. Rows room but still come. And i need to give u the fuel		File System (3)	
381	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:41:16 AM(UTC-4)	To: 7745713150 Sam Boardman	HAhaha okay I'll wait for you at your locker. And yeah next time I'm about to cut I'll let you know so you can help stop me		File System (3)	
382	SMS Messages	Incoming	3/24/2014	3/24/2014 7:52:01 AM(UTC-4)	From: 7745713150 Sam Boardman	You can do it!		File System (3)	
383	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:45:53 AM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I didn't see this until now but I kinda have a lot of anxiety right now Sam		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
384	SMS Messages	Incoming	3/24/2014	3/24/2014 9:50:20 AM(UTC-4)	From: 7745713150 Sam Boardman	You can do it Michelle. It's just an apple. I'm so Proud that u ate the chex, but that still isn't a proper breakfast. We are gonna beat the binge. Eat now so u don't get hungry later. I know you are hungry after not eating since dinner last night		File System (3)	
385	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:35:30 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I am pretty hungry haha and well I ate half of it I couldn't finish it it just overwhelmed me. I took those 3 walks during math to release some of my anxiety. Walking around helps with that in school. And thank you I really tried hard. I'm so happy I made you proud I made myself proud as well		File System (3)	
386	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:37:50 AM(UTC-4)	To: 17745713150 Sam Boardman	I should have those and a FULL apple every morning until I try eating an egg at home		File System (3)	
387	SMS Messages	Incoming	3/24/2014	3/24/2014 10:54:24 AM(UTC-4)	From: 7745713150 Sam Boardman	I saw the apple on your desk and u didn't eat half. You really have to try for lunch. At this point u are not eatig enough to get you through. They hae he good chicken at lunch! And ft free milk		File System (3)	
388	SMS Messages	Incoming	3/24/2014	3/24/2014 11:13:59 AM(UTC-4)	From: 7745713150 Sam Boardman	You really got to get a big lunch. Get a side with it too.		File System (3)	
389	SMS Messages	Incoming	3/24/2014	3/24/2014 11:15:32 AM(UTC-4)	From: 7745713150 Sam Boardman	I drank my whole milk and I'm so happy. Now it's ur turn		File System (3)	
390	SMS Messages	Outgoing	3/24/2014	3/24/2014 11:51:50 AM(UTC-4)	To: 17745713150 Sam Boardman	And Sam all your encouragement when like you talk to me in the halls and class and tell me I can do it and stuff it really helps and makes me believe in myself that I can do it so thank you so much for doing that. It really makes me feel better and relieves some of my anxiety		File System (3)	
391	SMS Messages	Outgoing	3/24/2014	3/24/2014 11:53:49 AM(UTC-4)	To: 7745713150 Sam Boardman	Alright I had like a quarter of it. I had a lot of anxiety I'm sorry. And sorry it took so long to answer I wa an ethics. I'll get a salad with chicken and the dressing you get. And I'm yay Sam that's awesome!! I'm so happy for you. One step closer to having kids! Haha but I can't drink it I cant		File System (3)	
392	SMS Messages	Incoming	3/24/2014	3/24/2014 11:56:40 AM(UTC-4)	From: 7745713150 Sam Boardman	I'll meet up with u		File System (3)	
393	SMS Messages	Incoming	3/24/2014	3/24/2014 11:58:54 AM(UTC-4)	From: 7745713150 Sam Boardman	Where are u		File System (3)	
394	SMS Messages	Incoming	3/24/2014	3/24/2014 12:00:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I literally walked to try and find uni nth caf		File System (3)	
395	SMS Messages	Incoming	3/24/2014	3/24/2014 12:01:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Do te milk Michelle. U can do it. I'm worrying too much about u and ur making me very worried		File System (3)	
396	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:08:06 PM(UTC-4)	To: 7745713150 Sam Boardman	No don't cone now it's awkward because I'm already eating. Before lunch we should meet up at your locker to talk before I go. That woukd help. And aw Sam no why are you worrying?		File System (3)	
397	SMS Messages	Incoming	3/24/2014	3/24/2014 12:09:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Did U get a milk and a side?		File System (3)	
398	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:11:13 PM(UTC-4)	To: 7745713150 Sam Boardman	No I'm sorry		File System (3)	
399	SMS Messages	Incoming	3/24/2014	3/24/2014 12:12:04 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't help u if ur gonna do this		File System (3)	
400	SMS Messages	Incoming	3/24/2014	3/24/2014 12:12:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Cus now I'm guilt		File System (3)	
401	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:12:23 PM(UTC-4)	To: 7745713150 Sam Boardman	I got an apple but not the milk		File System (3)	
402	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:13:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't do milk yet Sam. Tommorrow I'll try to		File System (3)	
403	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:13:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Because I need you		File System (3)	
404	SMS Messages	Outgoing	3/24/2014	3/24/2014 12:33:38 PM(UTC-4)	To: 17745713150 Sam Boardman	This paper relates to it really well		File System (3)	
405	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:23:29 PM(UTC-4)	To: 17745713150 Sam Boardman	What class are you in right now		File System (3)	
406	SMS Messages	Incoming	3/24/2014	3/24/2014 1:35:48 PM(UTC-4)	From: 7745713150 Sam Boardman	English		File System (3)	
407	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:39:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we go talk or are you doing something important right now?		File System (3)	
408	SMS Messages	Incoming	3/24/2014	3/24/2014 1:43:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes we can. What class u in		File System (3)	
409	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:44:38 PM(UTC-4)	To: 7745713150 Sam Boardman	I'll come to your class where are you		File System (3)	
410	SMS Messages	Incoming	3/24/2014	3/24/2014 1:45:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Leis bet		File System (3)	
411	SMS Messages	Incoming	3/24/2014	3/24/2014 1:45:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Leis we		File System (3)	
412	SMS Messages	Incoming	3/24/2014	3/24/2014 1:46:00 PM(UTC-4)	From: 7745713150 Sam Boardman	OMG leidner		File System (3)	
413	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:46:13 PM(UTC-4)	To: 7745713150 Sam Boardman	Hahaha okay		File System (3)	
414	SMS Messages	Incoming	3/24/2014	3/24/2014 1:46:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Txt when I should come out		File System (3)	
415	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:48:39 PM(UTC-4)	To: 7745713150 Sam Boardman	Now		File System (3)	
416	SMS Messages	Outgoing	3/24/2014	3/24/2014 1:59:06 PM(UTC-4)	To: 17745713150 Sam Boardman	I needed that talk with you haha		File System (3)	
417	SMS Messages	Outgoing	3/24/2014	3/24/2014 2:01:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we do that more often? It really helps calm me down. But we don't have to if you don't want to. School is so much more important and I don't want you to miss something		File System (3)	
418	SMS Messages	Outgoing	3/24/2014	3/24/2014 2:25:19 PM(UTC-4)	To: 17745713150 Sam Boardman	IM GONNA BEAT THE BINGE		File System (3)	
419	SMS Messages	Incoming	3/24/2014	3/24/2014 2:33:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course we can! Haha I don't do anything in school so literally any class I can do that. And just make sure u do eat like a meal now, cus u must be starving after how little u ate today. Goodluck and chalange yourself		File System (3)	
420	SMS Messages	Outgoing	3/24/2014	3/24/2014 2:35:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay good because I really liked that and well I feel like I ate a lot tho. I'll have a yogurt and pretzels and a banana. Text me after work have a good time! Bye for now		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
421	SMS Messages	Outgoing	3/24/2014	3/24/2014 3:56:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I didn't beat the binge. I don't know what happened I lost control. I wasn't even hungry like I had a banana and pretzels ad a yogurt and then I was about to go do homework when I just had a breakdowns and went back to get more food. I wasn't even hungry I just did it. I'm a failure I can't do this I was having a really good day too and I fucking ruined it I hate myself		File System (3)	
422	SMS Messages	Outgoing	3/24/2014	3/24/2014 4:19:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Fuck like I just ruined everything now I have to start all over I'm so sorry Sam		File System (3)	
423	SMS Messages	Incoming	3/24/2014	3/24/2014 5:24:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Why are u apologizing? I'm almost happy u did. U were deprived of food, you barley ate at all today. That's why I keep telling you that you need to eat more in the day. You were hungry. Especially cus u woke up hurt and barley ate a breakfast		File System (3)	
424	SMS Messages	Incoming	3/24/2014	3/24/2014 5:26:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Woke up hungry*		File System (3)	
425	SMS Messages	Outgoing	3/24/2014	3/24/2014 5:26:31 PM(UTC-4)	To: 17745713150 Sam Boardman	I followed what you said tho besides the milk like I thought it was a good day I wasn't even hungry I just lost it		File System (3)	
426	SMS Messages	Outgoing	3/24/2014	3/24/2014 5:35:57 PM(UTC-4)	To: 17745713150 Sam Boardman	My cuts are kinda triggering me to want to do more. I'm telling you this time		File System (3)	
427	SMS Messages	Incoming	3/24/2014	3/24/2014 5:49:25 PM(UTC-4)	From: 7745713150 Sam Boardman	The milk and the apple and an after dinner snack. It all adds up. It's was just to fact that u were hungry all morning too. I think an even bigger breakfast would be even better. And I know that u think u binged, but I doubt it was as horrible as u think it was. And no cutting, not under my watch. Take a deal breath and ask yourself if that will truly help you reach your goals		File System (3)	
428	SMS Messages	Outgoing	3/24/2014	3/24/2014 5:57:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that makes sense it does all add up. But I really don't think I'll be able to have a bigger breakfast. It was hard enough for me as it was. Could you bring in the chex again? And the binge wasn't too bad but it still consisted of some junk. And Sam I really want to tho I can't shake the urge		File System (3)	
429	SMS Messages	Outgoing	3/24/2014	3/24/2014 5:57:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you okay tho did you have a good time at work?		File System (3)	
430	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:01:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm starting to realize that I really don't thnk I can make it on my own like I need you by my side. And I know that's really hard for you because of how you feel guilty sometimes but I'd lose myself and go insane if it wasn't for your help		File System (3)	
431	SMS Messages	Incoming	3/24/2014	3/24/2014 6:06:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Unhealthy food is ok! You need certain fats in ur diet to be healthy. U are all healthy meals today, it is perfectly healthy to have some unhealthy snack. I had cookies at twist!! Like and i think that's good, it keeps me sain. Like all over the summer I barley ate any of the ice cream at the black cow where I work, and it made me feel so deprived. But I realize having some ice cream or stuf at twist won't kill me, and it boosts my mood and makes me feel normal again. You didn't ruin anything.		File System (3)	
432	SMS Messages	Incoming	3/24/2014	3/24/2014 6:06:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't e hard on yourself		File System (3)	
433	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:10:39 PM(UTC-4)	To: 17745713150 Sam Boardman	I feel horrible when I eat junk tho. Like yes it tastes so good at the moment but for me it's not getting me where I need be. Its only holding me back. And Sam I'm really happy that you're able to eat that stuff now like I really am. Its not healthy to deprive yourself of what you want and I'm so happy and proud that you were able to overcome those feelings. You are normal Sam		File System (3)	
434	SMS Messages	Outgoing	3/24/2014	3/24/2014 6:44:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I really want to Sam		File System (3)	
435	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:26:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
436	SMS Messages	Incoming	3/24/2014	3/24/2014 7:47:49 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm driving I'm sory! U kniw what I'm gonna say. Is it worth it?		File System (3)	
437	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:50:36 PM(UTC-4)	To: 7745713150 Sam Boardman	Oh it's okay I was just worried I dint know if u were okay. And I already did it		File System (3)	
438	SMS Messages	Outgoing	3/24/2014	3/24/2014 7:56:27 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to show you tomorrow		File System (3)	
439	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:21:32 PM(UTC-4)	To: 17745713150 Sam Boardman	And do you want me to tell you tonight?		File System (3)	
440	SMS Messages	Incoming	3/24/2014	3/24/2014 8:24:44 PM(UTC-4)	From: 7745713150 Sam Boardman	See I'm only making it worse for you. You have cut everyday since lv started talking to me. U didn't before as much		File System (3)	
441	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:27:20 PM(UTC-4)	To: 17745713150 Sam Boardman	No! Its fine Sam I wanted to actually talk about different coping methods with you tomorrow. I only cut when I binge or I have really bad anxiety.. If I follow the meal plan and start exercising and stuff I won't		File System (3)	
442	SMS Messages	Incoming	3/24/2014	3/24/2014 8:29:16 PM(UTC-4)	From: 7745713150 Sam Boardman	If this keeps going on we need to get u proper help. I can't witness u do this and not do anything to stop it. And tell me ur story		File System (3)	
443	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:29:40 PM(UTC-4)	To: 17745713150 Sam Boardman	If what keeps going on?		File System (3)	
444	SMS Messages	Incoming	3/24/2014	3/24/2014 8:30:09 PM(UTC-4)	From: 7745713150 Sam Boardman	The cutting		File System (3)	
445	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:30:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Well instead of texting you when I'm gonna do I'll call you. That would probably stop me.		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
446	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:32:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Please don't tell anyone. I've already talked to guidance last year.. Alicia cuoco told them I was suicidal so I had to go get checked out and stuff. It made me more miserable. I'm gonna show you tomorrow but I dont want you to get overwhelmed		File System (3)	
447	SMS Messages	Incoming	3/24/2014	3/24/2014 8:37:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Why do you do it tho. How would hurting yourself make things any better? It doesn't justify bingeing, it just will make thinks more complicated and full you with more regret. If it is an attention thing, then just remember that you can reach out for help in different ways, and get attention in a better light.		File System (3)	
448	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:43:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I never thought I'd self harm I mean when I first heard of cutting I never understood why somebody would do that to themselves either. But then I tried it one day because I heard how it helps with the pain and then I understood. It's not for attention...no one notices it I mean I hide it. I dint want people knowing its embarrassing. But I do it because its like anorexia. It's a mental disorder and I can't stop myself. I do it because I feel so bad about myself after bingeing that when I cut it relieves the pain and guilt. It's hard to explain but it makes me feel better. But I need to find another way to deal with the anxiety because I can't keep doing this. I'm hopeful we can find another way		File System (3)	
449	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:53:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I know it's hard for you to understand		File System (3)	
450	SMS Messages	Incoming	3/24/2014	3/24/2014 8:55:32 PM(UTC-4)	From: 7745713150 Sam Boardman	I think that maybe you just need something to occupy ur time. Like have u eer concidered getting a job or something? It's so much easier when u constantly hae ur mind full. Like everyday I'm always on the run, and it keeps my mind busy. What do u usually do after school?		File System (3)	
451	SMS Messages	Outgoing	3/24/2014	3/24/2014 8:58:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's why I wanna go straight to the gym off the bus so I don't go home and binge. But yeah I want a job but I don't know where to get one. After school I go home and I wanna do stuff but I end up bingeing. Thats what we are working on tho so I hope it stops soon		File System (3)	
452	SMS Messages	Incoming	3/24/2014	3/24/2014 9:06:10 PM(UTC-4)	From: 7745713150 Sam Boardman	It would also be good to get ur licence. But really it would be good to get a job or somethin. Haha we live such different lives. Like I would go insane if I wasn't constantly busy. ITS NOT TOO LATE FOR TRACK! But tell me ur story		File System (3)	
453	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:10:18 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to get my permit first.....and Yeah I'll get one soon. The only reason I don't do anything is because I feel fat. Honestly I know that sounds so stupid but that's the reason. I'm already past the point of insanity haha. And I'm not doing track I don't feel good enough to do it. And I'll tell you but please don't like run down to guidance		File System (3)	
454	SMS Messages	Incoming	3/24/2014	3/24/2014 9:13:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Do u want to go to collage? U just seem to lack motivation. Seriously like apply at somewhere that u can be u, and no where near food haha. But if u don't want a job, don't do it! Just and idea. And u can tell me, as long as ur not suicidal anymore		File System (3)	
455	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:16:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes I do and yes haha I lack so much motivation thats my problem. Yeah I'm trying to think of jobs I'll be comfortable at WHERE THERE IS NO FOOD OR ILL LOSE MY SHIT. And no I'm not anymore I'm fine now, this happened when I was		File System (3)	
456	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:28:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't tell you unless you promise me you won't tell anyone. This is a big thing that like haunts me and you're the only person that will ever know this		File System (3)	
457	SMS Messages	Incoming	3/24/2014	3/24/2014 9:29:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I won't tell anyone		File System (3)	
458	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:30:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you promise		File System (3)	
459	SMS Messages	Incoming	3/24/2014	3/24/2014 9:32:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
460	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:43:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay well when I was suicidal I tried committing suicide. I tried to hang myself. I got a chair and the rope and everything and researched how to tie the stupid knot and (shit I'm like crying right now this is why I didn't wanna tell you in school I would of balled my eyes out) I got up on the chair and stood there for like 25 mins just crying and I put the rope around my neck and I was gonna do it but I chickened out and got off the chair and like threw shit around my room everywhere I was so angry and frustrated and disgusted with myself for not having the balls to do it. And now it feels like I have this guilt over me like I should have died like I'm happy I'm alive and I'm not suicidal at all anymore so please don't think that, but idk I feel like I should have died like that was my time. Every time I walk into my room I get flashbacks of that day and I can't even go in my closet anymore because that's where it happened. My rooms a mess because I leave my clothes out on the floor and I don't go in my closet at all I'm like afraid of it. So yeah that's what happened. And remember when I used to go on those really long bike rides I told you about? Well there was always a bridge I went over that overlooked the highway and I'd always stop for a good 10 minutes debating if I should jump or not. But I didn't have the courage to jump either. So now when I go over a bridge or under one, I get really anxious and I have to like close my eyes it just scares me		File System (3)	
461	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:43:55 PM(UTC-4)	To: 17745713150 Sam Boardman	It makes me so sad to think I used to be that way. I didn't think things could ever get that bad		File System (3)	
462	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:46:35 PM(UTC-4)	To: 17745713150 Sam Boardman	This was like a year and a half ago. I promise I'm over it. I never want to go back to feeling that way. It makes me like feel weird to even think about it		File System (3)	
463	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:49:40 PM(UTC-4)	To: 17745713150 Sam Boardman	And I wrote a note i was gonna leave behind. I haven't touched it since it's still in my closet		File System (3)	
464	SMS Messages	Incoming	3/24/2014	3/24/2014 9:50:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I wouldn't tell anyone that, and I'm happy that you felt comfortable telling me. It's also good that like u don't want to go back to that state. You have earned ur position on earth, and I can't even tell u how many people would be crushed if anything ever happened to you. So many people care. So many people love you. You are so smart and such a good writer and student, and you are and amazing person with a gift of helping others. You wernt ment to dye then. You are here for a reason. And u have the help to brig u to a batter place		File System (3)	
465	SMS Messages	Incoming	3/24/2014	3/24/2014 9:50:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Better		File System (3)	
466	SMS Messages	Outgoing	3/24/2014	3/24/2014 9:53:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you and you're the only one I'll ever tell. If you ever wanna talk about it in person I'll try to I don't mind now that I told you. But thank you Sam, no one has ever said that to me before. It really means the world to me. For the longest time I didn't think I belonged here at all. But now I know that I do. And because of you, I'm gonna get to that better place		File System (3)	
467	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:03:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't mean to make you upset or anything I'm sorry		File System (3)	
468	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:16:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you want me to call you?		File System (3)	
469	SMS Messages	Incoming	3/24/2014	3/24/2014 10:22:39 PM(UTC-4)	From: 7745713150 Sam Boardman	It just takes you believeing in urself. We can talk about whatever u are comfortable with. I'm so proud of u. U can call me if u want, I am just about to fall asleep tho haha		File System (3)	
470	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:27:07 PM(UTC-4)	To: 17745713150 Sam Boardman	I think you fell asleep...		File System (3)	
471	SMS Messages	Outgoing	3/24/2014	3/24/2014 10:30:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I just was gonna talk to you to make sure you were okay because I know what I said was a lot to take in and stuff. And I was also gonna ask if the plan is the same for tomorrow? Text me in the morning when u get this, night sweet dreams love u		File System (3)	
472	SMS Messages	Incoming	3/24/2014	3/24/2014 10:41:22 PM(UTC-4)	From: 7745713150 Sam Boardman	AHH NOO INWAS BRUSHING MY TEETH AND WASHINF MY FACE! UG talk to u tomorrow. U can form a plan keeping I mind all the four food groups! Goodnight!		File System (3)	
473	SMS Messages	Outgoing	3/25/2014	3/25/2014 6:32:33 AM(UTC-4)	To: 17745713150 Sam Boardman	I don't think I'm gonna be able to eat the chex this morning so don't bring them		File System (3)	
474	SMS Messages	Incoming	3/25/2014	3/25/2014 6:46:40 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes u are, we are Doig thigs my way		File System (3)	
475	SMS Messages	Outgoing	3/25/2014	3/25/2014 6:47:16 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
476	SMS Messages	Outgoing	3/25/2014	3/25/2014 6:48:55 AM(UTC-4)	To: 17745713150 Sam Boardman	Btw I got a calendar be cause I think it wil help plan things better with like the gym and stuff and I can keep track of my progress		File System (3)	
477	SMS Messages	Outgoing	3/25/2014	3/25/2014 7:55:46 AM(UTC-4)	To: 17745713150 Sam Boardman	I can't do it Sam		File System (3)	
478	SMS Messages	Incoming	3/25/2014	3/25/2014 8:11:59 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes u can. I'm not gonna force feed u but u know what is right and what will help by beat the binge		File System (3)	
479	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:14:15 AM(UTC-4)	To: 17745713150 Sam Boardman	I still feel guilty com last night's binge. I'm nit gonna binge tonight so tomorrow I'll eat it		File System (3)	
480	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:21:04 AM(UTC-4)	To: 17745713150 Sam Boardman	From last night*		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
481	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:28:46 AM(UTC-4)	To: 17745713150 Sam Boardman	Today's just a bad day, I need to clear my system today so that tomorrow I'll be ready to go		File System (3)	
482	SMS Messages	Incoming	3/25/2014	3/25/2014 8:29:57 AM(UTC-4)	From: 7745713150 Sam Boardman	U are gonna binge of u don't eat now		File System (3)	
483	SMS Messages	Incoming	3/25/2014	3/25/2014 8:30:31 AM(UTC-4)	From: 7745713150 Sam Boardman	You know what u have to do.		File System (3)	
484	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:33:05 AM(UTC-4)	To: 17745713150 Sam Boardman	Please dont give up on me		File System (3)	
485	SMS Messages	Incoming	3/25/2014	3/25/2014 8:38:42 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm not giving up on u. I can't farce food down. I thought u wanted to start a healthy life's style, always keep your goals in mind. The same thing happenes everytime u try to do this, so learn from it. You ate good yesturday. U were hungry so u ate. You eat te food, like I'm not makin u eat food that u don't eat on a daily basis. U do eat it. You know what u have to do so why starve yourself		File System (3)	
486	SMS Messages	Outgoing	3/25/2014	3/25/2014 10:49:48 AM(UTC-4)	To: 17745713150 Sam Boardman	After your lunch can you meet me at your locker? I have 4th lunch so when you are on your way back I'll be on my way there.		File System (3)	
487	SMS Messages	Outgoing	3/25/2014	3/25/2014 10:54:21 AM(UTC-4)	To: 17745713150 Sam Boardman	It really just hit me that I need to start listening to you and making you proud. I need to get healthier and lose weight and the only way to do it is if I listen to you and eat properly. I'm gonna do it. I'm gonna make you proud		File System (3)	
488	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:10:53 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh wait I have 3rd lunch too		File System (3)	
489	SMS Messages	Incoming	3/25/2014	3/25/2014 11:39:15 AM(UTC-4)	From: 7745713150 Sam Boardman	I have fourth lunch too!! Meet me at my locker after the bell!		File System (3)	
490	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:39:50 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh I thought you had 3rd		File System (3)	
491	SMS Messages	Incoming	3/25/2014	3/25/2014 11:40:02 AM(UTC-4)	From: 7745713150 Sam Boardman	Oh wait never mind then. I didn't see tht u had 3rd. U know what today. U got it		File System (3)	
492	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:40:59 AM(UTC-4)	To: 17745713150 Sam Boardman	I have too much anxiety		File System (3)	
493	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:47:13 AM(UTC-4)	To: 17745713150 Sam Boardman	I went to the art room		File System (3)	
494	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:51:32 AM(UTC-4)	To: 17745713150 Sam Boardman	Today was such a bad day		File System (3)	
495	SMS Messages	Incoming	3/25/2014	3/25/2014 11:51:38 AM(UTC-4)	From: 7745713150 Sam Boardman	Did u eat?		File System (3)	
496	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:52:29 AM(UTC-4)	To: 17745713150 Sam Boardman	A banana		File System (3)	
497	SMS Messages	Incoming	3/25/2014	3/25/2014 11:53:40 AM(UTC-4)	From: 7745713150 Sam Boardman	You know what's gonna happen. It's ur choice		File System (3)	
498	SMS Messages	Outgoing	3/25/2014	3/25/2014 11:54:45 AM(UTC-4)	To: 7745713150 Sam Boardman	I know		File System (3)	
499	SMS Messages	Outgoing	3/25/2014	3/25/2014 12:02:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry Sam		File System (3)	
500	SMS Messages	Outgoing	3/25/2014	3/25/2014 12:07:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a question		File System (3)	
501	SMS Messages	Incoming	3/25/2014	3/25/2014 12:10:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't appologise to me! And what is it		File System (3)	
502	SMS Messages	Outgoing	3/25/2014	3/25/2014 12:11:30 PM(UTC-4)	To: 7745713150 Sam Boardman	I wanna ask in person		File System (3)	
503	SMS Messages	Incoming	3/25/2014	3/25/2014 12:12:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I can talk to u during next period		File System (3)	
504	SMS Messages	Outgoing	3/25/2014	3/25/2014 12:13:37 PM(UTC-4)	To: 7745713150 Sam Boardman	Or deca if that's easier?		File System (3)	
505	SMS Messages	Outgoing	3/25/2014	3/25/2014 12:40:43 PM(UTC-4)	To: 17745713150 Sam Boardman	ldk it's up to you		File System (3)	
506	SMS Messages	Outgoing	3/25/2014	3/25/2014 2:21:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I was gonna go but I figured we wouldn't be able to talk because Lex and Sammie went		File System (3)	
507	SMS Messages	Incoming	3/25/2014	3/25/2014 2:26:45 PM(UTC-4)	From: 7745713150 Sam Boardman	I know what u meen. I won't be able to talk for a whole cus I'm getting my hair cut and driving and stuff so ttyl		File System (3)	
508	SMS Messages	Outgoing	3/25/2014	3/25/2014 2:27:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay drive safe and I have to tell you something that Lisa told me after the bell...		File System (3)	
509	SMS Messages	Outgoing	3/25/2014	3/25/2014 2:28:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Bye for now text me later		File System (3)	
510	SMS Messages	Incoming	3/25/2014	3/25/2014 5:08:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey I'm here. Babysitting but here. What's up		File System (3)	
511	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:10:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey how was your haircut? And if you're babysitting you don't have to talk to me		File System (3)	
512	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:21:15 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't binge tho ☐☐		File System (3)	
513	SMS Messages	Incoming	3/25/2014	3/25/2014 5:37:24 PM(UTC-4)	From: 7745713150 Sam Boardman	What did u eat		File System (3)	
514	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:39:18 PM(UTC-4)	To: 17745713150 Sam Boardman	An apple and then I went to sports authority to get out of the kitchen		File System (3)	
515	SMS Messages	Incoming	3/25/2014	3/25/2014 5:40:20 PM(UTC-4)	From: 7745713150 Sam Boardman	That's not enough. You know that's not enough. I rather u binge than not eat enough		File System (3)	
516	SMS Messages	Incoming	3/25/2014	3/25/2014 5:40:27 PM(UTC-4)	From: 7745713150 Sam Boardman	That's barley anything		File System (3)	
517	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:41:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow is when I'm gonna start Sam I'm sorry it just really was hard today		File System (3)	
518	SMS Messages	Incoming	3/25/2014	3/25/2014 5:43:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't even know what to tell you. You arnt gonna help yourself by doing this. Ur just gonna make the binge worse in the long run		File System (3)	
519	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:44:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I hate not making you proud like we should be celebrating not this. I'm sorry I'm so messed up		File System (3)	
520	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:45:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow I'm gonna eat the chex and everything		File System (3)	
521	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:46:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm making a difference. I'm tired of this shit everyday. We are doing this together and I haven't been doing my part and I'm sorry. You have all of me now tho I'm all in and ready to go		File System (3)	
522	SMS Messages	Incoming	3/25/2014	3/25/2014 5:46:34 PM(UTC-4)	From: 7745713150 Sam Boardman	You don't have to be sory, and you arnt messed up. I have issues too. It's just a bad relationship with food. But doing this isn't gonna help fix the relationship. Everyday seems to be "I will start tomorrow". Make sure u have a nice big dinner with lots of protein		File System (3)	
523	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:47:31 PM(UTC-4)	To: 17745713150 Sam Boardman	I will. My mom made shepards pie		File System (3)	
524	SMS Messages	Incoming	3/25/2014	3/25/2014 5:51:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Shepard pie sounds wonderful. And get an after dinner snack in too		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
525	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:53:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Like Sam I just don't like eating in school especially when you're not in the class because I get a lot of anxiety and I'm afraid I may lose control. When you're in the class I'll eat because I know you're there and you tell me I can do it so that really helps calm me down. When you aren't there I feel like I could cheat and not eat anything you know?		File System (3)	
526	SMS Messages	Incoming	3/25/2014	3/25/2014 5:55:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I know. But it's so good to eat at school cus u can't lose control, u have the portions and that's it. U can't go to ur kitchen. Take that opportunity		File System (3)	
527	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:55:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true		File System (3)	
528	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:58:48 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a question		File System (3)	
529	SMS Messages	Outgoing	3/25/2014	3/25/2014 5:59:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait I never told you what I had to ask you		File System (3)	
530	SMS Messages	Outgoing	3/25/2014	3/25/2014 6:04:41 PM(UTC-4)	To: 17745713150 Sam Boardman	And we have a half day tomorrow which means we have history 2nd period so I can eat the chex then!!		File System (3)	
531	SMS Messages	Outgoing	3/25/2014	3/25/2014 7:58:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Are u mad at me?		File System (3)	
532	SMS Messages	Incoming	3/25/2014	3/25/2014 8:10:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Why would I be mad at u?! I'm just always busy like haircut then babysit then tanning. I never text hahah ur lke the the only person I text cus I just don't have time. Ask me now! And how was dinner!? What u having for a snack		File System (3)	
533	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:17:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Idk because of today. I really let you down. And Yeah I'm sorry I need to start realizing that. Like I'll stop texting you as much. Do you still wanna text tho? I feel bad now. And I had the Shepard pie!! And idk I was thinking a yogurt?		File System (3)	
534	SMS Messages	Incoming	3/25/2014	3/25/2014 8:21:18 PM(UTC-4)	From: 7745713150 Sam Boardman	No u didn't. Ur just not really committed. U texted me thismornng telling me u wernt gonna eat them. And u can text me whenever! And I'll try and answer. And yesss a yogurt sounds perf. What's ur quetion		File System (3)	
535	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:24:57 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna be committed tho. I'm gonna try really hard tomorrow I promise. And yeah I mean I can call too if it's easier? Last night was good on the phone. And yeah I'm hungry so the yogurt sounds perfect to me too haha. And we'll I kinda wanna ask you in person now		File System (3)	
536	SMS Messages	Incoming	3/25/2014	3/25/2014 8:29:26 PM(UTC-4)	From: 7745713150 Sam Boardman	I think a yogurt and something else too cus I forgot u havnt eaten all day! And remember, eat when u are hungry		File System (3)	
537	SMS Messages	Incoming	3/25/2014	3/25/2014 8:29:32 PM(UTC-4)	From: 7745713150 Sam Boardman	And ok		File System (3)	
538	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:30:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Ok what?		File System (3)	
539	SMS Messages	Incoming	3/25/2014	3/25/2014 8:31:10 PM(UTC-4)	From: 7745713150 Sam Boardman	To asking me in person		File System (3)	
540	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:31:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but I'll ask one now because it's really bothering me		File System (3)	
541	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:33:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Actually no I wanna ask in person Haha sorry nvm		File System (3)	
542	SMS Messages	Incoming	3/25/2014	3/25/2014 8:34:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Wanna call?		File System (3)	
543	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:41:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I do because I'm afraid I won't be able to spit it out in person but I also wanna tell you in person to really talk about it idk		File System (3)	
544	SMS Messages	Incoming	3/25/2014	3/25/2014 8:44:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Just tell me tomorrow then		File System (3)	
545	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:45:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but guess what		File System (3)	
546	SMS Messages	Outgoing	3/25/2014	3/25/2014 8:53:39 PM(UTC-4)	To: 17745713150 Sam Boardman	It's good news		File System (3)	
547	SMS Messages	Outgoing	3/25/2014	3/25/2014 9:18:12 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't cut today!!!		File System (3)	
548	SMS Messages	Incoming	3/25/2014	3/25/2014 9:26:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Good I'm proud of u!!! Doesn't it feel like sun an accomplishment?!		File System (3)	
549	SMS Messages	Incoming	3/25/2014	3/25/2014 9:26:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Such*		File System (3)	
550	SMS Messages	Outgoing	3/25/2014	3/25/2014 9:27:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much and yeah it really does actually I'm really happy		File System (3)	
551	SMS Messages	Outgoing	3/25/2014	3/25/2014 9:31:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you think they will scar?		File System (3)	
552	SMS Messages	Incoming	3/25/2014	3/25/2014 9:38:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah that's why it's important to stop. U don't want negative feedback later down the road from scarring		File System (3)	
553	SMS Messages	Outgoing	3/25/2014	3/25/2014 9:40:33 PM(UTC-4)	To: 17745713150 Sam Boardman	It's hard tho		File System (3)	
554	SMS Messages	Incoming	3/25/2014	3/25/2014 10:36:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Just keep ur future in mind. Sorry I havnt been a good texter. I have an idea but talk to u tomorrow BYEEEE		File System (3)	
555	SMS Messages	Outgoing	3/26/2014	3/26/2014 3:12:32 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right. And no don't be sorry I understand its okay. And okay I can't wait to hear it! Don't bring in chex today because I still have the ones from yesterday		File System (3)	
556	SMS Messages	Outgoing	3/26/2014	3/26/2014 10:28:45 AM(UTC-4)	To: 17745713150 Sam Boardman	Go at the 45		File System (3)	
557	SMS Messages	Incoming	3/26/2014	3/26/2014 10:31:05 AM(UTC-4)	From: 7745713150 Sam Boardman	KK I HAVE A SUB UAYYA		File System (3)	
558	SMS Messages	Outgoing	3/26/2014	3/26/2014 10:41:44 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh yeah Haha I saw him when I walked by earlier! THAT SUB IS SO MEAN THO		File System (3)	
559	SMS Messages	Incoming	3/26/2014	3/26/2014 10:43:09 AM(UTC-4)	From: 7745713150 Sam Boardman	Besaw is a bitch. I'll come upstairs to ur class		File System (3)	
560	SMS Messages	Outgoing	3/26/2014	3/26/2014 10:44:55 AM(UTC-4)	To: 7745713150 Sam Boardman	Yeah he's such a bitch he calls me Mitchell hahaha and okqy		File System (3)	
561	SMS Messages	Incoming	3/26/2014	3/26/2014 10:47:55 AM(UTC-4)	From: 7745713150 Sam Boardman	Here		File System (3)	
562	SMS Messages	Incoming	3/26/2014	3/26/2014 10:48:20 AM(UTC-4)	From: 7745713150 Sam Boardman	I see u		File System (3)	
563	SMS Messages	Outgoing	3/26/2014	3/26/2014 11:12:19 AM(UTC-4)	To: 17745713150 Sam Boardman	You didn't get in trouble did you?		File System (3)	
564	SMS Messages	Incoming	3/26/2014	3/26/2014 11:14:00 AM(UTC-4)	From: 7745713150 Sam Boardman	Nope!		File System (3)	
565	SMS Messages	Outgoing	3/26/2014	3/26/2014 11:20:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Oka good. Next time it won't be as long I just had a lot to say. Thank you for talking to me it means so much		File System (3)	
566	SMS Messages	Incoming	3/26/2014	3/26/2014 1:37:22 PM(UTC-4)	From: 7745713150 Sam Boardman	How u doing		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
567	SMS Messages	Outgoing	3/26/2014	3/26/2014 2:08:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey thank you for texting me, I actually have a story to tell you		File System (3)	
568	SMS Messages	Incoming	3/26/2014	3/26/2014 2:16:02 PM(UTC-4)	From: 7745713150 Sam Boardman	What did u eat? And do tell		File System (3)	
569	SMS Messages	Outgoing	3/26/2014	3/26/2014 2:22:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Well nothing because I wasn't really hungry. I went straight to the I gym and I fainted...		File System (3)	
570	SMS Messages	Incoming	3/26/2014	3/26/2014 2:28:40 PM(UTC-4)	From: 7745713150 Sam Boardman	I need to get u help if ur gonna de this. Now I'm guilty and wish I never got involved. I don't want to try and help u anymore cus anything I say u just ignore. I'm tryongvyo help u get on a healthy road but I can't help u if u just keep doing this. You obviously were hungry, u havnt eaten!		File System (3)	
571	SMS Messages	Outgoing	3/26/2014	3/26/2014 2:33:53 PM(UTC-4)	To: 7745713150 Sam Boardman	Sam no please I'm sorry. I was dehydrated I didn't drink enough water. I'm eating a chicken wrap right now with an Apple. That fainting was a wake up call. I'm gonna listen to everthing you say! I'm sorry Sam I know it seems like I haven't been doing that good lately but I'm really trying. I'm gonna try even harder now. Don't feel guilty it's not your fault none of this is your fault!!		File System (3)	
572	SMS Messages	Outgoing	3/26/2014	3/26/2014 2:54:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam please don't leave. Okay I know I'm difficult. I know I'm stubborn sometimes and don't listen. But if you only knew how much what you're doing means to me you'd understand. No one has ever tried to help me like you are. No one's ever stuck around for so long. I'm done disappointing you. I'm done failing you. I don't wanna be a failure anymore I wanna be healthy. I wanna make you proud. And I know actions speak louder than words but I'm gonna do the actions. I'm gonna do it for you. Please don't give up on me, I wanna get thru this together		File System (3)	
573	SMS Messages	Incoming	3/26/2014	3/26/2014 3:06:24 PM(UTC-4)	From: 7745713150 Sam Boardman	You might have been dehydrated but u were starving. I'm happy u at least ate after. You should be eating a snack too by this point. Listen to ur body. U were hungry. U should be hungry. I just want u to be happy and this is just putting a burden on me cus I'm worried. I am here for u tho, I just want u to make it easier		File System (3)	
574	SMS Messages	Outgoing	3/26/2014	3/26/2014 3:07:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm gonna have a snack in like 10 mins. Sam I can't do this without you I really can't		File System (3)	
575	SMS Messages	Incoming	3/26/2014	3/26/2014 3:11:36 PM(UTC-4)	From: 7745713150 Sam Boardman	You know what u have to do. I'm taking a nap ttyl		File System (3)	
576	SMS Messages	Outgoing	3/26/2014	3/26/2014 3:31:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Not without you reminding me I can't and okay		File System (3)	
577	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:21:09 PM(UTC-4)	To: 17745713150 Sam Boardman	I binged but I needed it		File System (3)	
578	SMS Messages	Incoming	3/26/2014	3/26/2014 4:25:16 PM(UTC-4)	From: 7745713150 Sam Boardman	Good I'm happy u did! What did u eat?		File System (3)	
579	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:28:11 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha a whole lot of junk...some ice cream, Oreos, PEANUT BUTTER AND MILK, some left over Shepard pie a kit Kat ummmm anda banana Hahahahaha		File System (3)	
580	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:28:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh and a granola bar		File System (3)	
581	SMS Messages	Incoming	3/26/2014	3/26/2014 4:36:18 PM(UTC-4)	From: 7745713150 Sam Boardman	That's good u needed it! I'm happy u binged. U knew this would come by not eating. Learn from it for tomorrow, and realize that in order to beat it it will take everyday of eating right, because when u starve yourself for a day, it will jut meen ur hungry carrying over to the next day and will binge.		File System (3)	
582	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:37:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right and you taught me that because before I never knew that. I always thought starving myself was good		File System (3)	
583	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:49:02 PM(UTC-4)	To: 17745713150 Sam Boardman	The only problem now tho is that I feel like I need to cut but I know I shouldn't		File System (3)	
584	SMS Messages	Incoming	3/26/2014	3/26/2014 4:53:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Nope don't do that. That won't make it better in the long run. Relax and find something to entertain u		File System (3)	
585	SMS Messages	Outgoing	3/26/2014	3/26/2014 4:56:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm having a hard time relaxing I can't think straight		File System (3)	
586	SMS Messages	Outgoing	3/26/2014	3/26/2014 5:12:55 PM(UTC-4)	To: 17745713150 Sam Boardman	I've never not cut after a binge		File System (3)	
587	SMS Messages	Incoming	3/26/2014	3/26/2014 5:32:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Well then let's make a first! Think of how much happier you will be tomorrow after u don't cut		File System (3)	
588	SMS Messages	Outgoing	3/26/2014	3/26/2014 5:41:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I want to make it a first too I don't want anymore scars I'm so done with it I just literally have so much anxiety right now I need a release. I'm staring at the knife I wanna throw it out. I don't need it.		File System (3)	
589	SMS Messages	Outgoing	3/26/2014	3/26/2014 5:55:48 PM(UTC-4)	To: 17745713150 Sam Boardman	You know what I realized?		File System (3)	
590	SMS Messages	Incoming	3/26/2014	3/26/2014 6:05:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Throw it out! Or I will come there and throw it out for u! No knife, no cutting, and what? And if u don't throw that out I feel like we need to get u proper help		File System (3)	
591	SMS Messages	Outgoing	3/26/2014	3/26/2014 6:07:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Where do I throw it out? I'd almost like it better if you actually did come throw it out instead haha		File System (3)	
592	SMS Messages	Incoming	3/26/2014	3/26/2014 6:10:41 PM(UTC-4)	From: 7745713150 Sam Boardman	I will then! ldk when I'll be able to get to pvill tho. And what u realize?!		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
593	SMS Messages	Outgoing	3/26/2014	3/26/2014 6:15:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Well we can hangout soon or something maybe next week and we can do it then? Or did you mean today? And I realized that like I always make choices that seem like the right thing to do at the time because it satisfies me. Like eating something for a binge or not eating anything at all because I feel skinny. Or even cutting like at the time it helps me. But I realized that looking back the next day or a few hours from then, it makes me feel like shit and it makes me even more upset. If I start eating healthy and properly and listen to you, I won't have those regrets		File System (3)		
594	SMS Messages	Incoming	3/26/2014	3/26/2014 6:21:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly! It's about feeling good about your decisions and food choices. Being healthy is physically and mentally, and will mean that u will be happy about all your decisions and show it in how u look and feel		File System (3)		
595	SMS Messages	Outgoing	3/26/2014	3/26/2014 6:24:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah exactly so I just need to keep that in mind whenever I'm faced with food or cutting or whatever. At that moment it may seem good to not eat and go forth with the cutting but in the end it will just lead to a binge and more scars. Like I wanna be able to wear short sleeves		File System (3)		
596	SMS Messages	Outgoing	3/26/2014	3/26/2014 6:25:44 PM(UTC-4)	To: 17745713150 Sam Boardman	What do u think about hanging out tho?		File System (3)		
597	SMS Messages	Outgoing	3/26/2014	3/26/2014 6:54:58 PM(UTC-4)	To: 17745713150 Sam Boardman	OH AND GUESS WHAT		File System (3)		
598	SMS Messages	Incoming	3/26/2014	3/26/2014 7:09:52 PM(UTC-4)	From: 7745713150 Sam Boardman	HI I WAS DRIVN! Im at te extra credit thing now. 1 hour of watching band 🎸		File System (3)		
599	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:10:26 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHA YOU SHOULDA PICKED ME UP TO GO!!		File System (3)		
600	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:10:49 PM(UTC-4)	To: 17745713150 Sam Boardman	☐☐		File System (3)		
601	SMS Messages	Incoming	3/26/2014	3/26/2014 7:11:35 PM(UTC-4)	From: 7745713150 Sam Boardman	And yeah think of the short sleeve, and how u can heal ur scars instead of making them worse. And think of how less stressful ur life would be when u don't have to worry about the scars. AND IM SORY I DIDNT THINK OF IT		File System (3)		
602	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:13:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's what I'm keeping in mind now that's a really good point. Like I constantly worry about people seeing. Idc if you see because you know. But haha it's okay we can go to the next one together! if u want ha		File System (3)		
603	SMS Messages	Incoming	3/26/2014	3/26/2014 7:19:33 PM(UTC-4)	From: 7745713150 Sam Boardman	YESS I'll pick u up for the next one. And exactly! By stopping, u are eliminating future stress of covering them		File System (3)		
604	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:21:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Yayay!! And yeah that's gonna feel really good! Like it's okay if I don't try to hide them when I'm with you right? I feel like I don't need to		File System (3)		
605	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:40:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry thay was weird to ask...but how's the show going so far? You ready to throw a trumpet at someone yet?☐🎺		File System (3)		
606	SMS Messages	Incoming	3/26/2014	3/26/2014 7:44:01 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't have to hide anything around me, u know that. And holly shit, I'm starting to wonder if this is actually worth the extra credit 😊		File System (3)		
607	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:45:03 PM(UTC-4)	To: 17745713150 Sam Boardman	That really means a lot thank you Sam :) and hahaha is it that bad?		File System (3)		
608	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:45:18 PM(UTC-4)	To: 17745713150 Sam Boardman	But I never told you about Alice!		File System (3)		
609	SMS Messages	Incoming	3/26/2014	3/26/2014 7:51:27 PM(UTC-4)	From: 7745713150 Sam Boardman	It's just long. I didn't know I had to stay the whole time. And oh yeah!!! I wanna know!!		File System (3)		
610	SMS Messages	Outgoing	3/26/2014	3/26/2014 7:52:38 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHHAHA are you alone? And well what do you wanna know? Haha		File System (3)		
611	SMS Messages	Outgoing	3/26/2014	3/26/2014 8:41:18 PM(UTC-4)	To: 17745713150 Sam Boardman	And Sam I have to ask you something		File System (3)		
612	SMS Messages	Incoming	3/26/2014	3/26/2014 8:55:24 PM(UTC-4)	From: 7745713150 Sam Boardman	I went with lex. It's so easy to go places with lex us she lives so close, ya know? Haha what is it		File System (3)		
613	SMS Messages	Outgoing	3/26/2014	3/26/2014 8:56:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah true. And well my grandfather has a house down in Florida so I was gomna ask you and I'll ask Lexie too if you guy's wanna come with me to his house for a week or so in the summer!?		File System (3)		
614	SMS Messages	Incoming	3/26/2014	3/26/2014 9:03:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle that's so nice of u! That would be so fun! But I won't be able to cus the money thing. I work all te time cus I have to pay for all my expenses and cloths and sports stuff myself, and I'm trying to save up for my own car.		File System (3)		
615	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:03:47 PM(UTC-4)	To: 7745713150 Sam Boardman	I'll pay for you		File System (3)		
616	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:04:56 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm gonna do something for you Sam. I'll surprise you one day		File System (3)		
617	SMS Messages	Incoming	3/26/2014	3/26/2014 9:08:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha nooooo nooo I would never allow that! And oh god should I be scared? 😊		File System (3)		
618	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:10:25 PM(UTC-4)	To: 17745713150 Sam Boardman	It's the least I can do Sam. We can talk abuit it when summer gets closer. And no don't be scared haha. Trust me		File System (3)		
619	SMS Messages	Incoming	3/26/2014	3/26/2014 9:18:24 PM(UTC-4)	From: 7745713150 Sam Boardman	I won't allow that. Don't feel like u owe me anythin. And ok haha I never know with u Michelle. Did u have a nice dinner?		File System (3)		
620	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:20:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I owe you so much Sam are you kidding me? You should know by now that I always need to give something back in return. But that's true hahaha and yeah I did I had shrimp and some chicken!!! What did u have		File System (3)		
621	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:34:43 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'll just tell you another time haha		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
622	SMS Messages	Incoming	3/26/2014	3/26/2014 9:35:55 PM(UTC-4)	From: 7745713150 Sam Boardman	That's just how u think, u always think that u owe people and that u gotta do stuff for other people, but that's not even it cus ur helping me too! And yay good! And I had chicken and broccoli. Lex really wanted to go to mcdonalds after tannin but I was drivin so I avoided the shamrock shake binge haha		File System (3)	
623	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:41:01 PM(UTC-4)	To: 17745713150 Sam Boardman	You really understand me like nobody ever realizes that or understands me at all. Nobody understands why I do the things I do and how I think and stuff but you do. So thank you for that. And I don't feel like I'm helping you tho I gotta do more. Haha that's good...I've never had one of those. And I love broccoli!		File System (3)	
624	SMS Messages	Outgoing	3/26/2014	3/26/2014 9:46:42 PM(UTC-4)	To: 17745713150 Sam Boardman	OMG IM SO EXCITED FOR THE SURPRISE!!		File System (3)	
625	SMS Messages	Outgoing	3/26/2014	3/26/2014 10:26:48 PM(UTC-4)	To: 17745713150 Sam Boardman	You going to bed?		File System (3)	
626	SMS Messages	Incoming	3/26/2014	3/26/2014 10:33:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I put my phone down to finish some work. I'll warn u next time haha I don't want u to feel like I'm ignoring u. And I really do feel like we are so similar and like have gone threw the same stuff, and that u understand me too. U have given me a friend, and helped me realize that I need to be healthy too. Like telling u to like eat certain things and stuff reminds me that I have too too. Same I love broccoli! I'm the only kid tht literally loves all fruits and vegetables. Like I can't get enough. Is the surprize tomorrow!? Now u have me excited! I'm going to bed now tho. Goodnight Michelle!		File System (3)	
627	SMS Messages	Outgoing	3/26/2014	3/26/2014 10:47:02 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay haha I just get really impatient and I do think that haha you literally know me. That really means a lot what you just said. I've always wanted a friend like you Sam. You're such an amazing person you're like this star guiding me thru the darkness. You're the first person whose.made me feel important and special for like 2 years. You're the first person who I know actually really does care about me. We are similar and we have been thru the same things and that's something nobody else will ever get to say. I know who you are Sam. The real you. And I love you for you I don't want you to change. And I'd really like to get to know you even more and stuff. I feel like I can tell you anything and I hope the feelings mutual. You're the first person I go to with anything. You dont even realize but you're saving my life you're making me healthy and getting me out of this bad mental state. And I'm really happy m helping. I've never had anyone say they needed me. I always need people but nobody has ever said they needed me (well except Alice she left). I've always been afraid to open up to people since be cause they always leave. Alice left and so did 3 other people I tried opening up to. But they didn't get it. They were scared and didn't understand. But you do and you haven't left yet. I hope you don't. And same I love every veggie and fruit too!! Haha like when people complain about broccoli I get seconds I love it. And no it's not tomorrow but soon :) Night Sam sweet dreams!		File System (3)	
628	SMS Messages	Incoming	3/27/2014	3/27/2014 7:03:20 AM(UTC-4)	From: 7745713150 Sam Boardman	Goodmornnggg do u need me to bring something or are u		File System (3)	
629	SMS Messages	Outgoing	3/27/2014	3/27/2014 7:04:54 AM(UTC-4)	To: 17745713150 Sam Boardman	Good morning sorry about that message last night it was kinda long but no I'm good today thank you tho		File System (3)	
630	SMS Messages	Incoming	3/27/2014	3/27/2014 7:06:42 AM(UTC-4)	From: 7745713150 Sam Boardman	Why are u sory!?! That was such a nice message, thank you! I didn't get to answer last night but thank you Michelle. What are u eating for breakfast?		File System (3)	
631	SMS Messages	Outgoing	3/27/2014	3/27/2014 7:08:36 AM(UTC-4)	To: 17745713150 Sam Boardman	ldk I didn't know if it was too much but you're welcome I meant every word of it. And I had a banana and half a yogurt. I didn't have time to make an egg and my dad had to go into work early today so he wasn't there to make it		File System (3)	
632	SMS Messages	Incoming	3/27/2014	3/27/2014 12:16:20 PM(UTC-4)	From: 7745713150 Sam Boardman	How u doin		File System (3)	
633	SMS Messages	Outgoing	3/27/2014	3/27/2014 12:26:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Bad I binged		File System (3)	
634	SMS Messages	Outgoing	3/27/2014	3/27/2014 12:38:02 PM(UTC-4)	To: 17745713150 Sam Boardman	And u know what that means		File System (3)	
635	SMS Messages	Outgoing	3/27/2014	3/27/2014 2:35:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam??		File System (3)	
636	SMS Messages	Outgoing	3/27/2014	3/27/2014 4:05:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry		File System (3)	
637	SMS Messages	Incoming	3/27/2014	3/27/2014 4:08:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle stop appologising! I was busy, I know I'm annoying like that! How u feeling? No cutting right?		File System (3)	
638	SMS Messages	Outgoing	3/27/2014	3/27/2014 4:22:27 PM(UTC-4)	To: 17745713150 Sam Boardman	No you aren't annoying im sorry I know you were busy I'm sorry for bothering you. But I had a bad day Sam. I feel disgusting. And I did		File System (3)	
639	SMS Messages	Incoming	3/27/2014	3/27/2014 4:25:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I had a bad day too, probs cus when I'm with Lexie I kinda just eat whatever. I feel gross too! But like don't beat yourself up over it. The half days are tough for me too, cus like u can have whatever instead of just eating a salad at lunch. No matter how bad the day is, cutting doesn't justify anything. U know that that's not the right thing to do, and really need to get rid of the knife. I wish u lived closer, it's so rare I ever go to pvill cus I never have time. I'm failing u		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
640	SMS Messages	Outgoing	3/27/2014	3/27/2014 4:35:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah the half days are really hard for me because lose control. But that's the problem I do beat myself up over it. I either eat nothing at all or I binge. There's no middle ground. And I didn't wanna cut I told myself I wouldn't do it anymore especially because we talked about not doing it yesterday but I binged and when i binge I feel like it's the only way to feel better. I can't get myself to get rid of it because I feel like I'll just go get it after that's why it would help if you got rid of it so I don't know where you put it. I wish I lived closer too it would be so much better and easier. You're not failing me Sam! I'm failing myself. This is why I feel like I'm weak		File System (3)	
641	SMS Messages	Outgoing	3/27/2014	3/27/2014 4:37:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you okay tho like are you feeling alright from your day?		File System (3)	
642	SMS Messages	Incoming	3/27/2014	3/27/2014 4:43:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Maybe we have to go about this in a different way. I don't think ur weak at all, I do the same thing every so often. I'm not perfect either. I binge on like healthy things a lot too, like if I feel like I'm gonna eat a lot, I like eat aton of fruit and granola, idk why but that's my go to. So it like doesn't make me feel as bad. I realize that it's not even the junk food I like, it's just the eatin part. Maybe u would try to only eat large quantities of "healthy" foods if u feel a binge		File System (3)	
643	SMS Messages	Outgoing	3/27/2014	3/27/2014 4:48:02 PM(UTC-4)	To: 17745713150 Sam Boardman	If I could binge on healthy food I thnk I'd feel a lot better. Its just when I see junk I know that it tastes good so I want to eat it. Like I think the sugars addicting. Especially when I eat one bad thing I get the fuck it feeling. But maybe I should try to do it your way and eat a lot of fruit. Maybe that would stop the guilt and prevent me from cutting?		File System (3)	
644	SMS Messages	Outgoing	3/27/2014	3/27/2014 5:04:53 PM(UTC-4)	To: 17745713150 Sam Boardman	But I think my nightmares are contributing to all this. They're getting worse		File System (3)	
645	SMS Messages	Incoming	3/27/2014	3/27/2014 5:10:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Well I'm not saying it's good to binge on healthy food, but it's a start! And like fruit has a lot of sugar in it. Sugar is addicti tho, like that's a fact. And what's going on in ur nightmares		File System (3)	
646	SMS Messages	Outgoing	3/27/2014	3/27/2014 5:18:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Well then I'll have fruit and veggies to balance it out. And idk they're just getting more intense and they give me like panic attacks. These demons just tell me things in them relating to my past and I feel like it has to do with the food. Its hard to explain		File System (3)	
647	SMS Messages	Incoming	3/27/2014	3/27/2014 5:40:58 PM(UTC-4)	From: 7745713150 Sam Boardman	No I'm not saying to not eat fruit! I'm saying that eying fruit can be a healthier way to tackle ur sweet tooth. Just remember that whatever ur dreaming isn't true at all. There migh actually be sleeping medication out here to help not give night mares. But I think u just need to really relax. U need like a massage to help u relax. Or like a pedacure haha ud feel so pretty! Off topic but whatever		File System (3)	
648	SMS Messages	Outgoing	3/27/2014	3/27/2014 5:44:43 PM(UTC-4)	To: 17745713150 Sam Boardman	No I know haha I get what you mean. And the thing is it feels true. But I know its not. During them is scary tho...Well that's w ha I heard. Alice was the only one who saw me have them and use told me like what happens and it's like really bad. I like don't breathe haha. But idk if that all still happens bc I don't see myself when I sleep but idk. And yeah a massage would be nice haha I feel like I have a lot of knots		File System (3)	
649	SMS Messages	Outgoing	3/27/2014	3/27/2014 6:42:49 PM(UTC-4)	To: 17745713150 Sam Boardman	You probably think I'm so messed up		File System (3)	
650	SMS Messages	Outgoing	3/27/2014	3/27/2014 7:43:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I just ate a cupcake. My mom bought cupcakes so I had one and then I had like 7 glasses of milk with it. This day is so bad I dont even know what to do right now		File System (3)	
651	SMS Messages	Incoming	3/27/2014	3/27/2014 8:58:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Why is that bad!? It's good to treat urself to a cup cake! And milk is good, u know that!		File System (3)	
652	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:00:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Idk I'm just really sorry		File System (3)	
653	SMS Messages	Incoming	3/27/2014	3/27/2014 9:01:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Can u stop saying sory		File System (3)	
654	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:02:13 PM(UTC-4)	To: 17745713150 Sam Boardman	When I feel like I don't need to be anymore		File System (3)	
655	SMS Messages	Incoming	3/27/2014	3/27/2014 9:02:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Why do u have to be sorry?		File System (3)	
656	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:06:57 PM(UTC-4)	To: 17745713150 Sam Boardman	For being this way. For not listening to you when i should be and for being so messed up and difficult. You're like this perfect person and I'm this crazy insane person with all these issues and for some bizarre reason you want to help me and be my friend but i'm sorry you have to deal with the way I am		File System (3)	
657	SMS Messages	Incoming	3/27/2014	3/27/2014 9:11:09 PM(UTC-4)	From: 7745713150 Sam Boardman	First of all, I'm perfect in no way. I am a mess of my own. The only time I am disappointed in u is when u intentionally don't eat. I just want u to be happy Michelle and I hate to see u set urself up for failure. Having a cupcake is perfectly healthy. U had one, and that was good! U didn't binge!!!		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
658	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:14:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Well you're perfect to me. Everything you hate about yourself I see something amazing. Everything you've been thru, everything you've dealt with, to go thru all that to get to where you are now, it's really incredible. You're an inspiration to so man people just like you are to me		File System (3)		
659	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:15:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Many*		File System (3)		
660	SMS Messages	Incoming	3/27/2014	3/27/2014 9:18:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha trust me, u have no idea what i have been through yet. But thank you michelle. I'm not an inspiration to anyone tho, and I don't expect to be. But thanks		File System (3)		
661	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:19:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I'd like to know		File System (3)		
662	SMS Messages	Incoming	3/27/2014	3/27/2014 9:20:26 PM(UTC-4)	From: 7745713150 Sam Boardman	I guess it's irrelevant. I just don't think u know me as well as u think		File System (3)		
663	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:22:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you tell me?		File System (3)		
664	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:27:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Please		File System (3)		
665	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:37:11 PM(UTC-4)	To: 17745713150 Sam Boardman	You don't have to I just thought we were gonna tell each other things and be open. If u don't want me to know that part of you I don't have to		File System (3)		
666	SMS Messages	Incoming	3/27/2014	3/27/2014 9:41:23 PM(UTC-4)	From: 7745713150 Sam Boardman	It's nothing worth talking about. Ur just like jumping to a lot if conclusions, when we just started talking. I'm still happy and thankful that u still view me In such a way. I'm gotta do some work tho so see u Tomorrow, goodnight!		File System (3)		
667	SMS Messages	Outgoing	3/27/2014	3/27/2014 9:42:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right I'm sorry. And that sorry was meant to be said. Can I meet you at your locker in the morning? I wanna talk to you		File System (3)		
668	SMS Messages	Outgoing	3/28/2014	3/28/2014 6:54:40 AM(UTC-4)	To: 17745713150 Sam Boardman	Do u think u could bring me in some bandaids?		File System (3)		
669	SMS Messages	Incoming	3/28/2014	3/28/2014 6:58:38 AM(UTC-4)	From: 7745713150 Sam Boardman	I don't have any!! I'm sory. But yes u can come to my locker. Did u have breakfast		File System (3)		
670	SMS Messages	Outgoing	3/28/2014	3/28/2014 7:00:37 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay it's fine I just don't wanna ask a teacher for like 4 bandaids you know? And okay thanks and yeah kinda		File System (3)		
671	SMS Messages	Incoming	3/28/2014	3/28/2014 7:01:32 AM(UTC-4)	From: 7745713150 Sam Boardman	Go to the nurse maybe. And why kinda		File System (3)		
672	SMS Messages	Outgoing	3/28/2014	3/28/2014 7:03:08 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah maybe and well I had some banana. I still feel bad from yesterday I honestly wasn't that hungry		File System (3)		
673	SMS Messages	Incoming	3/28/2014	3/28/2014 7:04:05 AM(UTC-4)	From: 7745713150 Sam Boardman	U know how I feel about u not eating breakfast		File System (3)		
674	SMS Messages	Outgoing	3/28/2014	3/28/2014 7:04:30 AM(UTC-4)	To: 17745713150 Sam Boardman	I know. Dissapointed		File System (3)		
675	SMS Messages	Outgoing	3/28/2014	3/28/2014 7:19:36 AM(UTC-4)	To: 17745713150 Sam Boardman	Today's gonna be a hard day		File System (3)		
676	SMS Messages	Incoming	3/28/2014	3/28/2014 7:39:43 AM(UTC-4)	From: 7745713150 Sam Boardman	It's gonna be hard if u intentionally go against what ur working for		File System (3)		
677	SMS Messages	Outgoing	3/28/2014	3/28/2014 3:45:31 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not doing so good		File System (3)		
678	SMS Messages	Incoming	3/28/2014	3/28/2014 5:15:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm the worst I need to answer right when ur struggling. And how so		File System (3)		
679	SMS Messages	Outgoing	3/28/2014	3/28/2014 5:28:29 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay you were busy don't feel bad. I'm having so many thoughts and I don't know what to do		File System (3)		
680	SMS Messages	Outgoing	3/28/2014	3/28/2014 5:36:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I know you have the dance. Have a fun time, bye for now		File System (3)		
681	SMS Messages	Incoming	3/28/2014	3/28/2014 5:36:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Call me!!!		File System (3)		
682	SMS Messages	Incoming	3/28/2014	3/28/2014 5:39:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Lex will be here soon so I want to talk to u before she's gets here		File System (3)		
683	SMS Messages	Incoming	3/28/2014	3/28/2014 5:41:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Of you are thinking of cutting, just think of how u will be helping urself in the long run by putting the knife away. U can get through this feeling Michelle. I know u can. You may think that u deserve that but u don't in any way. Eating food makes u human.		File System (3)		
684	SMS Messages	Outgoing	3/28/2014	3/28/2014 5:49:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I was downstairs I didn't have my phone. Can we still talk on the phone?		File System (3)		
685	SMS Messages	Outgoing	3/28/2014	3/28/2014 6:00:55 PM(UTC-4)	To: 17745713150 Sam Boardman	You make me feel better without even realizing it		File System (3)		
686	SMS Messages	Outgoing	3/28/2014	3/28/2014 6:03:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm gonna draw u a picture		File System (3)		
687	SMS Messages	Incoming	3/28/2014	3/28/2014 6:32:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Aww thank you Michelle! YAY I CANT WAIT TO SEE IT		File System (3)		
688	SMS Messages	Outgoing	3/28/2014	3/28/2014 6:38:17 PM(UTC-4)	To: 17745713150 Sam Boardman	No problem :) and I hope you like it		File System (3)		
689	SMS Messages	Incoming	3/28/2014	3/28/2014 11:01:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Hii I told u is text ya		File System (3)		
690	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:02:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Thanks for keeping the promise..how was it!?		File System (3)		
691	SMS Messages	Incoming	3/28/2014	3/28/2014 11:03:32 PM(UTC-4)	From: 7745713150 Sam Boardman	OMG BEST DANCE EVERRRRRRRRR! Ur going next year		File System (3)		
692	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:04:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I'm happy you had fun! Did anyone get in trouble? And I want to		File System (3)		
693	SMS Messages	Incoming	3/28/2014	3/28/2014 11:06:45 PM(UTC-4)	From: 7745713150 Sam Boardman	YEAH HOLDEN COOPER! Lol the poor kid has the worst luck. ldk I'm pretty sure I had the most fun and even the peor who were drinking were like sobering up at the end and like wernt as crazy but OMG so fun. How u been doin		File System (3)		
694	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:08:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha NO WAY WTF out of all people. I'm really happy you had fun you deserved that! And I don't wanna ruin your great night so you can go to bed if you're tired		File System (3)		
695	SMS Messages	Incoming	3/28/2014	3/28/2014 11:09:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I like am too hyper to go to bed now anyways. What's wrong		File System (3)		
696	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:14:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna talk to you about stuff tomorrow		File System (3)		
697	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:17:10 PM(UTC-4)	To: 17745713150 Sam Boardman	You're in a good mood now and I wanna keep it that way haha		File System (3)		
698	SMS Messages	Incoming	3/28/2014	3/28/2014 11:17:59 PM(UTC-4)	From: 7745713150 Sam Boardman	I gave work all Tomoorw! Why not now		File System (3)		
699	SMS Messages	Incoming	3/28/2014	3/28/2014 11:18:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay and in getting in the shower and I want to be able to give my full attention. But literally u can call me after I'm out. U know I'm here		File System (3)		
700	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:21:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you yeah just text me you get out. Thank you so much for being there, you know I'm always here for u too		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
701	SMS Messages	Outgoing	3/28/2014	3/28/2014 11:24:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I cut tonight after I binged. I tried not to but I couldn't fight the urge. I found this to help you understand it better if u wanted take a look.... http://m.helpguide.org/articles/addiction/self-injury		File System (3)	
702	SMS Messages	Incoming	3/29/2014	3/29/2014 12:01:13 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm about to read that now. I think u just need to have a more busy schedule with less time to think. It helps so much with me, like I wouldn't even be able to find the time I self harm. But hold on ima read		File System (3)	
703	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:04:40 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right. But okay tell me what u think		File System (3)	
704	SMS Messages	Incoming	3/29/2014	3/29/2014 12:07:50 AM(UTC-4)	From: 7745713150 Sam Boardman	I have tried to do mostly all the steps in helping a loved one I think. What it does say is u could see a therapist, which I'm sure I'd be agains. I think the articles just restated facts I already knew. Anything I dot understand can't really be explained to me cus it's a feeling that only the person suffers. I try to reach out to u tho and stay connected, I guess I'm not doing I well enough ☹️		File System (3)	
705	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:13:28 AM(UTC-4)	To: 17745713150 Sam Boardman	Stop it Sam you're doing an amazing job helping me. No one had ever helped me with this or even wanted to help me. I sent that link to you to answer some questions you may have about it to get a better understanding. The different sections sum it all up really well. And I've already seen a therapist I've seen 6 haha they don't help me. You help me more then they did. You do reach out to me and stay connected which is a really good and helpful thing		File System (3)	
706	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:15:35 AM(UTC-4)	To: 17745713150 Sam Boardman	Don't feel like you aren't doing enough because that's not true. I'm happy I finally found someone I can talk about it with. I've kept it a secret for so long		File System (3)	
707	SMS Messages	Incoming	3/29/2014	3/29/2014 12:17:41 AM(UTC-4)	From: 7745713150 Sam Boardman	U never saw one for this reason tho! ldk, or maybe it would be good to get support from ur family. I don't think u want that tho. And speeding up about it were brave first steps. Ur no longer in this alone. Remember that I care about u, and that so many people do. U deserve everyone's love and help		File System (3)	
708	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:22:18 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah but they're all the same. I'm never able to connect with therapists and im also afraid they will send me to a hospital and stuff. I had a bad experience with one therepist like that. And no I am not telling my family. They'd make me see a therapist and take me to see some mental doctor and I can't do that it would make everything worse. All I need is you to be honest. You're right I mean this is the second bravest thing I've ever done. Thank you for helping and letting me know I'm not alone anymore. It means so much to me. I'm just scared to tell anyone else		File System (3)	
709	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:23:24 AM(UTC-4)	To: 17745713150 Sam Boardman	If I could have told anyone about this it would have been you all along		File System (3)	
710	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:25:34 AM(UTC-4)	To: 17745713150 Sam Boardman	Seeing the cuts doesn't freak you out does it?		File System (3)	
711	SMS Messages	Incoming	3/29/2014	3/29/2014 12:36:28 AM(UTC-4)	From: 7745713150 Sam Boardman	I understand what u meen, I figured u would say that. But I don't want it to have to come to that. I want u to stop for good. UG I just wanna come and get that knife from u. And I can't tomorrow either cus work then I'm heading to Easton ☺️ I think it would be so good if u could get rid of it on ur own; take control. Ya know?		File System (3)	
712	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:40:00 AM(UTC-4)	To: 17745713150 Sam Boardman	The thing is if I got rid of it on my own I'd honestly go back and get it and probably have a huge meltdown I'm being completely honest. And even if I did get rid of it, there's still the other one and there's razor blades and stuff. I feel like there's still stuff I'd use. So if u got rid of it idk if it would help really implant the message that I need to seriously stop		File System (3)	
713	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:40:59 AM(UTC-4)	To: 17745713150 Sam Boardman	Why are u going to Easton tho?		File System (3)	
714	SMS Messages	Incoming	3/29/2014	3/29/2014 12:43:52 AM(UTC-4)	From: 7745713150 Sam Boardman	Well if it would make u feel better then I would. But that us a point, and there's no way we can get rid of all razors. But maybe it will leave an impact. And cus me and lex have some friends there. But I'm drifting off to sleep so I'll talk to u tomorriw. Remember a big breakfast and I can answer u if u text me during my lunch break at like 2. Sweet dreams Michelle, I hope I'm not leaving u hanging		File System (3)	
715	SMS Messages	Outgoing	3/29/2014	3/29/2014 12:51:56 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I mean if it's okay with you I'd like it a lot better if you got rid of it. And I think that would leave an impact on me so I won't use other things to replace the knife. And okay I'll keep you updated and I'll text you at 2. If you have time tomorrow night depending on if you're still with your friends or not I wanna call you to tell u things. Thank you Sam sweet dreams to you too and ill be okay don't worry, just getting prepared for my nightly nightmare haha☐		File System (3)	
716	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:37:44 AM(UTC-4)	To: 17745713150 Sam Boardman	Who is your favorite gymnast?		File System (3)	
717	SMS Messages	Outgoing	3/29/2014	3/29/2014 1:44:01 PM(UTC-4)	To: 17745713150 Sam Boardman	And I just binged so you know what that means		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
718	SMS Messages	Incoming	3/29/2014	3/29/2014 1:57:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I can't let this go on for much longer. U new to be healing, not making them worse ☹️ my favorite gymnast is gabby Douglas because of her inspirational background story. U should look it up is so like cute. Did u eat breakfast? U did better last weekend when we had a plan		File System (3)	
719	SMS Messages	Outgoing	3/29/2014	3/29/2014 2:01:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Well we already talked about this like I don't wanna see anyone for this. So we have to find a way to stop it on our own. And yeah I saw the Gabby Douglas movie so I know all about it. Its a good choice I had a feeling she was your favorite. And yeah but that turned into a binge. You're right the plan was a lot better		File System (3)	
720	SMS Messages	Outgoing	3/29/2014	3/29/2014 2:02:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't cut yet today tho		File System (3)	
721	SMS Messages	Outgoing	3/29/2014	3/29/2014 2:15:43 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm just starting to get thoughts about it		File System (3)	
722	SMS Messages	Outgoing	3/29/2014	3/29/2014 2:31:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry I hope I didn't ruin your day. Btw I'm working on your surprise!!!		File System (3)	
723	SMS Messages	Incoming	3/29/2014	3/29/2014 7:09:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Hll and last weekend it didn't lead to a binge! U cut but didn't binge. Did u eat breakfast tho? And OMG there's a movie!? AHHH I need to see that! Wow I'm slackin. U havnt hurt urself today have u? See u didn't do it everyday before u talked to me and now it's coming to that.		File System (3)	
724	SMS Messages	Outgoing	3/29/2014	3/29/2014 7:19:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey and Yeah last weekend was a lot better So we need to get back to that. I actually typed out your meal plan today and made a fitness plan so I'm gonna start to really follow it. And well I ate breakfast but 10 mins later I binged because I lost control. So it was basically a big binge. And yeah there's a movie!! Don't watch it I wanna see it with you okay??!! And I did I'm sorry. I think I know why tho. It has nothing to do with you I mean your helping and lk it doesn't seem like you are but you are. I think I do it everyday now because I know how far I need to go to get where I wanna be and it gives me anxiety knowing I have so much further to go. And when I binge I do it. And when I feel like I let you down when I don't listen I feel like I deserve it. We can get thru this you can help me stop like now I'm okay with talking about it to you. I used to be afraid what you would think and I was so timid on showing you the cuts because i didn't wanna freak you out but now I know you won't judge me. Does seeing them make u uncomfortable tho?		File System (3)	
725	SMS Messages	Incoming	3/29/2014	3/29/2014 8:16:27 PM(UTC-4)	From: 7745713150 Sam Boardman	The meal plan can't be taken to much to heart, like those are just ideas. U know whts good, u just have to follow through. U just gotta get out of the house more tho. Eat and leave. And ur not gonna get any closer to ur goals by doing that. Remember that. No it doesn't make me uncomfortable but like there just is something not right with me witnessing it and not telling any like adult or someone who can help u more. And see it is my fault cus u feel like ur letting me down. I don't care what u eat Michelle I just want u to be happy. In that case it is my fault		File System (3)	
726	SMS Messages	Incoming	3/29/2014	3/29/2014 8:16:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I TYPED THAT LIKE AN HOUR AGO AND DIDNT PRESS SEND		File System (3)	
727	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:30:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah but I took those ideas and like made them into good meals and stuff. Like once those things are in my head I am so focused on them and feel like I have to follow it exactly. Its all good stuff on it tho like you made it good. And yeah I gotta get out of my house more. Maybe if u don't have work one day we could go out or something if u want but Sam like the thing is, is that showing you is no different than showing an adult. An adult would just get me a therapist, which is what I don't want. So it's better showing you especially because I can talk about it with u and its just easier because you know the reasons and stuff behind it. And I feel like I'm letting you down when I don't eat and you get mad like or when I binge. But those are my actions that you can't control. You can jus support me and encourage me		File System (3)	
728	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:30:27 PM(UTC-4)	To: 17745713150 Sam Boardman	And its okay haha		File System (3)	
729	SMS Messages	Incoming	3/29/2014	3/29/2014 8:34:48 PM(UTC-4)	From: 7745713150 Sam Boardman	But that's the thing, u can't limit urself to what's on that paper. U want to try and have a healthier relationship with food, and eat whts in front of u and available.and I don't have the car after school until 6:30 so I can never do anything after school. I literally never get to hang with anyone it just sucks. PLEASEE GO FOR UR PERMIT SOON THAT WILL BE SO GOOD FOR U. Just thinking of DRIVING. Get out more. Ya know? ldk why u wouldn't want it		File System (3)	
730	SMS Messages	Incoming	3/29/2014	3/29/2014 8:34:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so random haha I just think of things that could maybe help		File System (3)	
731	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:37:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha no you're right I need my permit and a job. And oh damn :(I just like don't understand why this is so hard for me. It shouldn't be this hard		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
732	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:38:48 PM(UTC-4)	To: 17745713150 Sam Boardman	I keep telling myself thay I'm gonna wake up one day and its gonna be different. But it never is		File System (3)	
733	SMS Messages	Incoming	3/29/2014	3/29/2014 8:40:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Get it this week! Tell ur mom! That can get ur mind of things. I just know that like when i stay home all day I overthink everything too and like it try not to eat and then I'm just there. Idk what it can be but something to do to take ur mind of it. Like a schedule.		File System (3)	
734	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:42:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I really need to make a change It's getting so bad		File System (3)	
735	SMS Messages	Incoming	3/29/2014	3/29/2014 8:44:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Think of things. Like I really hunk this could be it. I mean I still think about food but like when I'm not doing anything I like obsess over it all. Do u have any ideas of activities or jobs?		File System (3)	
736	SMS Messages	Outgoing	3/29/2014	3/29/2014 8:51:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Idk like I wanna start going to the gym everyday. That will make me so happy and feel so much better. I made a plan for that today too like what im gomna do and stuff. And I'm still thinking of jobs but I haven't found one I like yet. And YES I'm just obsessed with food and like how drinking and smoking are addictions, cutting is mine. Like it calms me down and releases my anxiety. You know I get bad anxiety And I just domt know how else to cope with it. Like even in school after I eat I get anxiety so that's why I take walks ha. The emotional pain and guilt I feel from eating turns into physical pain from the cut and I know this is gonna sound weird and really messed up, but I like the feeling because I'd rather feel pain than be numb		File System (3)	
737	SMS Messages	Incoming	3/29/2014	3/29/2014 8:57:21 PM(UTC-4)	From: 7745713150 Sam Boardman	I think the gym is good, but I think it would be better of it was like a class or something u had I be there for. Like how u can't miss work. What does ur mom think about u getting a job? It seems so irrelevant but it really isn't if u think about it haha. U wouldn't even have time to binge after school of u worked. Just somethin. Is there like classes at the gym? And although I don't think it is right or safe, I understand what ur saying and how ur feeling		File System (3)	
738	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:06:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaah I was saying the same thing about the classes. Like yeah they have different classes so I understand how that woukd make me go because I know I have to be there. But I wanna do my owm like cardio and stuff. Once I start seeing results I'll go like it's my job haha. And I haven't been having a good relationship with my parents lately. And I know it's hard to understand I mean I didn't even understand it when I first heard of it. Like how can someone do that to themselves u know like how can it get that bad that you feel you need to purposely hurt yourself...I get it. Its just the problem is I can't get rid of the urges, they're always there. The cuts I have now trigger me to want to do more which is why it's important I need to stop. This is gonna sound crazy but like Sam, I don't like when they heal. Like I dnt want scars and I wanna be able to wear short sleeves and be able to fucking do stuff without having to worry about hiding that hand But at the same time when they start to heal, I get more anxious and lose control and feel like I need to reopen the scars. The cuts are like a sense of comfort to me and I know that's really hard to understand but I feel like if I don't have them then it makes things worse. But I do realize I need to stop and with your help, for once in my life I feel like I actually can		File System (3)	
739	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:09:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Cutting basically makes me feel like I can actually take away the parts of me I don't like. But I'm realizing how absurd and impossible that is, and the black and white of it is that I'm just making blood and tears and at the end of the day it does nothing good for me		File System (3)	
740	SMS Messages	Incoming	3/29/2014	3/29/2014 9:25:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Now put those words into action. U said it right there, that it isn't right. I think it is alittle bit of a cry for help. U don't want everyone to see but u want to let people know u are struggling. Idk. And u always say that ull be different once u lose weight and are more regular with eating, but that's not gonna happen till u change now. Make te changes to change.		File System (3)	
741	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:29:15 PM(UTC-4)	To: 17745713150 Sam Boardman	It's kinda the opposite haha I don't really want people to know I'm struggling because then they'd tell guidance or something which I'm against. Nobody really knows because I seem all happy and stuff in school all the time		File System (3)	
742	SMS Messages	Incoming	3/29/2014	3/29/2014 9:31:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I always knew there was something behind ur giggles in school. Are u happy in school? Like when ur in school ur happy right?		File System (3)	
743	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:33:02 PM(UTC-4)	To: 17745713150 Sam Boardman	And Sam the eating is gonna be something I can fix starting tomorrow like I'm so ready to change that like bring it on I'm gonna start making you proud and myself proud but I feel like the cutting is gonna be a challenge		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
744	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:34:23 PM(UTC-4)	To: 17745713150 Sam Boardman	And what do u mean you always knew? Is it obvious? And I mean yeah there are things that make me happy like talking to you and stuff makes me happy but I lose focus really easily and my minds always somewhere else		File System (3)	
745	SMS Messages	Incoming	3/29/2014	3/29/2014 9:42:02 PM(UTC-4)	From: 7745713150 Sam Boardman	U just have to keep up that positive attitude!! And no haha that came out wrong. Like u are so happy at school and stuff but I wasn't sure if u were always like that or idk like I felt like there could be something more. I'm so good at reading people and their personality and their actions, like inconider it one of my talents. Like I know when people are hurt and like when they arnt beig true to them selves or bad friends. I always can call it. Sometimes I know ur really sad, or even at school if I ask I something, but like I can't always react to it and help at the moment		File System (3)	
746	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:47:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're spot on haha you should have entered that talent in at the talent show haha. Do u think I'm a bad friend? Like what do u read about my personality? And I try not to look sad or whatever when I'm near you because I don't want you to be upset. Sometimes it just gets to be too much tho. Like I have so many voices in my head that tell me things constantly. And it also doesn't help when I think about food and stuff and what I'm gonna eat for my next meal I literally sit there and try to plan it out in my head		File System (3)	
747	SMS Messages	Outgoing	3/29/2014	3/29/2014 9:52:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I love making people happy I love being happy myself and I love brightening people's days. That brings me joy. But going thru what I'm dealing with right now makes all that really hard. At this point n my life i'm just tired of always smiling and being the happy one when I'm really a mess and nobody has any idea except you. Like sometimes I feel like if people knew how messed up I am then they'll never talk to me again. Its just really hard to find people who will love you know matter what. I've learned I can't really depend on people anymore. They always leave. People are just so judgemental and mean with these kind of things. Like I do have good days and I do get happy but that doesn't mean I'm all better. The day is still gray, there's just no rain		File System (3)	
748	SMS Messages	Incoming	3/29/2014	3/29/2014 9:56:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I just think tht u are really Loud and like attention in the classroom to cover up what u are really feeling. But don't change that, u make my day in like deca when u are so loud and funny. And u don't have I hid things from me, and that includes ur emotions! I know u try to cover ur pain by trying to help others and want people to do that same for u. I'm not judge mental, I know that a lot of people are the way they are because of experience		File System (3)	
749	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:03:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha yeah that's so true. I don't even mean to be it just happens haha. And I haven't really talked in DECA lately. Or any of my classes. I don't really know why I've just been over thinking things too much lately. And I'm happy I make your day!! Walking in the halls with you and stuff makes my day. That's like the only thing that has been making me happy lately. Idk I finally feel needed and important; like you actually care and make me feel like you want me to be your friend. And yeah I feel like I can be more open with you now like on how I'm feeling with the food and cutting. I'm nit afraid to tell you things be cause you basically know everything now		File System (3)	
750	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:19:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I want you to know something		File System (3)	
751	SMS Messages	Incoming	3/29/2014	3/29/2014 10:32:19 PM(UTC-4)	From: 7745713150 Sam Boardman	I think sometimes me bein there or u talking to me makes u overthink it even more. But obvi I want to be there. U know what I meen tho. And I do care, and u are so important to me. Like when I sit there and don't just eat the chex, I like get distracted too. I care about u. That's why it's also easier if u just eat them right away, but maybe eating breakfast in class wasn't what is best for u. Trial and error. And what do u want me to know		File System (3)	
752	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:37:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Well it makes me think of what I need to do in order to make you happy. But I want to make you happy, so at the same time it helps me because I'm doing the right thing. You being there is a reminder of what I need to do. Thank you so much Sam. You're so important to me too. I care about you so much and I'm sorry that I hurt you when I don't eat them. I don't think it's a bad idea to eat them in class I just have to eat them when class begins so we don't sit there distracted the whole time. I actually try to look at you for encouragement like you did the first day but you don't do that anymore haha		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
753	SMS Messages	Incoming	3/29/2014	3/29/2014 10:44:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought u didn't like when I tried to encourage me like I felt that u felt pressured and uncomfortable. I wish I could just be with u for like a whole week 24/7 and I could like distract u and help u through ur urged to binge and like cut. But I can't. Just always remember that this is for u, don't worry about how I see things cus I'll always be proud. I'm going to bed, night Michelle! Lunch break at 2ish!		File System (3)	
754	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:47:28 PM(UTC-4)	To: 17745713150 Sam Boardman	And okay well I've been thinking lately. We always talk about food issues and the cutting and stuff...we never really talk about anything else like happy things or just random stuff. I think right now it's just been hectic. But eventually I wanna be able to be funny and random with you and talk about how your day was and stuff. I just don't ever want you to be afraid to tell me anything. Like I want us to always be open with each other about everything and I wanna get to know you better and find out the parts of you I don't know about yet. I like listening to whatever you have to say. Even if you say the most random and little things, I like listening about them. A lot of people don't have someone they can tell things to and I want to make sure that u know that I am here. I don't care if you ever have to stay up all night to talk because I'll stay up with you and u can talk to me until your okay again because it really sucks feeling like you have to keep everything bottled up inside, but it sucks even more thinking that when you tell someone something that they'll just sit there and judge you. I'd never judge you Sam. I mean I'll give you advice when you need it and my opinions and stuff but I'd never judge you for something you love or think. That's what makes you who you are and I like you for you. I'd never judge you for something that makes you who you are		File System (3)	
755	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:50:49 PM(UTC-4)	To: 17745713150 Sam Boardman	No I actually do like when you do that. It helps me know I can do it and that I need to do it. And it really means a lot that you said that. Honestly Sam nobody has ever tried to help me before or went to the extents your going to. I wish you could be with me for that long too. It would really help because you'd be there to stop me if I wanted to cut and you'd make me eat properly. That actually would be so awesome. I just can't wait for the day you'll cry tears of joy haha. We are gonna make it Sam		File System (3)	
756	SMS Messages	Outgoing	3/29/2014	3/29/2014 10:53:32 PM(UTC-4)	To: 17745713150 Sam Boardman	And 2:00 ✓ ·		File System (3)	
757	SMS Messages	Outgoing	3/30/2014	3/30/2014 2:09:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey you there?		File System (3)	
758	SMS Messages	Incoming	3/30/2014	3/30/2014 3:04:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm here now!		File System (3)	
759	SMS Messages	Incoming	3/30/2014	3/30/2014 3:04:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Late break!		File System (3)	
760	SMS Messages	Outgoing	3/30/2014	3/30/2014 3:05:08 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay haha no worries! Did you read the message I sent u last night?		File System (3)	
761	SMS Messages	Incoming	3/30/2014	3/30/2014 3:09:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yup! And at school I feel like we do talk about other things, I like just talking to u about anything. I know u wouldn't judge me for anything and I love tht. How u doing today		File System (3)	
762	SMS Messages	Outgoing	3/30/2014	3/30/2014 3:11:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah and I wanna do that you know like we don't always have to talk about food and stuff because I like talking about anything with you too even stupid stuff. And I'm doing good I had breakfast and I ate lunch like 17 mins ago. I'm just starting to get anxiety which is the bad part		File System (3)	
763	SMS Messages	Outgoing	3/30/2014	3/30/2014 3:19:13 PM(UTC-4)	To: 17745713150 Sam Boardman	And I haven't cut today yet! But the cuts are starting to heal which I don't really like. It makes me wanna reopen them		File System (3)	
764	SMS Messages	Incoming	3/30/2014	3/30/2014 6:11:32 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm back! And no need to reopen, it's about healing and getting better. How was ur day!		File System (3)	
765	SMS Messages	Outgoing	3/30/2014	3/30/2014 6:13:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey haha how was work?! And too late. But my day was good I ate properly I think!		File System (3)	
766	SMS Messages	Incoming	3/30/2014	3/30/2014 6:16:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Work was good. OMG There is this girl who literally just found out she was pregnant and has left early both yesterday and today cus she "feels nauseous" like bitch my mom worked up till the day she was in labor. Left me with more work UG. And good!! What u eat!?		File System (3)	
767	SMS Messages	Outgoing	3/30/2014	3/30/2014 6:19:30 PM(UTC-4)	To: 7745713150 Sam Boardman	Hahahahahahahahah that lying bitch she definitely just wants to leave early haha. Especially if u just find out your pregnant you don't get morning sickness that soon ha what a lil fuck. And your mom worked the day she gave birth to you? Call that dedication right there haha. And for breakfast I had TWO eggs and for lunch I had a tuna wrap haha		File System (3)	
768	SMS Messages	Outgoing	3/30/2014	3/30/2014 6:29:52 PM(UTC-4)	To: 7745713150 Sam Boardman	Sam I reopened some		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
769	SMS Messages	Incoming	3/30/2014	3/30/2014 6:30:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Seriously like she started like crying and I almost cried just thinking that I would have to work with her for the next 9 months of this haha. And no my mom wasn't working when she had me and cam (cus my sister) but when she had my sister she worked all through her pregnancy. And I hope u snacked too cus that doesn't sound like much! Just remember to eat when u are hungry		File System (3)	
770	SMS Messages	Outgoing	3/30/2014	3/30/2014 6:35:54 PM(UTC-4)	To: 7745713150 Sam Boardman	Hahaha well good luck with that that seems like so much fun ☐ just tell her to shut up haha jk bad idea but idk try to ignore her. Where were you and Cam born? And I give your mom credit for that haha. And no I didn't I ate healthy but I didn't eat a lot. That's my problem like I either binge or barely eat		File System (3)	
771	SMS Messages	Outgoing	3/30/2014	3/30/2014 7:34:30 PM(UTC-4)	To: 7745713150 Sam Boardman	We have math first period and DECA lunch that's like the most helpful day haha		File System (3)	
772	SMS Messages	Incoming	3/30/2014	3/30/2014 7:46:08 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't answer now but I'll talk to u later!!		File System (3)	
773	SMS Messages	Outgoing	3/30/2014	3/30/2014 7:47:55 PM(UTC-4)	To: 7745713150 Sam Boardman	No worries! Haha I'll be here		File System (3)	
774	SMS Messages	Incoming	3/30/2014	3/30/2014 11:50:28 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm sorry, I'm still Workin on my chemisty project ☺ il talk to u tomorrow		File System (3)	
775	SMS Messages	Outgoing	3/30/2014	3/30/2014 11:53:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I bet it's coming out awesome. Keep your head up and take a minute for me and smile ☐		File System (3)	
776	SMS Messages	Outgoing	3/30/2014	3/30/2014 11:53:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Can u bring me in chex tomorrow?		File System (3)	
777	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:41:52 AM(UTC-4)	To: 17745713150 Sam Boardman	Actually nvm		File System (3)	
778	SMS Messages	Incoming	3/31/2014	3/31/2014 6:43:37 AM(UTC-4)	From: 7745713150 Sam Boardman	Hi!! Do u still want me to? I can if u want!		File System (3)	
779	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:48:03 AM(UTC-4)	To: 17745713150 Sam Boardman	Ummmmmm yeah okay if it's okay with you yes please. OMG SAM I used that jergins lotion again and I'm so dark....		File System (3)	
780	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:58:58 AM(UTC-4)	To: 17745713150 Sam Boardman	Fuck haha shit		File System (3)	
781	SMS Messages	Outgoing	3/31/2014	3/31/2014 2:21:54 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not doing so good Sam		File System (3)	
782	SMS Messages	Incoming	3/31/2014	3/31/2014 2:50:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Shit I forgot to give u a pep talk before lunch! Did u eat lunch? It all adds up, u were still hungry from yesturday. Stay positive, u needed food. It's still early. Take a bottle of water and walk away and draw me a picture! U can do it		File System (3)	
783	SMS Messages	Incoming	3/31/2014	3/31/2014 2:52:29 PM(UTC-4)	From: 7745713150 Sam Boardman	I have work but I'll talk to u after!		File System (3)	
784	SMS Messages	Outgoing	3/31/2014	3/31/2014 3:02:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah but barely. I was anxious and I wanted to go talk to you but I didn't think you wanted me to. And okay yeah I'll draw you a picture!		File System (3)	
785	SMS Messages	Outgoing	3/31/2014	3/31/2014 3:12:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to binge Sam I'm so hungry		File System (3)	
786	SMS Messages	Incoming	3/31/2014	3/31/2014 5:19:35 PM(UTC-4)	From: 7745713150 Sam Boardman	If ur hungry eat! That's where u are confused. It should be "I'm hungry, I'll make myself a sandwich and friut or something" but instead u think u have to binge when u are hungry. After school is a great time for a meal.		File System (3)	
787	SMS Messages	Incoming	3/31/2014	3/31/2014 5:19:49 PM(UTC-4)	From: 7745713150 Sam Boardman	If u are hungry u need to eat, not binge. Eat until u are full		File System (3)	
788	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:22:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're spot on with that thays exactly right on what I think		File System (3)	
789	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:22:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I want it to be that easy		File System (3)	
790	SMS Messages	Incoming	3/31/2014	3/31/2014 5:36:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Well maybe we can start with making a plant of coming home everyday and making a sandwich to like a meal of some sort so u don't go right for the junk. What did u eat today		File System (3)	
791	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:43:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah tomorrow s April 1 so i want that to be my starting point. And yeah that sounds like a good idea. And today I had the chex a salad and I came home and had pretzels cereal a protein bar pb crackers ice cream goldfish		File System (3)	
792	SMS Messages	Incoming	3/31/2014	3/31/2014 5:46:08 PM(UTC-4)	From: 7745713150 Sam Boardman	That sounds good! I have a feeling that ur definition of binge is just u eating until ur full. It seems like a lot of food at the time but say if u were to spread that food throughout the day it would b perfect.		File System (3)	
793	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:50:45 PM(UTC-4)	To: 17745713150 Sam Boardman	And cheese and crackers and almonds I forgot. And Yeah but it's all unhealthy and I haven't exercised in 4 weeks		File System (3)	
794	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:51:46 PM(UTC-4)	To: 17745713150 Sam Boardman	And yeah I eat until I'm guilty enough to cut		File System (3)	
795	SMS Messages	Incoming	3/31/2014	3/31/2014 5:54:09 PM(UTC-4)	From: 7745713150 Sam Boardman	That's not all unhealthy. Nothing is unhealthy in small amounts. Like there's nothing healthy about eating 10 apples, just like its unhealthy to eat 12 cookies. I ate a coconut bar at twist today, ad that's unhealthy. Everything in moderation		File System (3)	
796	SMS Messages	Incoming	3/31/2014	3/31/2014 5:54:57 PM(UTC-4)	From: 7745713150 Sam Boardman	So u can like make an after shool sandwich and like something sweet with it! Don't deprive urself, because that's what leads to bingeing		File System (3)	
797	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:55:52 PM(UTC-4)	To: 17745713150 Sam Boardman	That's a good point. And are you okay like are you fine with eating that? And we'll idk what type of sandwich I would make like a tuna wrap?		File System (3)	
798	SMS Messages	Outgoing	3/31/2014	3/31/2014 5:56:06 PM(UTC-4)	To: 17745713150 Sam Boardman	And how was work??		File System (3)	

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799	SMS Messages	Incoming	3/31/2014	3/31/2014 6:02:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah a tuna wrap is great. Has a lot of protein. And yeah I was hungry so I ate it. I only had time to eat an apple before. So what's so bad about a coconut bar and an apple, ya know? Everything in moderation. Trust me, I was not like this AT ALL last year or at the beginning of this year. It takes time. Iv had all the same issues as u, and I slowly have adjusted. I still have bad days but not like befor. After school last year, a typical day would be: (and I'm not exaggerating) 9 double stuffed Oreos dipped in peanutbutter, 4 pieces of toast with creme cheese, pita chips, and a bowl of cereal. I fixed it tho. I have hope that u can too		File System (3)	
800	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:09:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Nothing is bad about that at all. I think it's awesome that you can think that way now and its really wonderful that you overcame the binging all the time and stuff I'm so proud of you and happy for you Sam I really am it's awesome! And it just seems like I'm never gonna change I've been doing this for 4 months and its so exhausting. You made it better tho like your giving me the advice and the knowledge and support to solve the problem I just need to put it to action. And haha always exactly 9? And I have oreos too ha I limit myself to one row and peanut butter is my weakness I have so much of that. What made you change tho like what was the thing that really made you change your life style?		File System (3)	
801	SMS Messages	Incoming	3/31/2014	3/31/2014 6:16:37 PM(UTC-4)	From: 7745713150 Sam Boardman	What made me change is that I literally felt sick 24/7 like I couldn't even walk after a binge and would look pregnant, and was always in pain. But I would still do it. I'd always comma in to my mom and tell her I like couldn't stop but like she didn't get it. And people at gym noticed and I was just so unhappy. Like it is rediculous how much I ate, way more than u. Cus then id go to gymnastics and get home at nine and usually have a huge bowl of pasta and then move on to a couple bowls of ice cream and chips, and then spoon out Nutella. i ate till like 12 when I finished my hw. I never ate breakfast cus I felt sick from the night before. It was rediculous, I was so depressed. One day I just told myself it was enough. I think it took a few tries and fails to really get it. After like a month, I didn't even want to eat that shit anymore. I felt so better and wasn't sick anymore. The only problem is that then I like didn't eat at all.		File System (3)	
802	SMS Messages	Incoming	3/31/2014	3/31/2014 6:16:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Abd then I got sick on opposite sides of the spectrum		File System (3)	
803	SMS Messages	Incoming	3/31/2014	3/31/2014 6:17:14 PM(UTC-4)	From: 7745713150 Sam Boardman	But I'm so happy now that I'm in the middle		File System (3)	
804	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:24:45 PM(UTC-4)	To: 17745713150 Sam Boardman	I get back pain a lot from binging. And I feel pregnant too all the time like I always feel so gross and fat and its always what I think about. I literally think about my body and food all day long. And yeah my mom knows I have this problem of losing control and not being able to stop eating so she always sits near the kitchen after school to watch. So I haven't been eating as much anymore during the binge but I still eat a lot and it still makes me feel awful and frustrated with myself. And holy shit Nutella I can't go near that I'd eat the whole thing. I would mix peanut butter and nutella together all the time haha. I could tell you were depressed I was just a shy idiot to tell you because I didn't think you'd.want to hear that from someone you hardly knew. I wanted to help you tho like Sam you do realize if we were good friends while you were dealing with this then I would have been by your side thru it all and helped you right? I hope u know that		File System (3)	
805	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:26:29 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm so happy that you're happy and are grtting towards where you wanna be. Like I just want you to be so so happy with anything and everything you do in life. You deserve it and I'll always try my best to make sure you are always happy and that you will never go back to that depressed state again. I won't let it happen		File System (3)	
806	SMS Messages	Incoming	3/31/2014	3/31/2014 6:33:28 PM(UTC-4)	From: 7745713150 Sam Boardman	That's good if ur mom is there, it's like a reminder. I feel like my mom would like judge me, but I couldn't stop. And I was so depressed I couldn't talk to my mom and I was always uncomfortable and couldn't even talk to my friends. That's why I ate. I wasn't crazy in school and like would cry all the time and no body could help me. Like I just felt that anytime if try to have a conversation I would cry. It's all cus homecoming, that fucked me up. No one even knows how bad that fucked me up. AHH venting! Sorry! And thank you so much Michelle. I don't think I'll ever go back to that either		File System (3)	

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807	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:40:28 PM(UTC-4)	To: 17745713150 Sam Boardman	No I HATE my mom being there. I feel like she judges me too! I know she does but I can't stop either I just continue to eat and I don't even care. And Sam I'm so sorry you felt that way. I wish I talked to you. I wish I helped you that's like a big regret of mine. If I could turn back time to change any one thing It would be to help you during that time it wouldn't even be any of my issues. I care about you so much Sam and I would have been there for you to cry to and help comfort you. And I can see why homecoming had such a big impact on you now. I'm so sorry Sam I wish I did more I wish we were better friends at that time. And NO I LIKE WHEN YOU VENT TO ME! Domt be sorry about that I like when you tell me things and we talk about this stuff! I told you I love listening to whatever you have to say and I love helping you. Sometimes all you need is to vent to get stuff out of your system to feel better. That's what im here for		File System (3)	
808	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:45:24 PM(UTC-4)	To: 17745713150 Sam Boardman	But you need to know something Sam. What you did at homecoming is not who you are like that mistake doesn't define you. You are so much more than a stupid mistake. You are who you are because you were able to move past that and not let that or your food struggles pull you back and keep you there. I think your past helped make you a better person. A stronger person and a more ambitious person. You have to think of the positives from that.		File System (3)	
809	SMS Messages	Incoming	3/31/2014	3/31/2014 6:48:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha the thing is Michelle, I don't think I even would have been able to talk to u about it all last year! Like I was just so uncomfortable. I wasn't even myself around Lexie! I think that once I figured it out with food, it got a lot better. And thank you Michelle ☺ I think my experiences make me how I am, and IK stronger in the end. Gtg tanning now! Gotta get African! Text ya later		File System (3)	
810	SMS Messages	Outgoing	3/31/2014	3/31/2014 6:50:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I would have got it out of you..haha I was dealing with similar things during that time too so maybe that would have made you not be afraid to open up. And Jesus Sam domt get too dark you're already tan!! Haha bye for now		File System (3)	
811	SMS Messages	Outgoing	3/31/2014	3/31/2014 8:29:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm having a mental breakdown		File System (3)	
812	SMS Messages	Incoming	3/31/2014	3/31/2014 8:31:29 PM(UTC-4)	From: 7745713150 Sam Boardman	What's wrong!?		File System (3)	
813	SMS Messages	Incoming	3/31/2014	3/31/2014 8:39:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle!		File System (3)	
814	SMS Messages	Outgoing	3/31/2014	3/31/2014 8:44:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't even know what I'm feeling		File System (3)	
815	SMS Messages	Outgoing	3/31/2014	3/31/2014 8:44:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't talk on the phone right now		File System (3)	
816	SMS Messages	Incoming	3/31/2014	3/31/2014 8:45:43 PM(UTC-4)	From: 7745713150 Sam Boardman	What is it about, have u hurt yourself today? Michelle u can talk to me.		File System (3)	
817	SMS Messages	Outgoing	3/31/2014	3/31/2014 8:51:48 PM(UTC-4)	To: 17745713150 Sam Boardman	I was doing okay and then I had pasta for dinner and I completely lost it I got so much anxiety I didn't know what else to do. I'm so stupid I'm so fucking stpid I just need to get that knife out of my house I don't wanna do it anymore it makes me so fucking angry And upset and I'm such a fucking idiot like I don't even have emotions right now I'm just numb		File System (3)	
818	SMS Messages	Incoming	3/31/2014	3/31/2014 8:57:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle nothing is wrong with pasta! I bet it was a nice dinner. And when u have anxiety u can call me. Eating pasta is normal! Eatin icecream and gold fish is also normal. I can go get the knife tomorrow! We can go out to dinner maybe too or somethin! You jut have to remember that eatig is a normal thing!		File System (3)	
819	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:03:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I had too much food today and the pasta just made it worse. Pasta makes my stomach hurt and I know that and I still ate it idk why I did. And I can call you when I have anxiety? That would really help I haven't done that be cause I feel like I'm bothering you. And I want you to come tomorrow I want to go to dinner with you I jusy feel so bad right now about myself and fat as fuck that I feel like tomorrow I won't wanna do anything to just let today's food digest. But then again I want to because I feel like you won't have another day to do it this week would you?		File System (3)	
820	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:05:17 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna call you right now but I'm crying and I don't want u to deal with that		File System (3)	
821	SMS Messages	Incoming	3/31/2014	3/31/2014 9:09:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Call!		File System (3)	
822	SMS Messages	Incoming	3/31/2014	3/31/2014 9:13:57 PM(UTC-4)	From: 7745713150 Sam Boardman	You can't think like that. Everyday is a new day. Tomorrow is April 1st, and as u said, u want to start being healthy		File System (3)	
823	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:14:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm call you let me just calm down		File System (3)	
824	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:23:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay im good		File System (3)	
825	SMS Messages	Incoming	3/31/2014	3/31/2014 9:25:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Call me still if u want! U don't have to have calmed down to call me, I'll listen to u regardless		File System (3)	
826	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:53:58 PM(UTC-4)	To: 17745713150 Sam Boardman	SAM IM SORRY ARE YOU STILL THERE??		File System (3)	
827	SMS Messages	Incoming	3/31/2014	3/31/2014 9:54:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes!!		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
828	SMS Messages	Incoming	3/31/2014	3/31/2014 9:54:55 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm about to fall asleep but if u want to call or talk I am here!		File System (3)	
829	SMS Messages	Outgoing	3/31/2014	3/31/2014 9:57:27 PM(UTC-4)	To: 17745713150 Sam Boardman	I lost my phone in the cushion of the couch and I like couldn't find it literally disappeared I'm so sorry! But if you wanna go to bed you can I know you went to bed late last night so I understand		File System (3)	
830	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:03:03 PM(UTC-4)	To: 17745713150 Sam Boardman	I think I hurt a nerve in my hand		File System (3)	
831	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:11:52 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't talk on the phone I'll wake up my sister and my mom and I don't want them to hear me talk about the stuff I'm sorry		File System (3)	
832	SMS Messages	Incoming	3/31/2014	3/31/2014 10:12:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I wanted to say goodnight but u didn't answer the phone :(. And why what's wrong, are u ok?!		File System (3)	
833	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:14:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah i'm okay I just cut kinda deep		File System (3)	
834	SMS Messages	Incoming	3/31/2014	3/31/2014 10:14:36 PM(UTC-4)	From: 7745713150 Sam Boardman	It's ok. What's wrong, does ur hand hurt more than usual? How are u doing. I can't go to sleep until I know how ur feeling		File System (3)	
835	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:15:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah it does. I think cutting in the same spot over and over did some damage. But that is really nice of you Sam and same for me like I always wanna make sure you're okay too before I go to bed		File System (3)	
836	SMS Messages	Incoming	3/31/2014	3/31/2014 10:18:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm getting that knife Tomoorw. I can't let u do this to urself.I don't work tomorrow anyways. Remember what u said about April 1st. U gotta start living like u want to live. At this point I know ur not ok right now and I feel hopeless. I know ur hurt and I can't help. Today is the last day of cutting. No more hurting urself. It doesn't make it easier for u or for me.		File System (3)	
837	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:24:56 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm hurting myself more than I already am,but i feel like I deserve it		File System (3)	
838	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:32:02 PM(UTC-4)	To: 17745713150 Sam Boardman	If all this is getting to the piont where it is making you too upset and stuff then I don't want you to be involved anymore because you don't deserve to feel that you're at fault for any of this And I feel like I'm making you upset and guilty for my actions and I can't live with that. This isn't what you signed up for		File System (3)	
839	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:37:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I just feel so bad		File System (3)	
840	SMS Messages	Outgoing	3/31/2014	3/31/2014 10:49:29 PM(UTC-4)	To: 17745713150 Sam Boardman	That came out wrong like of course I want you to help me I'd be so lost without you like everything you've been doing and saying is saving me and is beyond helpful and supportive and I appreciate that so so much. I just feel bad I'm hurting you as well when I shouldn't be and I don't want you to think any of this is your fault. That's why u can leave if u want to and not help anymore you don't want to because you don't deserve to feel that way. But I'm gonna try with everything I have to stop cutting. You're gonna get rid of that knife and I'm gonna stop. I'm gonna do this for you Sam I'm gonna make you proud okay? I'm so sorry. I think u went to bed so good night sweet dreams. Please answer in the morning when you read this. I promise I'm okay and I promise by continuing to help.and support and.encourage each other , we are gonna get thru this together. I love u Sam		File System (3)	
841	SMS Messages	Incoming	4/1/2014	4/1/2014 6:48:58 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm not gonna leave u. I just need u to PROMICE me u are starting the road to recovery. If u have no interest to get better than I can't deal with that. If u want to stop cutting and to eat healthier than I am here.		File System (3)	
842	SMS Messages	Outgoing	4/1/2014	4/1/2014 6:50:00 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay I promise		File System (3)	
843	SMS Messages	Outgoing	4/1/2014	4/1/2014 6:51:08 AM(UTC-4)	To: 17745713150 Sam Boardman	Can I meet you at your locker I need to give u something		File System (3)	
844	SMS Messages	Incoming	4/1/2014	4/1/2014 6:53:07 AM(UTC-4)	From: 7745713150 Sam Boardman	Yess. Do u want me to bring u breakfast?		File System (3)	
845	SMS Messages	Outgoing	4/1/2014	4/1/2014 6:53:35 AM(UTC-4)	To: 7745713150 Sam Boardman	No I actually had eggs at home today because I was ready early but thank you		File System (3)	
846	SMS Messages	Outgoing	4/1/2014	4/1/2014 6:57:52 AM(UTC-4)	To: 17745713150 Sam Boardman	Crap Sam I'm sorry but do u have band aids today? I keep forgetting to grab them		File System (3)	
847	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:52:23 AM(UTC-4)	To: 17745713150 Sam Boardman	What lunch do u have		File System (3)	
848	SMS Messages	Incoming	4/1/2014	4/1/2014 11:18:33 AM(UTC-4)	From: 7745713150 Sam Boardman	I had first. I'm taking park now		File System (3)	
849	SMS Messages	Outgoing	4/1/2014	4/1/2014 11:22:30 AM(UTC-4)	To: 7745713150 Sam Boardman	Ohhh okay good luck you'll do awesome!		File System (3)	
850	SMS Messages	Outgoing	4/1/2014	4/1/2014 12:48:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we take a walk?		File System (3)	
851	SMS Messages	Incoming	4/1/2014	4/1/2014 1:02:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't now ahhhh		File System (3)	
852	SMS Messages	Outgoing	4/1/2014	4/1/2014 1:03:11 PM(UTC-4)	To: 7745713150 Sam Boardman	It's okay sorry		File System (3)	
853	SMS Messages	Incoming	4/1/2014	4/1/2014 1:04:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Stop saying sory it's actually Getting annoying. Don't say sory to this text either		File System (3)	
854	SMS Messages	Outgoing	4/1/2014	4/1/2014 1:06:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay I apologize ;)		File System (3)	
855	SMS Messages	Outgoing	4/1/2014	4/1/2014 1:08:24 PM(UTC-4)	To: 17745713150 Sam Boardman	I have so many thoughts		File System (3)	
856	SMS Messages	Outgoing	4/1/2014	4/1/2014 1:48:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a doctor's appointment they're gonna see		File System (3)	
857	SMS Messages	Incoming	4/1/2014	4/1/2014 1:48:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel guilty now that I couldn't. We were in a circle discussion in ethics and I was traped against the wall		File System (3)	
858	SMS Messages	Incoming	4/1/2014	4/1/2014 1:48:43 PM(UTC-4)	From: 7745713150 Sam Boardman	What's ur appointment for?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
859	SMS Messages	Incoming	4/1/2014	4/1/2014 1:54:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Is it just ur normal check up? They probably will see, but maybe it's a good thing so that u can get better help. Doctors are there to help. Call me after and tell me how it goes. I want to be there for u		File System (3)	
860	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:01:22 PM(UTC-4)	To: 17745713150 Sam Boardman	No it's okay I understand ethics is hard to get out of. And a med check but I'm so scared Sam they can't see I'm like crying		File System (3)	
861	SMS Messages	Incoming	4/1/2014	4/1/2014 2:04:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle don't think about it. Either outcome, like thy could help u, just remember that. Maybe it will be good, and u don't have to speak up urself about it		File System (3)	
862	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:31:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I hid it they didn't see. I put a kid sticker over it and all my bracelets on that hand		File System (3)	
863	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:39:12 PM(UTC-4)	To: 17745713150 Sam Boardman	And I found out something you may wanna hear		File System (3)	
864	SMS Messages	Incoming	4/1/2014	4/1/2014 2:40:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Really? I almost wanted them to see so that they could help u and i wouldn't feel guilty about not seeking more help for u. But hopefully I won't have to worry if u any gonna do it anymore. And what!?		File System (3)	
865	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:44:05 PM(UTC-4)	To: 17745713150 Sam Boardman	I couldn't get myself to show them Sam I'm sorry a part of me wanted them to see but a part of me didn't be cause I don't wanna go thru therapists and special help again I can't deal with that again		File System (3)	
866	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:45:14 PM(UTC-4)	To: 17745713150 Sam Boardman	My finger hurts like a bitch too I got it pricked and I got a shot haha		File System (3)	
867	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:46:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we hang out tonight like go to the concert or something?		File System (3)	
868	SMS Messages	Outgoing	4/1/2014	4/1/2014 2:57:38 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have to go back on Thursday....		File System (3)	
869	SMS Messages	Incoming	4/1/2014	4/1/2014 3:04:31 PM(UTC-4)	From: 7745713150 Sam Boardman	OOO finger pricking scares me. I don't mind shots but I don't think I could deal with blood getted taken from me. I could NEVER give blood. And would tomorrow work for u? I'll have the car and I hae to get my dress in north and u can come and we can go out and maybe go to the talent show! I don't think I'm going to the extra credit cus people were sayig it was even longer than the other one and u have I pay to get in. But I u want to go I will go with u!		File System (3)	
870	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:12:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah it scares me too! And Sam omg me too!! I used to have blood taken from me once a week when I was anorexic and I fainted like every time haha. They literally started to have the ambulance wait in the parking lot when I went haha. And yeah tomorrow sounds great! I'm so honored and happy that you'd want me to come with you I'd love to! And yeah we should go to the talent show too and maybe get dinner or something that sounds perfect! And oh I didn't know we had to pay for this one so no it's okay we can hang out tomorrow that sounds great I'm so happy thank you :)		File System (3)	
871	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:27:58 PM(UTC-4)	To: 17745713150 Sam Boardman	And so I have 2 things to tell you		File System (3)	
872	SMS Messages	Incoming	4/1/2014	4/1/2014 3:30:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay I'm excited! And tell tell!		File System (3)	
873	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:31:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait you do want to right?		File System (3)	
874	SMS Messages	Incoming	4/1/2014	4/1/2014 3:34:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I just said I'm excited		File System (3)	
875	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:35:51 PM(UTC-4)	To: 7745713150 Sam Boardman	I know but idk I just I'm so happy		File System (3)	
876	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:44:40 PM(UTC-4)	To: 17745713150 Sam Boardman	But okay good or bad news first?		File System (3)	
877	SMS Messages	Incoming	4/1/2014	4/1/2014 3:45:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Whatever u want! Good?		File System (3)	
878	SMS Messages	Outgoing	4/1/2014	4/1/2014 3:47:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so you know how I take that anxiety medicine?		File System (3)	
879	SMS Messages	Incoming	4/1/2014	4/1/2014 3:58:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Yessss		File System (3)	
880	SMS Messages	Outgoing	4/1/2014	4/1/2014 4:02:20 PM(UTC-4)	To: 7745713150 Sam Boardman	So my doctor was like have you been eating healthy and I was like no I've been having some trouble with that and she was like WELL THIS MEDICINE MAKES YOU CRAVE CARBS AND SUGAR SO THATS A BIG REASON FOR THAT. I was like bitch are you serious!! That's why it's a little harder for me to stop binging the unhealthy food and sweets because the medicine makes me crave it!		File System (3)	
881	SMS Messages	Outgoing	4/1/2014	4/1/2014 4:14:29 PM(UTC-4)	To: 17745713150 Sam Boardman	So idk if I should stop taking the medicine because maybe that will help? But the side affects could be bad		File System (3)	
882	SMS Messages	Incoming	4/1/2014	4/1/2014 6:58:21 PM(UTC-4)	From: 7745713150 Sam Boardman	!! FELL ASLEEP AHHHH!! This it the first day in so long that I was able to come home and go to sleep.OMG REALLY?! That's so good to know! They shoulda tried to find medication or something. I'm proud of u for tellig them tht tho, like instead of just nodding ur head and saying u ate good		File System (3)	
883	SMS Messages	Incoming	4/1/2014	4/1/2014 6:58:39 PM(UTC-4)	From: 7745713150 Sam Boardman	That's like wicked good to know tho! Now what's the bad news		File System (3)	
884	SMS Messages	Outgoing	4/1/2014	4/1/2014 7:04:33 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay haha I figured you did I'm happy you got to sleep you deserve a break haha. And yeah I'm so happy I found that out because it explains a lot! I want them to switch the medication so it can be an anxiety medicine but not make me.crave those things. But thank you Sam I was nervous to tell them that but I did and I'm happy I did too thank you so much :) and the bad news is I have to go back on Friday for a physical and to check the blood test results so there is a 99.9% chance they are gonna see the cuts and knowing that is giving me so much anxiety and fear		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
885	SMS Messages	Outgoing	4/1/2014	4/1/2014 7:20:28 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm freaking out right now because I just had dinner and I wanna cut really bad but I promised I wouldn't		File System (3)	
886	SMS Messages	Incoming	4/1/2014	4/1/2014 7:25:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u ask them about switching your medication? And Michelle calm down and don't think about it. Preoccupy yourself. And dinner is a meal that everyone eats everyday. Instead of lookin at it as a negative thing, think of it as a step of u being more normal. And remember that we want u to heal, especially for ur doctor appointment. Remember what u promised me		File System (3)	
887	SMS Messages	Outgoing	4/1/2014	4/1/2014 7:28:07 PM(UTC-4)	To: 17745713150 Sam Boardman	No I didn't I will on Friday. And yeah you're right I just feel gross idk why I didn't even eat a lot. But it is a good thing so you're right I need to look at it as a step forward. and Sam I need to like you're gonna get rid of the knife tomorrow right so why not one more time?		File System (3)	
888	SMS Messages	Incoming	4/1/2014	4/1/2014 7:30:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Nope remember what u promised me. At this pint u would be breaking the promise when u had time to stop urself. Ur talking to me now and remember that u want to get better. It is something u have control over. U control ur actions. U know that doing it will hurt urself physically and mentally and hurt me.		File System (3)	
889	SMS Messages	Outgoing	4/1/2014	4/1/2014 7:38:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't break promises. I won't do it I can't do this to you anymore but i can't calm down i can't think straight. And that's the thing cutting is the only thing i feel like I can control and that makes me happy		File System (3)	
890	SMS Messages	Incoming	4/1/2014	4/1/2014 7:41:23 PM(UTC-4)	From: 7745713150 Sam Boardman	If I call will u answer?		File System (3)	
891	SMS Messages	Outgoing	4/1/2014	4/1/2014 7:43:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes		File System (3)	
892	SMS Messages	Incoming	4/1/2014	4/1/2014 7:58:08 PM(UTC-4)	From: 7745713150 Sam Boardman	IT KEEPS SAYING CALL FAILED!		File System (3)	
893	SMS Messages	Outgoing	4/1/2014	4/1/2014 8:38:01 PM(UTC-4)	To: 17745713150 Sam Boardman	ITS SUCH A HEAVY FLOW HAHA it probably built up from like the year and a half without having it		File System (3)	
894	SMS Messages	Incoming	4/1/2014	4/1/2014 8:38:55 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHA BETTER THAN NOTHING		File System (3)	
895	SMS Messages	Outgoing	4/1/2014	4/1/2014 8:42:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha true that. But really Sam thank you so much for helping me. You honestly make me feel so much better when I talk to you and you really calm me down and I really just love talking to you haha I'm feeling good right now I'm not gonna cut tonight so I'm happy about that. Can I show you tomorrow to see if it's right or not to hide them from the doctors on friday? We really gotta make the decision if I should show tell them or not		File System (3)	
896	SMS Messages	Incoming	4/1/2014	4/1/2014 8:51:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw I'm so happy u think that! And yes of course u can show me. HA my determination was short lived.. Already gave up on math		File System (3)	
897	SMS Messages	Outgoing	4/1/2014	4/1/2014 8:55:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahah NO GO BACK AND DO IT! I'll stop texting you haha im not helping I'm just distracting you. And okay good thank you don't feel bad tho or give me that pouty face be cause it's not your fault and I don't want you to feel sad about it. But I would like to talk about it in person if that's okay. But what's there is the end and they will turn to scars. I'm not gonna do it anymore		File System (3)	
898	SMS Messages	Outgoing	4/1/2014	4/1/2014 8:56:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm ready for them to heal, no more reopening them		File System (3)	
899	SMS Messages	Incoming	4/1/2014	4/1/2014 8:59:09 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY just remember what ur promising urself now. Remember that u want to get better. And I won't I'll try and be as supportive as possible. And NAHH already put my math stuf away		File System (3)	
900	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:10:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Getting rid of the knife is a big step haha to be honest I'm probably gonna cry when u get rid of it. But once the knife is gone it will make an impact on me to stop and I will stop I promise you Sam. And okay well thank you so much for that I really appreciate it so much. And yeah I kinda wanna talk about Friday and how I'm gonna be able to move on and cope without cutting. I think that's gonna be hard for me		File System (3)	
901	SMS Messages	Incoming	4/1/2014	4/1/2014 9:17:51 PM(UTC-4)	From: 7745713150 Sam Boardman	It will be hard but worth it. U are moving on to a better part in life. Keep up this positive attitude. Remember 4 meals a day. Remember ur goals. You can do it. And we can talk about that!		File System (3)	
902	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:23:31 PM(UTC-4)	To: 17745713150 Sam Boardman	You're like the light at the end of the dark tunnel for me. I'm moving on to a better life because of you and I'm finally confident when I say I'm gomna make it. I'll keep my goals in mind and know that relapsing will only make things worse. And I'm really glad you're gonna be okay with talking about it tomorrow it means so much to me. Can we make a goal chart?!		File System (3)	
903	SMS Messages	Incoming	4/1/2014	4/1/2014 9:25:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes we can!! That would e such a good idea		File System (3)	
904	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:28:57 PM(UTC-4)	To: 17745713150 Sam Boardman	You think so? We can make one for you too if you want		File System (3)	
905	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:30:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait did you post my drawing?		File System (3)	
906	SMS Messages	Incoming	4/1/2014	4/1/2014 9:31:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I'll make one. I have some goals too that I should get in paper. I want a summer body, but like I want to be tone again cus like my ass disappeared and I want to be like really in shape again. WE WIL MAKE OUR GOALS		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
907	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:32:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah!! I'd love to help you make that and I'd be so honored and happy to know your goals so I can help you achieve them! And I want that too Like I wanna start going to the gym every day for the next 3 month's haha		File System (3)	
908	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:32:48 PM(UTC-4)	To: 17745713150 Sam Boardman	We should go together to like push each other haha		File System (3)	
909	SMS Messages	Incoming	4/1/2014	4/1/2014 9:36:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Ima get a gym membership to answer is fitness! It's another one of the things where iv filled out all the paper and I just need my mom to fill out the credit card stuff, even tho I'm paying her months for it, but she always puts it off. She never does shit for me. That's why I'm so independent		File System (3)	
910	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:41:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a membership at the YMCA but I kinda wanna go to answer is fitness I hear everyone like goes there and thinks its good. But well in a way that's a good thing. Its better to be independent and know who you are than to be dependent on other people and things to get stuff done for you. Its hard to tell you who you are when you don't do things for yourself. But I know it's hard and frustrating sometimes that she does that to you and necer does things for you but she does love you Sam and I think she thinks that she's doing what's best for you by making you do stuff on your own so you know how the world works when you're on your own in the future. But maybe you could have a talk with her about it and how she makes you feel?		File System (3)	
911	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:51:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait Sam		File System (3)	
912	SMS Messages	Incoming	4/1/2014	4/1/2014 9:52:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I visited it and it's so nice and they have like a women's only section which is great. And I know she does. She's like such a mess like I'm 100% certain she has an eating disorder, like I can probably contribute me getting it partially cus her. But she never eats and like is so moody and cranky and weighs no more than 90 lbs. she's so stressed and works all the time and iv told her but she's just always preoccupied. And then she like gets mad at me and thinks I'm calling her a bad mom ad goes on a rant		File System (3)	
913	SMS Messages	Outgoing	4/1/2014	4/1/2014 9:58:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna join then. The thing is like in the summer I'd run like the 2 miles to the gym And back and I worked out there too so it was like a double workout and I liked that haha. And my mom's the same way.....she's so small she weights no more than 110. I feel like I got it from my mom somewhat too because I always compared to myself to her like I never wanted to be bigger than her and like I always said if she can be that skinny why can't I..but my perception of skinny was distorted and I always thought I was so much bigger when I was really 10x smaller. And Yeah my mom is so cranky all the time and she constantly yells at me for like nothing. And she goes on runs every day and runs around the house too like she definitely has an eating disorder too. She like makes me feel bad about myself		File System (3)	
914	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:00:35 PM(UTC-4)	To: 17745713150 Sam Boardman	And dont take it personal Sam when she yells at you I mean my mom does too and I think it's a normal mom thing because they always think they are right. By you trying to talk to her about it I mean she gets mad because she knows you're right but she doesn't want to admit that to you. That's what I'm guessing		File System (3)	
915	SMS Messages	Incoming	4/1/2014	4/1/2014 10:02:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah wtf we are so similar! And my mom use to go on runs but I know she doesn't have the strength to anymore. She looks like a skeleton. She literally eats no more than 600 cal a day if that. She is like losing her memory too already and it scares me. I cat burden her with anything cus she breaks down. And WTF are u serious!! After running two miles I would NEVER be able to work out holly shit!		File System (3)	
916	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:08:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I want to talk to her. Like I know I don't know her at all but I mean I'd like to eventually but I want to talk to her. Do her friends tell her anything? I know what it's like to look like a Skelton. I feel like I can help her. But I'm so so happy that you don't let her actions with food influence yours anymore like I'm happy you're able to see that it's not good to be that way and that you are strong enough to get yourself to a healthy state. Please stay that way. I wanna get your mom the help she deserve tho. Maybe you could try writing her a letter or something about it and how your concerned?		File System (3)	
917	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:10:40 PM(UTC-4)	To: 17745713150 Sam Boardman	And yeah Haha Sam I used to run literally like 20 miles a day it was easy for me. I ran for 3 hours straight like every other day. I'd sneak out and run at the elementary school track in the back. So it wasn't hard for me to run 4 and then at the YMCA I'd run like 5 haha. But I lost that endurance now like I can barely run one		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
918	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:14:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I can't help even close enough to everyone out there who is hurting, but I wanna help as many people as I can when I have the chance		File System (3)	
919	SMS Messages	Incoming	4/1/2014	4/1/2014 10:19:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah lma try and help her more. Iv told her how her eating hasn't set a good example for me and she just gets mad. But like I guess it's easy to see why she's mad if she has the disorder. Oh my god tho, that's so much endurance. Even if ucan't now, it shows u have potential to. U shoulda concidered track! Haha I'm going to bed tho, thank you for talking. See ya tomorrow! Get a good breakfast In, more than just eggs. U can do it		File System (3)	
920	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:23:42 PM(UTC-4)	To: 17745713150 Sam Boardman	That's really good Sam. I think that if you sit her down and really talk to her about it, I think you can help get thru to her. And yeah haha I wpuld of did track but I wasn't supposed to be running anyways because I wasn't supposed to be doing any physical activities be cause my weight was so low. So thays why I sneaked it in. But okay good night sweet dreams! And you're welcome Sam I love talking to you. Thank you for talking to me tonight as well, you really made me happy and forget about cutting and that's huge. And I'll have eggs and toast just for you :) I'm gonna do it I can do this. We can do this.		File System (3)	
921	SMS Messages	Outgoing	4/1/2014	4/1/2014 10:24:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh and remind me tomorrow I have to tell you somethmg		File System (3)	
922	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:48:22 AM(UTC-4)	To: 17745713150 Sam Boardman	I put a tampon in this morning for the first time and I think I did it wrong haha it fucking kills		File System (3)	
923	SMS Messages	Incoming	4/2/2014	4/2/2014 6:55:00 AM(UTC-4)	From: 7745713150 Sam Boardman	First time ever!?! Yay Michelle! And if it hurts then u might have. Sometimes it hurts for like 20 mins cus it still like dry		File System (3)	
924	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:56:43 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I mean I didn't really get the opportunity to use one before but like I used to be afraid of them because i thought it was gonna hurt like a dick or something		File System (3)	
925	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:57:17 AM(UTC-4)	To: 17745713150 Sam Boardman	I probably put it in wrong tho like I didn't even know where it was supposed to go haha		File System (3)	
926	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:46:17 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you leave at the bell for 3rd lunch to talk real quick		File System (3)	
927	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:46:28 AM(UTC-4)	To: 17745713150 Sam Boardman	It's okay if u can't		File System (3)	
928	SMS Messages	Incoming	4/2/2014	4/2/2014 10:52:29 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes!!		File System (3)	
929	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:56:08 AM(UTC-4)	To: 7745713150 Sam Boardman	Okay thank you I'm just getting anxious		File System (3)	
930	SMS Messages	Incoming	4/2/2014	4/2/2014 11:08:32 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm the the language lab so when u walk to lunch, meet me like outside the weight room		File System (3)	
931	SMS Messages	Incoming	4/2/2014	4/2/2014 11:10:37 AM(UTC-4)	From: 7745713150 Sam Boardman	Jk I'll just come to u mr class before the bell rings so when it rings I can meet u		File System (3)	
932	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:16:12 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay are you sure? But u don't have to come talk to me if u don't want to		File System (3)	
933	SMS Messages	Incoming	4/2/2014	4/2/2014 11:17:15 AM(UTC-4)	From: 7745713150 Sam Boardman	Stop I said I would		File System (3)	
934	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:18:11 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
935	SMS Messages	Incoming	4/2/2014	4/2/2014 11:31:34 AM(UTC-4)	From: 7745713150 Sam Boardman	Shit I'm coming now		File System (3)	
936	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:32:05 AM(UTC-4)	To: 17745713150 Sam Boardman	It's okay haha you don't have to I'm already walking to lunch		File System (3)	
937	SMS Messages	Incoming	4/2/2014	4/2/2014 11:32:50 AM(UTC-4)	From: 7745713150 Sam Boardman	Where are u		File System (3)	
938	SMS Messages	Incoming	4/2/2014	4/2/2014 11:33:08 AM(UTC-4)	From: 7745713150 Sam Boardman	SAME		File System (3)	
939	SMS Messages	Incoming	4/2/2014	4/2/2014 11:33:36 AM(UTC-4)	From: 7745713150 Sam Boardman	WAIT FIR ME		File System (3)	
940	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:34:00 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm in lunch line haha		File System (3)	
941	SMS Messages	Incoming	4/2/2014	4/2/2014 11:35:13 AM(UTC-4)	From: 7745713150 Sam Boardman	Where are u :(File System (3)	
942	SMS Messages	Incoming	4/2/2014	4/2/2014 11:37:21 AM(UTC-4)	From: 7745713150 Sam Boardman	Peeing in the caf bath		File System (3)	
943	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:40:02 AM(UTC-4)	To: 17745713150 Sam Boardman	It's okay and they didn't have the dressing so I used mustard		File System (3)	
944	SMS Messages	Incoming	4/2/2014	4/2/2014 11:43:18 AM(UTC-4)	From: 7745713150 Sam Boardman	Michelle normal dressing is good too! Remember that u need some fats in ur diet. When tht don't have the rasberry, I get lite ranch, or whatever lite dressing they have. I got chicken right?		File System (3)	
945	SMS Messages	Incoming	4/2/2014	4/2/2014 11:43:20 AM(UTC-4)	From: 7745713150 Sam Boardman	U*		File System (3)	
946	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:45:06 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm afraid of the days tho :(and Yeah I did but I dint eat all of it just like 2 pieces		File System (3)	
947	SMS Messages	Incoming	4/2/2014	4/2/2014 11:45:58 AM(UTC-4)	From: 7745713150 Sam Boardman	Did u get a side?		File System (3)	
948	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:46:18 AM(UTC-4)	To: 7745713150 Sam Boardman	Apple		File System (3)	
949	SMS Messages	Incoming	4/2/2014	4/2/2014 11:47:05 AM(UTC-4)	From: 7745713150 Sam Boardman	You know that the king u are isn't gonna get u through the day. What do u plan to eat before the gym?		File System (3)	
950	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:49:21 AM(UTC-4)	To: 17745713150 Sam Boardman	I think it's ginna get me thru the day tho I feel energized. And idk yet I didn't bring anything so should I buy a banana?		File System (3)	
951	SMS Messages	Incoming	4/2/2014	4/2/2014 11:50:35 AM(UTC-4)	From: 7745713150 Sam Boardman	Nope u need something of substance before a work out. A banana won't give u a lot of energy		File System (3)	
952	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:50:50 AM(UTC-4)	To: 7745713150 Sam Boardman	Well what should I have		File System (3)	
953	SMS Messages	Incoming	4/2/2014	4/2/2014 11:51:31 AM(UTC-4)	From: 7745713150 Sam Boardman	Do they have food there?		File System (3)	
954	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:53:21 AM(UTC-4)	To: 7745713150 Sam Boardman	At the y?		File System (3)	
955	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:57:51 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah they vending machines		File System (3)	
956	SMS Messages	Outgoing	4/2/2014	4/2/2014 12:01:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna walk now?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
957	SMS Messages	Outgoing	4/2/2014	4/2/2014 12:03:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh wait you're at lunch nvm		File System (3)	
958	SMS Messages	Outgoing	4/2/2014	4/2/2014 12:05:40 PM(UTC-4)	To: 17745713150 Sam Boardman	During DECA we should stay in the class instead of going to watch Mrs Olivera dance to make our goal chart and stuff...unless you want to go watch her dance you can I was just wondering		File System (3)	
959	SMS Messages	Incoming	4/2/2014	4/2/2014 2:44:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Going to work. I'll text u after! If ur going to he gym, make sure u eat something first or I'll be disappointed.		File System (3)	
960	SMS Messages	Outgoing	4/2/2014	4/2/2014 3:28:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I had a banana and an apple. And if you want Lexie to come or something she can		File System (3)	
961	SMS Messages	Outgoing	4/2/2014	4/2/2014 3:28:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Like what's the plan		File System (3)	
962	SMS Messages	Outgoing	4/2/2014	4/2/2014 3:54:54 PM(UTC-4)	To: 17745713150 Sam Boardman	And what are u wearing		File System (3)	
963	SMS Messages	Incoming	4/2/2014	4/2/2014 6:29:22 PM(UTC-4)	From: 7745713150 Sam Boardman	AHHHH U JUST GOT OUT! I'm coming now		File System (3)	
964	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:29:49 PM(UTC-4)	To: 17745713150 Sam Boardman	If you don't want to anymore you don't have to haha		File System (3)	
965	SMS Messages	Incoming	4/2/2014	4/2/2014 6:31:06 PM(UTC-4)	From: 7745713150 Sam Boardman	NOO we are going to the play! Did u have dinner!? Eat dinner cus we won't have time ☹️		File System (3)	
966	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:32:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh you wanna? Okay and I'm not hungry right now I'll have it when I get back		File System (3)	
967	SMS Messages	Incoming	4/2/2014	4/2/2014 6:41:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Whats ur adress?		File System (3)	
968	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:42:12 PM(UTC-4)	To: 7745713150 Sam Boardman	6 tangledwood rd		File System (3)	
969	SMS Messages	Incoming	4/2/2014	4/2/2014 6:49:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Bring the enemy. The tool		File System (3)	
970	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:50:04 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha I already got it		File System (3)	
971	SMS Messages	Incoming	4/2/2014	4/2/2014 6:54:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Duck like we late		File System (3)	
972	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:55:19 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah but we'll be fashionably late		File System (3)	
973	SMS Messages	Incoming	4/2/2014	4/2/2014 6:55:22 PM(UTC-4)	From: 7745713150 Sam Boardman	I forgot the drive haha we shoulda met there OH WEKLE		File System (3)	
974	SMS Messages	Outgoing	4/2/2014	4/2/2014 6:56:06 PM(UTC-4)	To: 17745713150 Sam Boardman	It's only like 11 mins from my house and my mom isn't home anyways		File System (3)	
975	SMS Messages	Incoming	4/2/2014	4/2/2014 7:03:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Def took the long way		File System (3)	
976	SMS Messages	Outgoing	4/2/2014	4/2/2014 7:04:26 PM(UTC-4)	To: 17745713150 Sam Boardman	YEAH YOU DID WHERE ARE YOU		File System (3)	
977	SMS Messages	Outgoing	4/2/2014	4/2/2014 9:39:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm so sorry		File System (3)	
978	SMS Messages	Incoming	4/2/2014	4/2/2014 9:41:24 PM(UTC-4)	From: 7745713150 Sam Boardman	You kniw what I say. Dont be sorry, make it better		File System (3)	
979	SMS Messages	Outgoing	4/2/2014	4/2/2014 9:47:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Text me wen u get home so I know you got home safe		File System (3)	
980	SMS Messages	Incoming	4/2/2014	4/2/2014 9:58:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm home. How was it? I bet after u started eating u realized how hungry u actually were. Eating dinner is part of nature. It is healthy. I'm proud of u for making tht realization		File System (3)	
981	SMS Messages	Incoming	4/2/2014	4/2/2014 9:59:00 PM(UTC-4)	From: 7745713150 Sam Boardman	To me, a sanwich isn't even enough. But I'm not gonna push u more than I already hae today		File System (3)	
982	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:04:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good and it was satisfying like I didn't binge. I would eat dinner like I don't have a problem with a healthy dinner but I have a problem eoth eating late like I have a lot of anxiety right now because I ate late. If the knife was here, I'd probably go cut. My cuts are so triggering right now.		File System (3)	
983	SMS Messages	Incoming	4/2/2014	4/2/2014 10:05:48 PM(UTC-4)	From: 7745713150 Sam Boardman	But you didn do anything wrong, remember that. U are when u were hungry. Remember that eating dinner is normo		File System (3)	
984	SMS Messages	Incoming	4/2/2014	4/2/2014 10:05:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Normal		File System (3)	
985	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:15:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I know its just the mental thing you know?		File System (3)	
986	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:19:12 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm just so afraid I'm gonna get too tied up in the not eating thoughts and it's gonna get extreme. I don't want to do that tho and I know I won't because of you but like I'm just so afraid because ive been there twice before		File System (3)	
987	SMS Messages	Incoming	4/2/2014	4/2/2014 10:22:15 PM(UTC-4)	From: 7745713150 Sam Boardman	That's why we are goig to stop it before it happens		File System (3)	
988	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:23:13 PM(UTC-4)	To: 17745713150 Sam Boardman	You're still gonna help after my horrific and stupid attitude today?		File System (3)	
989	SMS Messages	Incoming	4/2/2014	4/2/2014 10:23:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah but only if u want to get better		File System (3)	
990	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:24:43 PM(UTC-4)	To: 17745713150 Sam Boardman	I do you know I do		File System (3)	
991	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:27:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm happy you took the knife		File System (3)	
992	SMS Messages	Incoming	4/2/2014	4/2/2014 10:30:58 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy too. And just everything in moderation. Depriving urself is never a good idea		File System (3)	
993	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:31:48 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm so ashamed of myself like I'm looking at my hand and I'm just so ashamed and upset they look horrible. I didn't show you		File System (3)	
994	SMS Messages	Incoming	4/2/2014	4/2/2014 10:40:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't be ashamed. They are there to remind u that ur better than that now		File System (3)	
995	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:42:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're so right I didn't think of it that way. They might be infected tho		File System (3)	
996	SMS Messages	Incoming	4/2/2014	4/2/2014 10:48:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Then don't make them worse and take care of them		File System (3)	
997	SMS Messages	Outgoing	4/2/2014	4/2/2014 10:49:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't anymore anyways u took the knife...what did you do with it?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
998	SMS Messages	Outgoing	4/2/2014	4/2/2014 11:02:30 PM(UTC-4)	To: 17745713150 Sam Boardman	But sorry I know you have a lot of work to do and I'm being distracting so I'll let you go. Thank you for today Sam. I mean it like it felt really good to hang out with you and get my mind off stuff and we talked and idk I liked it it was nice haha. And don't feel bad for yelling at me. I appreciate it. It shows you care and it makes me wanna do better because I know I frustrate you. And it means so much to me that you got rid of the knife so thank you so much. No more cutting for now on! I just need to find ways to cope. But next time we will eat together somewhere haha. Thank you for today it made me really happy for the first time in a while. Sweet dreams Sam I love you thank you for everything. You really are incredible		File System (3)	
999	SMS Messages	Incoming	4/2/2014	4/2/2014 11:32:40 PM(UTC-4)	From: 7745713150 Sam Boardman	I like spending time and talking with u. We can do that more. And yeah eating together would be good for u. Good for both of us. Goodnight Michelle. You were stong in the end, so I'm proud if u. Make sure u have a proper breakfast too! Night!		File System (3)	
1000	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:46:50 AM(UTC-4)	To: 17745713150 Sam Boardman	That means more to me than you'll ever know Sam I'm so happy that you feel that way. I'd love to hang out more And yeah I agree that eating together will be good for both of us. And thank you I was nervous you were gonna stay mad at me but I did eat dinner and didn't cut at all so I'm glad your proud. I wanted to make u proud. Do u think you'd be able to bring chex or no?		File System (3)	
1001	SMS Messages	Incoming	4/3/2014	4/3/2014 6:48:46 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes I can, R u running late? I just don't want u to put it off cus we have two tests first and second period		File System (3)	
1002	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:51:05 AM(UTC-4)	To: 17745713150 Sam Boardman	No ill eat it anyways I want to and it's just because I don't think I'm.able to eat on my own for breakfast like I'd be preconceptions eating in class because you're there to push me		File System (3)	
1003	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:51:20 AM(UTC-4)	To: 17745713150 Sam Boardman	I'd be more comfortable*		File System (3)	
1004	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:51:49 AM(UTC-4)	To: 17745713150 Sam Boardman	(Not preconceptions)		File System (3)	
1005	SMS Messages	Incoming	4/3/2014	4/3/2014 6:52:17 AM(UTC-4)	From: 7745713150 Sam Boardman	Ok well just don't put it off cus ull distract me, like eat it before the test even starts so I don't have to worry about it during the test		File System (3)	
1006	SMS Messages	Incoming	4/3/2014	4/3/2014 6:52:31 AM(UTC-4)	From: 7745713150 Sam Boardman	Can u do that?		File System (3)	
1007	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:58:05 AM(UTC-4)	To: 17745713150 Sam Boardman	Yes I promise I'll eat it as soon as I get there		File System (3)	
1008	SMS Messages	Incoming	4/3/2014	4/3/2014 7:44:30 AM(UTC-4)	From: 7745713150 Sam Boardman	Come to my locker		File System (3)	
1009	SMS Messages	Outgoing	4/3/2014	4/3/2014 10:26:52 AM(UTC-4)	To: 17745713150 Sam Boardman	Did you finish the test		File System (3)	
1010	SMS Messages	Incoming	4/3/2014	4/3/2014 10:34:33 AM(UTC-4)	From: 7745713150 Sam Boardman	Yesss IDK HOW PEOPLE FINISH SO FAST!		File System (3)	
1011	SMS Messages	Outgoing	4/3/2014	4/3/2014 10:48:00 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah same haha it takes me 10 mins to do like one problem...do they have the dressing?		File System (3)	
1012	SMS Messages	Incoming	4/3/2014	4/3/2014 11:05:30 AM(UTC-4)	From: 7745713150 Sam Boardman	They have lite ranch, which is lite, meening like no fat. You need some fat in your diet, you can't deprive urself. It's healthy. I'll be disappointed if u don't. U want to get better. I'm not sayig u get full fat dressing. U can do it. Get a side to. U want to get better. Keep ur goals in mind		File System (3)	
1013	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:17:45 AM(UTC-4)	To: 17745713150 Sam Boardman	Damn this is making me anxious now tho I'm scared. I want to get better tho you're right I.need to keep telling myself that. Ughhhh idk if I can do it but I want to make u proud and I need to get better		File System (3)	
1014	SMS Messages	Incoming	4/3/2014	4/3/2014 11:23:06 AM(UTC-4)	From: 7745713150 Sam Boardman	You can do it. If I can, u can. It has virtually no fat. And fat is not bad! It is healthy!		File System (3)	
1015	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:23:57 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll do my best		File System (3)	
1016	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:30:02 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for the encouragement it really helps me		File System (3)	
1017	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:40:59 AM(UTC-4)	To: 17745713150 Sam Boardman	Fuck Sam I only have 2 bucks. Do u have an extra dollar and I'll pay u back tomorrow?		File System (3)	
1018	SMS Messages	Incoming	4/3/2014	4/3/2014 11:46:13 AM(UTC-4)	From: 7745713150 Sam Boardman	YES		File System (3)	
1019	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:47:06 AM(UTC-4)	To: 17745713150 Sam Boardman	THANK YOU I'm actually really hungry		File System (3)	
1020	SMS Messages	Incoming	4/3/2014	4/3/2014 11:47:30 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm taking a quiz now tho. If I can't meet u, make sure u find it from someone		File System (3)	
1021	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:48:23 AM(UTC-4)	To: 7745713150 Sam Boardman	Okay good luck you'll do awesome		File System (3)	
1022	SMS Messages	Incoming	4/3/2014	4/3/2014 11:52:22 AM(UTC-4)	From: 7745713150 Sam Boardman	Where are u?		File System (3)	
1023	SMS Messages	Outgoing	4/3/2014	4/3/2014 11:53:00 AM(UTC-4)	To: 7745713150 Sam Boardman	I got some I figured you wouldn't be able to come out		File System (3)	
1024	SMS Messages	Incoming	4/3/2014	4/3/2014 11:53:38 AM(UTC-4)	From: 7745713150 Sam Boardman	I can't leave. Ask someone tho. If u try and tell me no one would give u 50 then I'm not gonna believe u		File System (3)	
1025	SMS Messages	Incoming	4/3/2014	4/3/2014 12:36:42 PM(UTC-4)	From: 7745713150 Sam Boardman	So did u not eat lunch?		File System (3)	
1026	SMS Messages	Outgoing	4/3/2014	4/3/2014 12:44:49 PM(UTC-4)	To: 17745713150 Sam Boardman	No I did?		File System (3)	
1027	SMS Messages	Outgoing	4/3/2014	4/3/2014 12:44:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Where are you		File System (3)	
1028	SMS Messages	Incoming	4/3/2014	4/3/2014 1:23:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Patch		File System (3)	
1029	SMS Messages	Incoming	4/3/2014	4/3/2014 1:23:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Parcc*		File System (3)	
1030	SMS Messages	Outgoing	4/3/2014	4/3/2014 1:24:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohh right		File System (3)	
1031	SMS Messages	Incoming	4/3/2014	4/3/2014 2:36:48 PM(UTC-4)	From: 7745713150 Sam Boardman	How was lunch! How u doing		File System (3)	
1032	SMS Messages	Incoming	4/3/2014	4/3/2014 2:37:02 PM(UTC-4)	From: 7745713150 Sam Boardman	U can call me if u want when u get home if u have anxiety		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1033	SMS Messages	Outgoing	4/3/2014	4/3/2014 2:39:55 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to talk to u about lunch and yeah I'm gonna call you because i have alot		File System (3)	
1034	SMS Messages	Outgoing	4/3/2014	4/3/2014 2:45:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for checking up on me it really means a lot Sam and I really appreciate it I needed it		File System (3)	
1035	SMS Messages	Incoming	4/3/2014	4/3/2014 2:48:06 PM(UTC-4)	From: 7745713150 Sam Boardman	No problem. Call whenever		File System (3)	
1036	SMS Messages	Outgoing	4/3/2014	4/3/2014 2:52:36 PM(UTC-4)	To: 17745713150 Sam Boardman	The lite ranch is wicked fattening Sam		File System (3)	
1037	SMS Messages	Incoming	4/3/2014	4/3/2014 2:54:31 PM(UTC-4)	From: 7745713150 Sam Boardman	No it isn't! And Michelle, u need some fat! I use like 2/3 of the dressing packet cus I don't like a lot, ad it has aliw fat. Eating ft does not make u fat. Did u let me down?		File System (3)	
1038	SMS Messages	Outgoing	4/3/2014	4/3/2014 2:57:59 PM(UTC-4)	To: 17745713150 Sam Boardman	It has 120 calories of fat out of the 150 calories tho and that scares me! And no I didn't let you down I told myself and promised myself I won't let you down any more. Had like 1/3 of the packet I couldn't get myself to ha e anymore than that I'm sorry I tried really hard		File System (3)	
1039	SMS Messages	Outgoing	4/3/2014	4/3/2014 3:18:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I put mustard on it too tho so I mixed them together		File System (3)	
1040	SMS Messages	Incoming	4/3/2014	4/3/2014 3:27:34 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't Even like mustard		File System (3)	
1041	SMS Messages	Outgoing	4/3/2014	4/3/2014 3:28:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes I do I just don't prefer it on salad		File System (3)	
1042	SMS Messages	Outgoing	4/3/2014	4/3/2014 3:29:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm at the Sat class I can't answer til 430 I'm sorry!		File System (3)	
1043	SMS Messages	Outgoing	4/3/2014	4/3/2014 3:34:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Why we're you calling		File System (3)	
1044	SMS Messages	Incoming	4/3/2014	4/3/2014 3:43:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u brig a snack?		File System (3)	
1045	SMS Messages	Incoming	4/3/2014	4/3/2014 3:43:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Cus I don't like texting. And it's normal not to prefer mustard on ur salad. It would be abnormal to do that. I thought u wanted to eat more normally. If u don't like it, then why would u eat it when it taste bad and it goes against ur goals. I'm officially banning mustard salads :) what lunch do u have Tomoorw? What day is it?		File System (3)	
1046	SMS Messages	Outgoing	4/3/2014	4/3/2014 3:50:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I use the mustard because I don't want the fattening dressings. Dressing has always been a fear of mine like I make my mom buy the fat free ranch. I've never had a dressing with fat in it and no I didn't I was just ginna have something when I got home but I know I should of brought one now I realize that it was wrong. Haha you're banning them? Okay well good be cause we have math lunch tomirrow :)		File System (3)	
1047	SMS Messages	Incoming	4/3/2014	4/3/2014 3:58:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha it's ok. And when I ask these questions, I know the answers haha I just want u to realize why u do things, and to ask urself If that is truly healthy. I was the same way! I hate dressings, especially at restaurants. They can be really fatty, and I tend to not eat those either. But eying 2/3rds of a lite option dressing is good for u. U need some fat. The more u deprive ur body, the more u will want and need it. Tomorrow we are getting milk At lunch.		File System (3)	
1048	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:07:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I like when you ask me these questions like it really does make me rethink what I'm doing and if it was a good choice to get me to where I want to be. Like I really like when you ask me them Sam if you didn't ask me these questions or check up on me and remind me to eat and stuff I wouldn't eat like at all I'd try to eat as less as I could. And yeah I don't get dressings from restaurants either haha. But 120 calories of fat seems so bad to me like I'd get really anxious after. Same with milk like tomorrow I'm ginna have a hard time with that but you'll be with me to help		File System (3)	
1049	SMS Messages	Incoming	4/3/2014	4/3/2014 4:12:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Well u wouldn't be eating he whole packet anyways! I meen unless u like tht much, go for it. But I said I hate resturant dressings, but that doesn't meen I don't eat it. Eatig a side of resturant dressing one time won't make u gain anythig. Depriving urself of it will tho. It's lite dressing and has only a couple grams of fat. And we can start off easy with the lowfat or fat free milk tomorrow. Don't make this more difficult than it has to be		File System (3)	
1050	SMS Messages	Incoming	4/3/2014	4/3/2014 4:12:52 PM(UTC-4)	From: 7745713150 Sam Boardman	U can do it, and I'll be there to remind u that		File System (3)	
1051	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:18:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not trying to make it harder than it needs to be I just have such a messed up mind like I can't control the thoughts. And having the dressing and a milk will be really hard Sam I'm letting you know that		File System (3)	
1052	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:22:09 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll be honest and tell you that if you weren't in my lunch tomorrow I wouldn't get a milk		File System (3)	
1053	SMS Messages	Incoming	4/3/2014	4/3/2014 4:43:51 PM(UTC-4)	From: 7745713150 Sam Boardman	I know it will be hard but u can do it		File System (3)	
1054	SMS Messages	Incoming	4/3/2014	4/3/2014 4:44:20 PM(UTC-4)	From: 7745713150 Sam Boardman	If I were to give u a magical pill that would make u better and make u have a better relationship with food, would u take it?		File System (3)	
1055	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:44:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Of course I would take it no hesitation		File System (3)	
1056	SMS Messages	Incoming	4/3/2014	4/3/2014 4:46:29 PM(UTC-4)	From: 7745713150 Sam Boardman	The magic pill is drinking the milk, and eating low fat dressing, and getting in 4 meals a day. And eating when it hungry. U have he pill. U just have to take it. Do U wan to get better?		File System (3)	
1057	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:48:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats the best motivational analogy I've ever heard		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1058	SMS Messages	Outgoing	4/3/2014	4/3/2014 4:53:21 PM(UTC-4)	To: 17745713150 Sam Boardman	But if I took the magic pill it would cure me without effort. Like I still have to force myself to get the milk and dressing and the 4 meals where if I was on an actual pill I'd want to eat all that. Like I know the pill is already within me, it's my determination and will power to get better but I feel like I know in the back of my head that I dint have an actual pill. Should I pretend my anxiety medicine is that?		File System (3)	
1059	SMS Messages	Outgoing	4/3/2014	4/3/2014 5:34:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I just binged a little		File System (3)	
1060	SMS Messages	Incoming	4/3/2014	4/3/2014 5:56:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Good u needed to binge. I just am starting to wonder how much longer it will be until u can stop this pattern.		File System (3)	
1061	SMS Messages	Incoming	4/3/2014	4/3/2014 5:56:18 PM(UTC-4)	From: 7745713150 Sam Boardman	What was ur binge		File System (3)	
1062	SMS Messages	Outgoing	4/3/2014	4/3/2014 5:56:55 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm wondering that too and pasta and cereal		File System (3)	
1063	SMS Messages	Incoming	4/3/2014	4/3/2014 6:17:25 PM(UTC-4)	From: 7745713150 Sam Boardman	That's not a binge at all! Was that dinner?		File System (3)	
1064	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:21:26 PM(UTC-4)	To: 17745713150 Sam Boardman	It was a binge to me because I'm trying not to do that anymore! And no it wasn't		File System (3)	
1065	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:21:36 PM(UTC-4)	To: 17745713150 Sam Boardman	I was hungry so I ate		File System (3)	
1066	SMS Messages	Incoming	4/3/2014	4/3/2014 6:24:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Good! I was gonna say, u better have dinner too! And stop, don't say "ur not gonna eat that stuff". That actually makes me mad. Ur basically admitting that ur trying not to follow the plan. Like ur admitting to me that u are intentionally rebelling.. I want u to eat those foods. Pasta and cereal are healthy.		File System (3)	
1067	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:31:22 PM(UTC-4)	To: 17745713150 Sam Boardman	I will and Well no I meant I domt wanna binge anymore at all like this is the problem Sam I need to tell you something		File System (3)	
1068	SMS Messages	Incoming	4/3/2014	4/3/2014 6:34:50 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm going to my gymnastics banquet I'll call u after!		File System (3)	
1069	SMS Messages	Outgoing	4/3/2014	4/3/2014 6:35:26 PM(UTC-4)	To: 7745713150 Sam Boardman	Oh yeahhhh I forgot about that but okay have fun!		File System (3)	
1070	SMS Messages	Outgoing	4/3/2014	4/3/2014 9:01:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm at a really low point right now like I'm having so many thoughts I can't handle it		File System (3)	
1071	SMS Messages	Outgoing	4/3/2014	4/3/2014 9:11:42 PM(UTC-4)	To: 17745713150 Sam Boardman	And I don't have the knife so I can't cut so I'm freaking out		File System (3)	
1072	SMS Messages	Incoming	4/3/2014	4/3/2014 9:15:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Calm calm calm! I'm calling u when I get home!		File System (3)	
1073	SMS Messages	Outgoing	4/3/2014	4/3/2014 9:17:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't talk on the phone Sam I'm not gonna be able to get words out		File System (3)	
1074	SMS Messages	Incoming	4/3/2014	4/3/2014 9:18:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Text me then, what's wrong!		File System (3)	
1075	SMS Messages	Outgoing	4/3/2014	4/3/2014 9:24:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm losing hope and crashing down. I ate more shit and I felt so bad after but I couldn't cut so I didn't know what to do I went crazy like I have so much anxiety and my medication ran out last night so I can't take any tonight so I'm really getting jittery about that and thinking about going to the doctors tomorrow is making me so upset and angry because I know they are gonna see my cuts and get me help and I can't do that I can't do it I'm having like a breakdown I just really wish you were here right now		File System (3)	
1076	SMS Messages	Incoming	4/3/2014	4/3/2014 9:26:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Do u want me to come over when I get home?! I'm almost home I'll call u right when I get in! Or I can come over or pick u up		File System (3)	
1077	SMS Messages	Outgoing	4/3/2014	4/3/2014 9:29:45 PM(UTC-4)	To: 17745713150 Sam Boardman	My parents will be suspicious especially when they see me crying like I want you to so bad but it's late so they're gonna think something's wrong		File System (3)	
1078	SMS Messages	Incoming	4/3/2014	4/3/2014 9:44:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Call me please Michelle		File System (3)	
1079	SMS Messages	Incoming	4/3/2014	4/3/2014 9:51:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle		File System (3)	
1080	SMS Messages	Incoming	4/4/2014	4/4/2014 7:00:45 AM(UTC-4)	From: 7745713150 Sam Boardman	What's the plan for breakfast		File System (3)	
1081	SMS Messages	Outgoing	4/4/2014	4/4/2014 7:02:07 AM(UTC-4)	To: 17745713150 Sam Boardman	I had eggs already		File System (3)	
1082	SMS Messages	Incoming	4/4/2014	4/4/2014 7:03:12 AM(UTC-4)	From: 7745713150 Sam Boardman	Eggs and what		File System (3)	
1083	SMS Messages	Outgoing	4/4/2014	4/4/2014 7:04:24 AM(UTC-4)	To: 7745713150 Sam Boardman	Just eggs but that's a good breakfast like people have only eggs all the time. Its filling		File System (3)	
1084	SMS Messages	Outgoing	4/4/2014	4/4/2014 7:07:51 AM(UTC-4)	To: 17745713150 Sam Boardman	It jump started my metabolism so that's what we want right?		File System (3)	
1085	SMS Messages	Incoming	4/4/2014	4/4/2014 7:30:50 AM(UTC-4)	From: 7745713150 Sam Boardman	SHIT I just left. I was gonna bring u a small bag of chex. And iv told u this before and I'll tell U again so that u know. EGGS IS NOT A BREAKFAST! Not for someone who's trying to lose weight. Big breakfasts are best cus ur body has the whole day to burn it off an u won't get hungry. Ur gonna be hungry off that. That's like 150 cal, does that sound like a meal to u? Remember, u wanna split ur diet up into like 4 meals. And u have even told me in the past that eggs arnt filling. Now u know for the future not to make this mistake again		File System (3)	
1086	SMS Messages	Incoming	4/4/2014	4/4/2014 7:31:52 AM(UTC-4)	From: 7745713150 Sam Boardman	At twist, out egg breakfast comes with two eggs, two pieces of toast, and two pieces of bacon. U want to get more than one food group.		File System (3)	
1087	SMS Messages	Incoming	4/4/2014	4/4/2014 7:31:55 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy that u tried tho		File System (3)	
1088	SMS Messages	Outgoing	4/4/2014	4/4/2014 7:42:34 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that actually makes sense. If I eat a big breakfast i won't be extremely hungry through out the day so it will decrease the want to binge. And I domt like bacon tho so I'm never gonna have that. I can't even be in the same room as bacon. But thank you I'm gonna try hard today		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1089	SMS Messages	Outgoing	4/4/2014	4/4/2014 7:51:28 AM(UTC-4)	To: 17745713150 Sam Boardman	And Sam I feel like if you're not in my first or second period class than I won't eat the chex because I'll feel like oh she's not here to see so I don't have to. But I know that's the wrongs attitude to have for grtting better and I don't want to think that way but idk what to do		File System (3)	
1090	SMS Messages	Outgoing	4/4/2014	4/4/2014 8:52:18 AM(UTC-4)	To: 17745713150 Sam Boardman	I have to tell you something important		File System (3)	
1091	SMS Messages	Incoming	4/4/2014	4/4/2014 8:53:07 AM(UTC-4)	From: 7745713150 Sam Boardman	Okay wanna take a walk!?		File System (3)	
1092	SMS Messages	Outgoing	4/4/2014	4/4/2014 8:53:20 AM(UTC-4)	To: 7745713150 Sam Boardman	Are you allowed to leave?		File System (3)	
1093	SMS Messages	Incoming	4/4/2014	4/4/2014 8:53:58 AM(UTC-4)	From: 7745713150 Sam Boardman	How bout like 9:15?		File System (3)	
1094	SMS Messages	Outgoing	4/4/2014	4/4/2014 8:54:24 AM(UTC-4)	To: 7745713150 Sam Boardman	Okay I'll meet you upstairs		File System (3)	
1095	SMS Messages	Incoming	4/4/2014	4/4/2014 8:54:59 AM(UTC-4)	From: 7745713150 Sam Boardman	Okay		File System (3)	
1096	SMS Messages	Incoming	4/4/2014	4/4/2014 9:15:44 AM(UTC-4)	From: 7745713150 Sam Boardman	Tell me when ur here		File System (3)	
1097	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:16:01 AM(UTC-4)	To: 7745713150 Sam Boardman	I'm here come out		File System (3)	
1098	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:28:47 AM(UTC-4)	To: 17745713150 Sam Boardman	You good?		File System (3)	
1099	SMS Messages	Incoming	4/4/2014	4/4/2014 9:29:44 AM(UTC-4)	From: 7745713150 Sam Boardman	Yess u?		File System (3)	
1100	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:31:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Yes m		File System (3)	
1101	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:35:30 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm starting to get a little anxious for lunch tho		File System (3)	
1102	SMS Messages	Incoming	4/4/2014	4/4/2014 9:36:07 AM(UTC-4)	From: 7745713150 Sam Boardman	Don't worry I'll be there		File System (3)	
1103	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:37:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you I'll need you		File System (3)	
1104	SMS Messages	Outgoing	4/4/2014	4/4/2014 12:32:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Walk?		File System (3)	
1105	SMS Messages	Incoming	4/4/2014	4/4/2014 12:34:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course!		File System (3)	
1106	SMS Messages	Incoming	4/4/2014	4/4/2014 12:35:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sure		File System (3)	
1107	SMS Messages	Outgoing	4/4/2014	4/4/2014 12:42:07 PM(UTC-4)	To: 17745713150 Sam Boardman	When		File System (3)	
1108	SMS Messages	Incoming	4/4/2014	4/4/2014 12:42:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u in English		File System (3)	
1109	SMS Messages	Outgoing	4/4/2014	4/4/2014 12:45:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah		File System (3)	
1110	SMS Messages	Incoming	4/4/2014	4/4/2014 12:46:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Whenever u want!		File System (3)	
1111	SMS Messages	Incoming	4/4/2014	4/4/2014 12:46:13 PM(UTC-4)	From: 7745713150 Sam Boardman	I have to go to the broom and then I stop by		File System (3)	
1112	SMS Messages	Incoming	4/4/2014	4/4/2014 12:46:16 PM(UTC-4)	From: 7745713150 Sam Boardman	And I'll text u		File System (3)	
1113	SMS Messages	Outgoing	4/4/2014	4/4/2014 12:46:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1114	SMS Messages	Incoming	4/4/2014	4/4/2014 12:50:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Here		File System (3)	
1115	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:34:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm getting nervous		File System (3)	
1116	SMS Messages	Incoming	4/4/2014	4/4/2014 2:40:39 PM(UTC-4)	From: 7745713150 Sam Boardman	You know what u have to do. U can do it		File System (3)	
1117	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:41:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Not so much about eating but the appointment		File System (3)	
1118	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:42:09 PM(UTC-4)	To: 17745713150 Sam Boardman	But thank you I'm gonna try my hardest		File System (3)	
1119	SMS Messages	Incoming	4/4/2014	4/4/2014 2:43:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Remember, doctors are there it help		File System (3)	
1120	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:43:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Should I show them or cover them up?		File System (3)	
1121	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:47:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't do this		File System (3)	
1122	SMS Messages	Incoming	4/4/2014	4/4/2014 2:49:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Driving . Yes u can		File System (3)	
1123	SMS Messages	Outgoing	4/4/2014	4/4/2014 2:51:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Drive safe		File System (3)	
1124	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:02:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey can u talk or are you busy?		File System (3)	
1125	SMS Messages	Incoming	4/4/2014	4/4/2014 9:06:26 PM(UTC-4)	From: 7745713150 Sam Boardman	HEY I was just gonna text u! I'm outside my moms work waiting for her to come, phones gonna die so can't call but what's up! Ps I'm callif u when I get home		File System (3)	
1126	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:11:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay that's fine and well I just wanted to tell u about how today went		File System (3)	
1127	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:15:00 PM(UTC-4)	To: 17745713150 Sam Boardman	And I wanna cut		File System (3)	
1128	SMS Messages	Incoming	4/4/2014	4/4/2014 9:35:03 PM(UTC-4)	From: 7745713150 Sam Boardman	I'll call u when I get home!		File System (3)	
1129	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:39:28 PM(UTC-4)	To: 17745713150 Sam Boardman	When will u be home		File System (3)	
1130	SMS Messages	Outgoing	4/4/2014	4/4/2014 9:47:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll be right back		File System (3)	
1131	SMS Messages	Incoming	4/4/2014	4/4/2014 9:54:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Where are u going? And I'm home now		File System (3)	
1132	SMS Messages	Outgoing	4/4/2014	4/4/2014 10:08:49 PM(UTC-4)	To: 7745713150 Sam Boardman	Sorry I'm sorry I'm talking to my mom about the list she made me I'll be done in like 5		File System (3)	
1133	SMS Messages	Outgoing	4/4/2014	4/4/2014 10:09:36 PM(UTC-4)	To: 17745713150 Sam Boardman	5 minutes I promise I'm sorry!!!		File System (3)	
1134	SMS Messages	Incoming	4/4/2014	4/4/2014 10:12:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Kk		File System (3)	
1135	SMS Messages	Outgoing	4/4/2014	4/4/2014 10:44:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw I have a surprise for you so I'll give you it on Sunday! GOODNIGHT SWEET DREAMS		File System (3)	
1136	SMS Messages	Incoming	4/5/2014	4/5/2014 10:49:59 AM(UTC-4)	From: 7745713150 Sam Boardman	Remember a big breakfast. Have a good day!		File System (3)	
1137	SMS Messages	Outgoing	4/5/2014	4/5/2014 11:05:42 AM(UTC-4)	To: 17745713150 Sam Boardman	I binged on peanut butter		File System (3)	
1138	SMS Messages	Incoming	4/5/2014	4/5/2014 1:22:08 PM(UTC-4)	From: 7745713150 Sam Boardman	GOOD!!! It has so much protein and healthy fats that u have been depriving urself of! What u have for breakfast/ lunch		File System (3)	
1139	SMS Messages	Outgoing	4/5/2014	4/5/2014 1:23:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I had peanut butter and 2 bananas for breakfast and I haven't had lunch yet		File System (3)	
1140	SMS Messages	Incoming	4/5/2014	4/5/2014 1:24:10 PM(UTC-4)	From: 7745713150 Sam Boardman	U arnt sticking to the plan		File System (3)	
1141	SMS Messages	Incoming	4/5/2014	4/5/2014 1:24:33 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't help u the		File System (3)	
1142	SMS Messages	Incoming	4/5/2014	4/5/2014 1:24:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Then*		File System (3)	
1143	SMS Messages	Outgoing	4/5/2014	4/5/2014 1:25:04 PM(UTC-4)	To: 17745713150 Sam Boardman	That's a good breakfast? And I haven't had lunch yet because I haven't been hungry but I'm gonna have it now what should I have?		File System (3)	
1144	SMS Messages	Outgoing	4/5/2014	4/5/2014 1:29:20 PM(UTC-4)	To: 17745713150 Sam Boardman	That is sticking to the plan isn't it like what did I do wrong?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1145	SMS Messages	Incoming	4/5/2014	4/5/2014 1:31:10 PM(UTC-4)	From: 7745713150 Sam Boardman	That's not a good breakfast. U need something to keep u going.biv told u so many time that fruit is not a meal. I can't talk now but u should be having a large lunch with the lack of substance you ate		File System (3)	
1146	SMS Messages	Outgoing	4/5/2014	4/5/2014 1:33:16 PM(UTC-4)	To: 17745713150 Sam Boardman	2 Peanut butter and banana sandwichs with extra peanut butter and milk isn't a good breakfast? I thought you wanted me to mix it up? I didn't want eggs today so I tried something else which I thought you would be proud of me for having		File System (3)	
1147	SMS Messages	Outgoing	4/5/2014	4/5/2014 1:52:12 PM(UTC-4)	To: 17745713150 Sam Boardman	And I didn't cut or anything after I had that either like I thought I did good. That was really hard for me like it was peanut butter and MILK. I'm sorry for letting you down tho I didn't think that was a bad breakfast to have. But I guess I can't learn without making a mistake first so now I know		File System (3)	
1148	SMS Messages	Outgoing	4/5/2014	4/5/2014 3:42:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I just lost control. I don't know what I'm doing		File System (3)	
1149	SMS Messages	Incoming	4/5/2014	4/5/2014 5:12:48 PM(UTC-4)	From: 7745713150 Sam Boardman	U said bananas and peanutbutter, and that's exactly what u had. U didn't have a sandwich for breakfast. U told me u had two bananas and peanutbutter. Two pieces of fruit with peanutbutter isn't a breakfast. I'm happy u had milk tho!		File System (3)	
1150	SMS Messages	Incoming	4/5/2014	4/5/2014 5:13:06 PM(UTC-4)	From: 7745713150 Sam Boardman	And what do u mean "lost control"		File System (3)	
1151	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:18:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes I did I had 2 Peanut butter and banana wraps and milk for breakfast and then I had lunch which was a huge binge of junk. Every day is a war and I'm tired of fighting it. I just want to be fucking normal and eat properly and not binge anymore and I try so hard to listen to you and do what u say and follow the plan and I start to do good but then its like I get brainwashed and I relapse. I don't understand why this is so hard for me like I hear kids running around outside having fun and I just wanna go outside and play basketball but I'm so ashamed of how I feel and look that I can't go out and enjoy this beautiful day. I don't want to be this way anymore I'm so done		File System (3)	
1152	SMS Messages	Incoming	4/5/2014	4/5/2014 5:18:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Can I call		File System (3)	
1153	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:19:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Hang on		File System (3)	
1154	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:23:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't talk on the phone right now		File System (3)	
1155	SMS Messages	Incoming	4/5/2014	4/5/2014 5:24:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Why		File System (3)	
1156	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:34:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I can now		File System (3)	
1157	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:57:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
1158	SMS Messages	Incoming	4/5/2014	4/5/2014 5:57:40 PM(UTC-4)	From: 7745713150 Sam Boardman	U left me!!		File System (3)	
1159	SMS Messages	Outgoing	4/5/2014	4/5/2014 5:58:26 PM(UTC-4)	To: 7745713150 Sam Boardman	I'm crying I don't want to talk on the phone		File System (3)	
1160	SMS Messages	Incoming	4/5/2014	4/5/2014 6:00:09 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel like I'm hurting u, I'm sorry Michelle.		File System (3)	
1161	SMS Messages	Outgoing	4/5/2014	4/5/2014 7:46:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey you feeling better?		File System (3)	
1162	SMS Messages	Incoming	4/5/2014	4/5/2014 7:51:14 PM(UTC-4)	From: 7745713150 Sam Boardman	No worst:(File System (3)	
1163	SMS Messages	Incoming	4/5/2014	4/5/2014 7:51:29 PM(UTC-4)	From: 7745713150 Sam Boardman	http://www.sparkpeople.com/resource/nutrition_articles.asp?id=60		File System (3)	
1164	SMS Messages	Incoming	4/5/2014	4/5/2014 7:51:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought this was interesting		File System (3)	
1165	SMS Messages	Outgoing	4/5/2014	4/5/2014 7:52:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Talk to me I wanna make u feel better what's wrong? And okay I'll give it a look		File System (3)	
1166	SMS Messages	Outgoing	4/5/2014	4/5/2014 8:03:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Tonight's about you		File System (3)	
1167	SMS Messages	Outgoing	4/5/2014	4/5/2014 8:10:28 PM(UTC-4)	To: 17745713150 Sam Boardman	And wow that article was really helpful thank you. It explains why I have depression and over eating problems I guess		File System (3)	
1168	SMS Messages	Outgoing	4/5/2014	4/5/2014 8:53:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
1169	SMS Messages	Incoming	4/6/2014	4/6/2014 1:34:11 PM(UTC-4)	From: 7745713150 Sam Boardman	How are ya!? Start thinking of places to go		File System (3)	
1170	SMS Messages	Outgoing	4/6/2014	4/6/2014 1:34:44 PM(UTC-4)	To: 17745713150 Sam Boardman	SAM!!!		File System (3)	
1171	SMS Messages	Incoming	4/6/2014	4/6/2014 1:35:28 PM(UTC-4)	From: 7745713150 Sam Boardman	MICHELLE!!		File System (3)	
1172	SMS Messages	Outgoing	4/6/2014	4/6/2014 1:36:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha Sam you didn't answer me back last night I was worried		File System (3)	
1173	SMS Messages	Incoming	4/6/2014	4/6/2014 1:37:03 PM(UTC-4)	From: 7745713150 Sam Boardman	I wasn't feeling good so I slept for like dayss		File System (3)	
1174	SMS Messages	Incoming	4/6/2014	4/6/2014 1:37:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Feel good now:)		File System (3)	
1175	SMS Messages	Outgoing	4/6/2014	4/6/2014 1:38:55 PM(UTC-4)	To: 7745713150 Sam Boardman	I wanted to make u feel better tho haha but sleeping probably helped I mean you're better now so YAYAY I'm happy :)		File System (3)	
1176	SMS Messages	Outgoing	4/6/2014	4/6/2014 1:43:14 PM(UTC-4)	To: 17745713150 Sam Boardman	But bad news... i got in trouble today so my mom's like pissed at me and said I can't go out tonight but I'm trying to make her let me. I'm good at persuading her to ease up so I think I'll be able to but if she continues being stubborn and doesn't let me go can we go Tuesday night??		File System (3)	
1177	SMS Messages	Outgoing	4/6/2014	4/6/2014 5:04:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I can't. Can we go tomorrow instead after you work? I'm sorry I really wanted to go tonight but I'm an idiot so tomorrow can we please go?		File System (3)	
1178	SMS Messages	Incoming	4/6/2014	4/6/2014 5:49:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u sure this isn't u feelin guilty for what u are today an don't want u to go out because of it? Tell me te truth. What happened!?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1179	SMS Messages	Outgoing	4/6/2014	4/6/2014 5:54:56 PM(UTC-4)	To: 17745713150 Sam Boardman	You know me so well. Okay the major reason is because I do feel guilty of what I ate to say I feel like absolute shit but its both tho. I did get in trouble earlier be cause I didn't do something on the list my mom made me and I talked back to her but I also binged today and I feel disgusting and fat. I gained like 10 pounds this week Sam because of bingeing. I just don't think tonight's a good night to do I have a lot of anxiety right now		File System (3)	
1180	SMS Messages	Incoming	4/6/2014	4/6/2014 6:08:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle u didn't gain 10 pounds! And why did u binge, like did u have a big breakfast and lunch with snacks? This kinda goes back to the talking about other stuff, like when u binge or don't eat, we like have to talk about it cus I wanna help, and it gets in the way of talking about other stuff.		File System (3)	
1181	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:16:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes I did I can tell. I look in the mirror and I hate what I see. I've gained weight I notice it and I can feel it. And yeah I had a good breakfast I had eggs and toast like u said and then I had lunch like 2 hours later i had a tuna wrap and some wheat thins and then like 3 hours later I was gonna have a little snack before dinner but I binged instead. Like I binge for no reason Sam this is the problem. I binge on unhealthy junk. So that's why I'm gaining weight because before I didn't eat the whole day and then came home and binged but now I am eating throughout the day but I'm still bingeing. And I'm not even that hungry like all I wanted was a little snack but every thing was there and looked so good and I just lost control and now I feel so sick and angry with myself. But yeah I know what u mean. And in this moment I would rather talk about this anyways because I do need help and I wanna talk about it to get my mind off it and feel better and calm down because if we don't talk aboit it I'm not myself you know, and all I'll be thinking about is the binge		File System (3)	
1182	SMS Messages	Incoming	4/6/2014	4/6/2014 6:24:02 PM(UTC-4)	From: 7745713150 Sam Boardman	If uv gained anything it's probably just water weight, like ur stomach being bloated cus it's full. I think weekends can sometimes be harder too cus ur not on a schedule. Are ur bingees getting smaller than they were before?		File System (3)	
1183	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:25:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah they have been but not today it wasn't		File System (3)	
1184	SMS Messages	Incoming	4/6/2014	4/6/2014 6:28:08 PM(UTC-4)	From: 7745713150 Sam Boardman	See that's progress! I think what's important is that when u think ur about to binge,ale something healthy. And also, plan to have "unhealthy" things in the day too. Remember everything in moderation. You can do it Michelle, your goals are obtainable		File System (3)	
1185	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:29:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that sounds like a good idea. Can we make the whole plan thing tomorrow at dinner?		File System (3)	
1186	SMS Messages	Incoming	4/6/2014	4/6/2014 6:32:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course we can!		File System (3)	
1187	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:34:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome thank you! But Sam like see this where the "I'm not gonna eat tomorrow" thoughts come in because I wanna clean out my system from this bad day		File System (3)	
1188	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:34:32 PM(UTC-4)	To: 17745713150 Sam Boardman	And I haven't had my anxiety medicine in 3 days so I'm feeling so edgy		File System (3)	
1189	SMS Messages	Incoming	4/6/2014	4/6/2014 6:39:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Well if u want to get better than Ull stick to eating breakfast and lunh and an after school meal. If u don't want to then I really can't help u do something that u don't want to do. You know what will come if u starve yourself. And ur metabolism will slow down too. U have to start being more honest to me and to yourself		File System (3)	
1190	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:39:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I am being honest with you		File System (3)	
1191	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:43:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I just told u that I'm getting those thoughts so I was being honest. But I'll fight them because I'm doing it your way and I wanna get better		File System (3)	
1192	SMS Messages	Incoming	4/6/2014	4/6/2014 6:48:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I know but what I meen is u have to like remember what u eat to do and follow through. Remember those times that u tell me ur committed and that u really want to do this. When ur scooping the ice cream, remember just one bowl. And after one bowl remember that that is all you need. Remember what u want to accomplish		File System (3)	
1193	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:51:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah and I think the problem with that is because I eat it out of the container so dim how much I'm even having....I do that with peanut butter and every thing basically. Do u think I have the binge eating disorder?		File System (3)	
1194	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:51:33 PM(UTC-4)	To: 17745713150 Sam Boardman	*So I don't know (not dim)		File System (3)	
1195	SMS Messages	Incoming	4/6/2014	4/6/2014 6:53:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Well that's a start! That needs to be a new rule! So no more eating out of the container! Like for iccream, scoop it out. And like cookies or anything. And I know, that poses the problem of going back for more. But keep your goals in mind. When u want to go back for more, grab a water bottle.		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1196	SMS Messages	Outgoing	4/6/2014	4/6/2014 6:56:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah haha we gotta write these rules down in a chart tomorrow so that way I can always look at it when I need a reminder you know? But you're right that makes perfect sense like I need to keep mg goals in mind and when I need to tell myself that I don't need more I'm good and I need to take a step back and walk away		File System (3)	
1197	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:00:22 PM(UTC-4)	To: 17745713150 Sam Boardman	But Sam		File System (3)	
1198	SMS Messages	Incoming	4/6/2014	4/6/2014 7:06:07 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1199	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:08:12 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm getting urges		File System (3)	
1200	SMS Messages	Incoming	4/6/2014	4/6/2014 7:18:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u eat dinner		File System (3)	
1201	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:20:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Not urges to binge..urges to cut...but my binge was like 2 hours ago so I'm not that hungry right now		File System (3)	
1202	SMS Messages	Incoming	4/6/2014	4/6/2014 7:22:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Well you are aware of te urges and u are aware that it is wrong and u are aware of how it will make me feel and u are aware if ur goals and u are aware that by doing that u would be taking steps backwards in ur progress and u are aware that it will not help u long term. U chose		File System (3)	
1203	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:25:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you		File System (3)	
1204	SMS Messages	Incoming	4/6/2014	4/6/2014 7:26:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I hope u make the right choice		File System (3)	
1205	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:29:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I did :) what u just said helped me. It made me realize what I was doing and that i need to stop. This is the first time I was able to really beat the urge to cut, this is the first time I don't feel weak and its because of u Sam that I feel strong right now so thank you		File System (3)	
1206	SMS Messages	Incoming	4/6/2014	4/6/2014 7:32:04 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY MICHELLE!!!I'm so happy and proud of u for making that good decision. Let this motivations fuel u to make more good decisions in the future. It's a reminder that you can bet it!		File System (3)	
1207	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:33:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much Sam i actually feel really good about it too! And yeah I feel like it's a start of a new beginning now		File System (3)	
1208	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:36:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I just beat the urge holy shit I can't believe I just did that OMG I DID IT SAM!!!!		File System (3)	
1209	SMS Messages	Incoming	4/6/2014	4/6/2014 7:49:20 PM(UTC-4)	From: 7745713150 Sam Boardman	EXACTLY!!!👊 now u can do anything		File System (3)	
1210	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:51:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Hopefully haha. I wouldn't be able to do any of this without you tho Sam and I want you to know that like u hinely saved my life. I'd probably be suicidal again if it wasn't for you		File System (3)	
1211	SMS Messages	Incoming	4/6/2014	4/6/2014 7:53:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank you Michelle♥• But You are the one who is making the changes. It's you who is making it possible		File System (3)	
1212	SMS Messages	Outgoing	4/6/2014	4/6/2014 7:59:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Well technically you're making the changes and I'm just doing the actions of them haha. Its you too that's making this possible. You're bringing me back to life Sam like I was in such a bad and dark place before you came and started helping me. I felt trapped and alone and now, I have you and I don't feel alone anymore. You support me and encourage me and help me and I feel like I'm emerging from that dark tunnel into the light. I feel empowered and I feel like I can do this and reach my goals with you by my side. I'll never be able to make it up to you but I hope everything I do to try will be enough •		File System (3)	
1213	SMS Messages	Outgoing	4/6/2014	4/6/2014 8:19:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow we are gonna go out to dinner right?		File System (3)	
1214	SMS Messages	Incoming	4/6/2014	4/6/2014 8:22:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha Michelle I'm happy I can help. I'm always here for u for now on. And yes I just have to see what time I'll have the car for! It's not always as easy during the week		File System (3)	
1215	SMS Messages	Outgoing	4/6/2014	4/6/2014 8:23:23 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm always here for you for now on too I promise. And yeah I understand that I'm sorry. But Sam can I ask you something?		File System (3)	
1216	SMS Messages	Incoming	4/6/2014	4/6/2014 8:24:26 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1217	SMS Messages	Outgoing	4/6/2014	4/6/2014 8:32:06 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna like go on adventures and stuff like I wanna do crazy shit with you and have awesome and wicked fun times haha would you want to do that? Like I know you have work a lot and not really any time but I mean on days off or even after work and especially in the summer idk.. and I know right now things are kinda focused on my recovery but I eventually wanna like go on adventures and stuff and go to the gym with you and go out to eat more and all that stuff does that sound like something you'd wanna do or no?		File System (3)	
1218	SMS Messages	Incoming	4/6/2014	4/6/2014 8:46:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha Michelle we will see what we can do. I meen we live in boring tri town, but I'm sure we can find something		File System (3)	
1219	SMS Messages	Outgoing	4/6/2014	4/6/2014 8:47:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha Sam have you met my imagination?		File System (3)	
1220	SMS Messages	Incoming	4/6/2014	4/6/2014 8:48:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Nope, iv never met anyone's imagination. What's its name?		File System (3)	
1221	SMS Messages	Incoming	4/6/2014	4/6/2014 8:49:13 PM(UTC-4)	From: 7745713150 Sam Boardman	☺☺		File System (3)	
1222	SMS Messages	Outgoing	4/6/2014	4/6/2014 8:51:27 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHA well mine would be a good first one to meet. Its name is a secret actually, it's kinda shy 🐼🐼🐼		File System (3)	
1223	SMS Messages	Outgoing	4/6/2014	4/6/2014 9:21:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw I have a surprise for you tomorrow haha I couldn't keep that a secret my imagination told me not to •		File System (3)	
1224	SMS Messages	Incoming	4/6/2014	4/6/2014 9:30:30 PM(UTC-4)	From: 7745713150 Sam Boardman	HA ur a nut. YAY I CANT WAIT!		File System (3)	
1225	SMS Messages	Outgoing	4/6/2014	4/6/2014 9:31:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't wait either haha I hope you like it		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
1226	SMS Messages	Outgoing	4/6/2014	4/6/2014 9:44:26 PM(UTC-4)	To: 17745713150 Sam Boardman	If you don't like it then I will go to the animal shelter and get you a cute little kitty cat. I will let you fall in love with that kitty cat and then on some dark, stormy night I will sneak into your home and punch you		File System (3)		
1227	SMS Messages	Incoming	4/6/2014	4/6/2014 9:46:09 PM(UTC-4)	From: 7745713150 Sam Boardman	HA too bad I don't like cats. Looks like that's a double wammy ☹️		File System (3)		
1228	SMS Messages	Outgoing	4/6/2014	4/6/2014 9:47:32 PM(UTC-4)	To: 7745713150 Sam Boardman	UGHHH F U I WAS GONNA SAY PUPPY BUT I DIDNT DAMNIT. I'm allergic to cats anyways hahahh I found out in the most embarrassing way		File System (3)		
1229	SMS Messages	Incoming	4/6/2014	4/6/2014 9:48:11 PM(UTC-4)	From: 7745713150 Sam Boardman	How!?		File System (3)		
1230	SMS Messages	Outgoing	4/6/2014	4/6/2014 9:53:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha 2 summers ago me and Alice were taking a walk around the neighborhood at night and we saw a cat walking in the street headed towards a house but for some reason we thought it was lost so we picked it up and brought it to my house and called the number on its collar and they told us it's an outdoor cat and it normally doesn't go that far from home and it always comes back at night and they told us the address of their house t bring it back to and as we were walking it back GUESS WHAT Haha the house the cat was originally walking back to was the house It lived at....so we basically took the cat from its own yard Hahahah. But yeah so I puffed up and like my eyes got all red and puffy and watery and I sneezed and was itchy and yeah Haha that's how I found out		File System (3)		
1231	SMS Messages	Incoming	4/6/2014	4/6/2014 10:01:20 PM(UTC-4)	From: 7745713150 Sam Boardman	HA that's so awkward! It's the thought that counts! I'm allergic too! My whole body itches! But goin to bed so GOIDNIGHT!		File System (3)		
1232	SMS Messages	Outgoing	4/6/2014	4/6/2014 10:02:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I still haven't even told you about Alice. But we are so alike haha it's weird but okay goodnight sweet dreams!		File System (3)		
1233	SMS Messages	Outgoing	4/6/2014	4/6/2014 10:10:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait so no chex right you want me to have the eggs and toast?		File System (3)		
1234	SMS Messages	Incoming	4/7/2014	4/7/2014 6:54:05 AM(UTC-4)	From: 7745713150 Sam Boardman	U know the answer		File System (3)		
1235	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:54:26 AM(UTC-4)	To: 7745713150 Sam Boardman	Okay		File System (3)		
1236	SMS Messages	Outgoing	4/7/2014	4/7/2014 7:07:23 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm gonna have some trouble with lunch today I don't feel so good		File System (3)		
1237	SMS Messages	Incoming	4/7/2014	4/7/2014 7:38:41 AM(UTC-4)	From: 7745713150 Sam Boardman	I can't help u if u don't want to get better.		File System (3)		
1238	SMS Messages	Outgoing	4/7/2014	4/7/2014 8:54:54 AM(UTC-4)	To: 17745713150 Sam Boardman	Can we go on a walk next period		File System (3)		
1239	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:26:56 AM(UTC-4)	To: 17745713150 Sam Boardman	If you can sorry we don't have to I know you have ethics		File System (3)		
1240	SMS Messages	Incoming	4/7/2014	4/7/2014 9:33:49 AM(UTC-4)	From: 7745713150 Sam Boardman	Yea		File System (3)		
1241	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:35:12 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah what		File System (3)		
1242	SMS Messages	Incoming	4/7/2014	4/7/2014 9:39:01 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah we can		File System (3)		
1243	SMS Messages	Incoming	4/7/2014	4/7/2014 10:22:22 AM(UTC-4)	From: 7745713150 Sam Boardman	Text me when ur here		File System (3)		
1244	SMS Messages	Incoming	4/7/2014	4/7/2014 10:24:59 AM(UTC-4)	From: 7745713150 Sam Boardman	If we still are		File System (3)		
1245	SMS Messages	Outgoing	4/7/2014	4/7/2014 10:25:39 AM(UTC-4)	To: 17745713150 Sam Boardman	I didn't want you to miss that class		File System (3)		
1246	SMS Messages	Incoming	4/7/2014	4/7/2014 10:26:12 AM(UTC-4)	From: 7745713150 Sam Boardman	I told u I would		File System (3)		
1247	SMS Messages	Outgoing	4/7/2014	4/7/2014 10:31:36 AM(UTC-4)	To: 17745713150 Sam Boardman	I felt bad I know u like that class and I didn't want you to miss some of it		File System (3)		
1248	SMS Messages	Outgoing	4/7/2014	4/7/2014 10:35:42 AM(UTC-4)	To: 17745713150 Sam Boardman	But I need to talk to you before lunch, I don't feel so good about it today		File System (3)		
1249	SMS Messages	Incoming	4/7/2014	4/7/2014 10:36:53 AM(UTC-4)	From: 7745713150 Sam Boardman	Did u eat breakfast?		File System (3)		
1250	SMS Messages	Outgoing	4/7/2014	4/7/2014 10:37:45 AM(UTC-4)	To: 7745713150 Sam Boardman	Yes of course I did		File System (3)		
1251	SMS Messages	Outgoing	4/7/2014	4/7/2014 10:38:06 AM(UTC-4)	To: 17745713150 Sam Boardman	That's why I feel awful		File System (3)		
1252	SMS Messages	Outgoing	4/7/2014	4/7/2014 1:21:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Are we still going out tonight?		File System (3)		
1253	SMS Messages	Outgoing	4/7/2014	4/7/2014 1:26:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I completely understand if u don't want to. I was really rude to you today and I know you're mad at me so I understand if you dont want to		File System (3)		
1254	SMS Messages	Incoming	4/7/2014	4/7/2014 1:38:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not mad		File System (3)		
1255	SMS Messages	Incoming	4/7/2014	4/7/2014 1:39:14 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know if I can. I had the car yesturday, i don't know if I can today		File System (3)		
1256	SMS Messages	Outgoing	4/7/2014	4/7/2014 2:21:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay just let me know. I'm sorry I didn't talk to you that much today I was just really mad at myself that I couldn't do it		File System (3)		
1257	SMS Messages	Outgoing	4/7/2014	4/7/2014 2:26:54 PM(UTC-4)	To: 17745713150 Sam Boardman	I know you're gonna say "it doesn't seem like you want to get better" but I do Sam like I know u understand like you've been in my position youve had the same thoughts you know what its like. It's hard I mean jus because I do good one day doesn't mean I'm all better. I'm not some car that goes into am auto body shop to get fixed and then comes out all better forever. Like im nit fixed yet you know like I'm gonna have bad days and today was one if them. Today I got too overwhelmed and I couldn't do it. But that doesn't mean I don't want to get better it just means I failed today. But im gonna try to make tomorrow better than yesterday and I'm ginna keep trying and giving it all I have for you Sam. I'm sorry for disappointing you today but I just want you to know that I am trying and I do want to get better. I have good days and I have bad days but in doing the best that I can		File System (3)		
1258	SMS Messages	Outgoing	4/7/2014	4/7/2014 2:28:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Better than today (not yesterday)		File System (3)		
1259	SMS Messages	Incoming	4/7/2014	4/7/2014 5:55:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha I should be telling u all this stuff. Looks like u did my job for me		File System (3)		
1260	SMS Messages	Outgoing	4/7/2014	4/7/2014 5:56:43 PM(UTC-4)	To: 17745713150 Sam Boardman	You have been telling me all that haha that's how I know it		File System (3)		
1261	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:05:36 PM(UTC-4)	To: 17745713150 Sam Boardman	So is tonight not a good.night?		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1262	SMS Messages	Incoming	4/7/2014	4/7/2014 6:20:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I can't go till like 7:30 and I'm not going that late.		File System (3)	
1263	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:22:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1264	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:24:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow?		File System (3)	
1265	SMS Messages	Incoming	4/7/2014	4/7/2014 6:31:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah probably, my mom isn't working		File System (3)	
1266	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:31:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome. Only if you want to tho. And I promise I'll be in a better mood tomorrow		File System (3)	
1267	SMS Messages	Outgoing	4/7/2014	4/7/2014 6:43:00 PM(UTC-4)	To: 17745713150 Sam Boardman	How was work?		File System (3)	
1268	SMS Messages	Outgoing	4/7/2014	4/7/2014 8:56:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I went into my closet tonight		File System (3)	
1269	SMS Messages	Incoming	4/7/2014	4/7/2014 9:24:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Good I'm proud of you!		File System (3)	
1270	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:34:23 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm a little shaken up tho		File System (3)	
1271	SMS Messages	Incoming	4/7/2014	4/7/2014 9:38:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Ur making progress, sometimes it's hard but it's a step. If it was gonna be easy then it wouldn't be worth it. I'm happy for u		File System (3)	
1272	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:42:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right thats a good way to look at it, thank you Sam it really means so much to me		File System (3)	
1273	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:44:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you doing okay?		File System (3)	
1274	SMS Messages	Incoming	4/7/2014	4/7/2014 9:45:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah just been busy		File System (3)	
1275	SMS Messages	Outgoing	4/7/2014	4/7/2014 9:47:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I figured but I just wanted to make sure		File System (3)	
1276	SMS Messages	Incoming	4/8/2014	4/8/2014 3:26:58 PM(UTC-4)	From: 7745713150 Sam Boardman	What u have for an afterschool snack?		File System (3)	
1277	SMS Messages	Outgoing	4/8/2014	4/8/2014 3:30:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Apple and yogurt		File System (3)	
1278	SMS Messages	Incoming	4/8/2014	4/8/2014 3:32:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok, that's probs not enough but I'll let it slide since we are getting dinner. I told Lexie we are going and she asked if she could come. I don't care it's up to u		File System (3)	
1279	SMS Messages	Outgoing	4/8/2014	4/8/2014 3:35:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I was gonna have more but I knew we were getting dinner so I was kinda anxious. It also kept me from binging. And yeah she can come but idk if I'd wanna talk abt certain things in front of her		File System (3)	
1280	SMS Messages	Incoming	4/8/2014	4/8/2014 3:37:14 PM(UTC-4)	From: 7745713150 Sam Boardman	It's whatever u want, like I could care less if she comes.		File System (3)	
1281	SMS Messages	Outgoing	4/8/2014	4/8/2014 3:38:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Well are we gonna make our plan and goals and stuff?		File System (3)	
1282	SMS Messages	Incoming	4/8/2014	4/8/2014 3:43:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I'll just tell her no then		File System (3)	
1283	SMS Messages	Outgoing	4/8/2014	4/8/2014 3:50:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I don't care I mean I want her to but I kinda just wanted to talk to you about that stuff like idk if I'd be 100% honest with what I say with the plan and goals with her there. But she can come if u want because I feel bad saying no because it's not that I don't want her to come bc I do its just idk how comfortable I'll feel telling her certain things		File System (3)	
1284	SMS Messages	Outgoing	4/8/2014	4/8/2014 4:55:33 PM(UTC-4)	To: 17745713150 Sam Boardman	So what's the plan		File System (3)	
1285	SMS Messages	Incoming	4/8/2014	4/8/2014 4:56:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I just have to wait for a car and then I'll get u and we can go to chipotle!! My other plan didn't work :(YAY I get to witness ur first burrito!		File System (3)	
1286	SMS Messages	Outgoing	4/8/2014	4/8/2014 4:58:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahahawait is it spicy be cause I hate spicy...but what was your other plan!? And is Lexie coming?		File System (3)	
1287	SMS Messages	Incoming	4/8/2014	4/8/2014 5:07:37 PM(UTC-4)	From: 7745713150 Sam Boardman	NOPE not spicy! Trust me I hate spicy too. And no she's not		File System (3)	
1288	SMS Messages	Outgoing	4/8/2014	4/8/2014 5:08:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha and alright text me when you're on your way		File System (3)	
1289	SMS Messages	Outgoing	4/8/2014	4/8/2014 5:13:46 PM(UTC-4)	To: 17745713150 Sam Boardman	And make sure you go the short way haha		File System (3)	
1290	SMS Messages	Incoming	4/8/2014	4/8/2014 5:56:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Comjnggggg		File System (3)	
1291	SMS Messages	Outgoing	4/8/2014	4/8/2014 5:57:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yayayayayay		File System (3)	
1292	SMS Messages	Incoming	4/8/2014	4/8/2014 8:59:57 PM(UTC-4)	From: 7745713150 Sam Boardman	OOPS I forgot to tell u that I'm home!		File System (3)	
1293	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:00:35 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah omg I was starting to get worried I was just gonna call you haha!		File System (3)	
1294	SMS Messages	Incoming	4/8/2014	4/8/2014 9:05:37 PM(UTC-4)	From: 7745713150 Sam Boardman	I forgot!! I showed my mom the picture and she thought to was amazing. It is amazing.		File System (3)	
1295	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:08:32 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay haha you eventually remembered. And aww Sam that makes me really happy that u showed her :) and it also makes me really happy that you love it that much. It really means a lot to me. Did you tell her what it meant?		File System (3)	
1296	SMS Messages	Incoming	4/8/2014	4/8/2014 9:13:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I explained it and she loved the whole idea. You are so creative like I would never think of Doing something like that.		File System (3)	
1297	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:14:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I told you I have a creative imagination ☐ Did u like the letter?		File System (3)	
1298	SMS Messages	Incoming	4/8/2014	4/8/2014 9:17:21 PM(UTC-4)	From: 7745713150 Sam Boardman	U know I loved it. But the only thing I didn't like about it was I don't want I "tie you down", unless it's in a good way		File System (3)	
1299	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:18:44 PM(UTC-4)	To: 17745713150 Sam Boardman	You mean like how I said you're my anchor?		File System (3)	
1300	SMS Messages	Incoming	4/8/2014	4/8/2014 9:21:39 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes, I don't want to tie u down. Ur a free bird 🐦		File System (3)	
1301	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:27:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I didn't mean it in that way. I'll explain. An anchor has 2 different meanings. It can be the thing that ties you down and holds you back from continuing on your journey, but it's also the strength you need to be kept from going insane. You don't tie me down or hold me back at all. You're the other type of anchor, the one that helps me rise like that free bird haha. You keep my feet on the ground, you keep me anchored. You're something special Sam, and you're an anchor to me because you help me refuse to sink and rise above the storm		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1302	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:34:33 PM(UTC-4)	To: 17745713150 Sam Boardman	In the letter I mentioned you need to find your anchors in life, not the things that tie you down, but the things you attach yourself to for strength and sanity. They are the things you love and are special to you that help you fly. You're an anchor to me Sam and I hope I can be one for you. Whenever you wear that necklace, you're protected from the storm. The necklace will remind you that you can overcome whatever struggle or challenge you are facing and you will be empowered to rise above it, just like in the picture. Whenever you wear that necklace, you'll feel free and you'll feel unstoppable.		File System (3)	
1303	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:35:53 PM(UTC-4)	To: 17745713150 Sam Boardman	You'll feel strong enough to fight the waves		File System (3)	
1304	SMS Messages	Incoming	4/8/2014	4/8/2014 9:37:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Aww I love it! I love the whole "you will not sink". When I wear it, I think I'll feel strong but not just cus the anchor, but cus u have t to me and I'll remember all the nice things u have said		File System (3)	
1305	SMS Messages	Outgoing	4/8/2014	4/8/2014 9:41:42 PM(UTC-4)	To: 17745713150 Sam Boardman	:) thank you Sam that made me smile Haha it really means a lot to me. Yeah just remember to always refuse to sink and if there is ever a time that you do, remember I'll always be here to make sure you rise again I promise		File System (3)	
1306	SMS Messages	Incoming	4/8/2014	4/8/2014 9:58:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Same goes back to you. I refuse to let u sink		File System (3)	
1307	SMS Messages	Outgoing	4/8/2014	4/8/2014 10:01:13 PM(UTC-4)	To: 17745713150 Sam Boardman	☐☐☐		File System (3)	
1308	SMS Messages	Incoming	4/8/2014	4/8/2014 10:03:41 PM(UTC-4)	From: 7745713150 Sam Boardman	I'll be wearing it tomorrow, and everyday. CANT WAIT TO SEE U ALL PRETTY TOMORROW! Goodnight Michelle!		File System (3)	
1309	SMS Messages	Outgoing	4/8/2014	4/8/2014 10:06:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Yayay that makes me so happy!! I'm so so happy :) and yeahhhh I thought about it and I domt think I'm comfortable yet looking all pretty. Friday sounds good to do that I'm sorry but I really don't feel comfortable doing it tomorrow but I will on Friday okay?		File System (3)	
1310	SMS Messages	Incoming	4/8/2014	4/8/2014 10:07:26 PM(UTC-4)	From: 7745713150 Sam Boardman	NOPE TOMORROW U GOT TO PLEASE PLEASE NO EXCUSES U WILL FEEL SO HAPPY DO IT FOR ME PLEASE AND THANK YOU! GOODNIGHT AND END OF DISCUSSION		File System (3)	
1311	SMS Messages	Outgoing	4/8/2014	4/8/2014 10:10:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Fine ☐		File System (3)	
1312	SMS Messages	Outgoing	4/9/2014	4/9/2014 6:16:51 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm doing it tomorrow instead it was a bad morning I'm sorry		File System (3)	
1313	SMS Messages	Outgoing	4/9/2014	4/9/2014 6:35:16 AM(UTC-4)	To: 17745713150 Sam Boardman	DONT BE MAD AT ME IM STILL GONNA DO IT JUST NOT TODAY. I have to talk to you about it tho		File System (3)	
1314	SMS Messages	Outgoing	4/9/2014	4/9/2014 10:44:18 AM(UTC-4)	To: 17745713150 Sam Boardman	What lunch do u have		File System (3)	
1315	SMS Messages	Incoming	4/9/2014	4/9/2014 10:58:03 AM(UTC-4)	From: 7745713150 Sam Boardman	3rd		File System (3)	
1316	SMS Messages	Outgoing	4/9/2014	4/9/2014 11:04:27 AM(UTC-4)	To: 17745713150 Sam Boardman	Same		File System (3)	
1317	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:04:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Finished		File System (3)	
1318	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:26:58 PM(UTC-4)	To: 17745713150 Sam Boardman	My stomach kinda hurts now tho		File System (3)	
1319	SMS Messages	Incoming	4/9/2014	4/9/2014 12:28:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Why		File System (3)	
1320	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:28:45 PM(UTC-4)	To: 7745713150 Sam Boardman	ldk like I feel full idk if that's good or bad		File System (3)	
1321	SMS Messages	Incoming	4/9/2014	4/9/2014 12:29:49 PM(UTC-4)	From: 7745713150 Sam Boardman	No that's good!		File System (3)	
1322	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:32:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but um I need to tell you something I didn't tell you yet		File System (3)	
1323	SMS Messages	Incoming	4/9/2014	4/9/2014 12:33:07 PM(UTC-4)	From: 7745713150 Sam Boardman	What!!		File System (3)	
1324	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:33:29 PM(UTC-4)	To: 17745713150 Sam Boardman	About last night when I got home		File System (3)	
1325	SMS Messages	Incoming	4/9/2014	4/9/2014 12:35:50 PM(UTC-4)	From: 7745713150 Sam Boardman	What was it		File System (3)	
1326	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:36:32 PM(UTC-4)	To: 7745713150 Sam Boardman	I snacked more		File System (3)	
1327	SMS Messages	Outgoing	4/9/2014	4/9/2014 12:37:38 PM(UTC-4)	To: 17745713150 Sam Boardman	It wasn't enough for a binge but it was a decent amount		File System (3)	
1328	SMS Messages	Incoming	4/9/2014	4/9/2014 12:48:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Good U needed food. U didn't eat that whole day		File System (3)	
1329	SMS Messages	Outgoing	4/9/2014	4/9/2014 1:07:01 PM(UTC-4)	To: 7745713150 Sam Boardman	No but that's not what I wanted to do! I was trying to prevent that		File System (3)	
1330	SMS Messages	Incoming	4/9/2014	4/9/2014 1:09:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Well u can't prevent tht by starving yourself all day		File System (3)	
1331	SMS Messages	Outgoing	4/9/2014	4/9/2014 1:10:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I guess so. ldk I felt good after tho like I felt satisfied but then I thought about what I ate and how it was already bad like the froyo so I got the fuck it feeling		File System (3)	
1332	SMS Messages	Incoming	4/9/2014	4/9/2014 1:13:46 PM(UTC-4)	From: 7745713150 Sam Boardman	So u give in to that fuck it feeling and eat junk, and won't eat healthy breaded chick. Breaded chicken, not fried, that passes health code for school. Just think about that. U can't started and deprive urself.		File System (3)	
1333	SMS Messages	Outgoing	4/9/2014	4/9/2014 1:16:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I didn't know like how many calories and fat were in the breaded chicken that's why I was scared to eat it. But that's a good point about the health code but the school has a different health code than my minds		File System (3)	
1334	SMS Messages	Incoming	4/9/2014	4/9/2014 1:26:27 PM(UTC-4)	From: 7745713150 Sam Boardman	So ur mind thinks ice cream and binging is ok but not healthy breaded chicken? Just putting these questions in ur head		File System (3)	
1335	SMS Messages	Outgoing	4/9/2014	4/9/2014 1:29:55 PM(UTC-4)	To: 7745713150 Sam Boardman	That's a valid point, that actually is making me think		File System (3)	
1336	SMS Messages	Outgoing	4/9/2014	4/9/2014 1:49:24 PM(UTC-4)	To: 17745713150 Sam Boardman	IM SO NERVOUS		File System (3)	
1337	SMS Messages	Incoming	4/9/2014	4/9/2014 1:59:53 PM(UTC-4)	From: 7745713150 Sam Boardman	UL BE FINE		File System (3)	
1338	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:01:49 PM(UTC-4)	To: 17745713150 Sam Boardman	QUIZ ME FAST		File System (3)	
1339	SMS Messages	Incoming	4/9/2014	4/9/2014 2:09:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Do online quizzes		File System (3)	
1340	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:13:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I'm here now I just wanted a quick questin		File System (3)	
1341	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:15:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Fuck what's the speed limit		File System (3)	
1342	SMS Messages	Incoming	4/9/2014	4/9/2014 2:15:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u do a lot of online quizzes? They are like exactly like the tests		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1343	SMS Messages	Incoming	4/9/2014	4/9/2014 2:16:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Ull do fine		File System (3)	
1344	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:17:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I did and okay haha thanks for the support		File System (3)	
1345	SMS Messages	Incoming	4/9/2014	4/9/2014 2:23:44 PM(UTC-4)	From: 7745713150 Sam Boardman	What?		File System (3)	
1346	SMS Messages	Incoming	4/9/2014	4/9/2014 2:23:46 PM(UTC-4)	From: 7745713150 Sam Boardman	It's different everywhere.		File System (3)	
1347	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:24:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh yeah		File System (3)	
1348	SMS Messages	Incoming	4/9/2014	4/9/2014 2:27:37 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHA don't sweat it. U took drivers ed and even tho u don't think it sticks, ull remember stuff		File System (3)	
1349	SMS Messages	Outgoing	4/9/2014	4/9/2014 2:29:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha that's embarrassing and yeah and I took practice tests so I'm good I got this		File System (3)	
1350	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:01:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I failed...		File System (3)	
1351	SMS Messages	Incoming	4/9/2014	4/9/2014 3:05:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Take it again!		File System (3)	
1352	SMS Messages	Incoming	4/9/2014	4/9/2014 3:07:19 PM(UTC-4)	From: 7745713150 Sam Boardman	YAYAYAYAYGATTA OMG YAYAYAYAYAYTA IM SO HAPPY FOR U		File System (3)	
1353	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:08:11 PM(UTC-4)	To: 7745713150 Sam Boardman	THANK YOU HAHA IM HAPPY TOO! But I have no idea how to operate a car hahaah		File System (3)	
1354	SMS Messages	Incoming	4/9/2014	4/9/2014 3:15:55 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHA that's the second step!! I didn't either!		File System (3)	
1355	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:23:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha great and how did you learn?		File System (3)	
1356	SMS Messages	Incoming	4/9/2014	4/9/2014 3:26:55 PM(UTC-4)	From: 7745713150 Sam Boardman	U learn by doing! U have ur permit, now I can get behind the wheel		File System (3)	
1357	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:27:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha do u trust me behind the wheel?		File System (3)	
1358	SMS Messages	Incoming	4/9/2014	4/9/2014 3:33:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I wouldn't be I he car, drive around ur neighborhood with ur mom!		File System (3)	
1359	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:34:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahah some day you will be ☐☐		File System (3)	
1360	SMS Messages	Incoming	4/9/2014	4/9/2014 3:35:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah maybe. What u having for an after school meal?		File System (3)	
1361	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:36:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Maybe? Haha and idk yet what should I have		File System (3)	
1362	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:53:39 PM(UTC-4)	To: 17745713150 Sam Boardman	ldk what to have		File System (3)	
1363	SMS Messages	Incoming	4/9/2014	4/9/2014 3:54:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Make a sandwich with some meat/ protein!		File System (3)	
1364	SMS Messages	Incoming	4/9/2014	4/9/2014 3:54:22 PM(UTC-4)	From: 7745713150 Sam Boardman	With bread		File System (3)	
1365	SMS Messages	Outgoing	4/9/2014	4/9/2014 3:55:32 PM(UTC-4)	To: 17745713150 Sam Boardman	A tuna wrap? Or should I use bread?		File System (3)	
1366	SMS Messages	Incoming	4/9/2014	4/9/2014 4:03:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Bread! Make like a tuna and lettuce sanwich		File System (3)	
1367	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:04:43 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay and we have wheat bread so that makes me more comfortable. Do u not like when i use the wraps?		File System (3)	
1368	SMS Messages	Incoming	4/9/2014	4/9/2014 4:09:30 PM(UTC-4)	From: 7745713150 Sam Boardman	No u just need more than just a wrap. Did u eat breakfast?		File System (3)	
1369	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:15:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so should I not use wraps anymore? And I had 2 eggs but I didn't have the toast. I'm being honest		File System (3)	
1370	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:27:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Mainly because if I know im gonna have a sandwich after school for a snack then I don't want to eat bread in the morning too because I feel like that's too much bread which means too many carbs		File System (3)	
1371	SMS Messages	Incoming	4/9/2014	4/9/2014 4:29:41 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand what r saying, but it really isn't as log as it's whole grain. So u must be starving! Have the sandwich and don't be afraid to have something with that. Have like a yogurt or some pretzels or fruit with peanutbutter. U need to eat a meal		File System (3)	
1372	SMS Messages	Incoming	4/9/2014	4/9/2014 4:30:27 PM(UTC-4)	From: 7745713150 Sam Boardman	U arnt being honest tho cus u told me u would have a proper breakfast. U told me u would eat some meat/ protein at lunch. So ur not really being honest		File System (3)	
1373	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:35:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I was really hungry and I just finished the tuna sandwich so Yeah I'll have a yogurt now. And I am being honest by telling you what I ate and not lying about it. I still had the eggs tho and I couldn't eat the Asian chicken Sam if it was grilled I definitely would of but I was scared to have the Asian kind		File System (3)	
1374	SMS Messages	Incoming	4/9/2014	4/9/2014 4:38:06 PM(UTC-4)	From: 7745713150 Sam Boardman	No because u told me u would have proper breakfasts. and u didn't. But that's in the past. Yeah have a yogurt! Hae some fruit! Have some peanutbutter! Have some veggies! Ur body needs it		File System (3)	
1375	SMS Messages	Incoming	4/9/2014	4/9/2014 4:38:28 PM(UTC-4)	From: 7745713150 Sam Boardman	And when u want to eat something unhealthy, ur still hungry. So eat something else that's "ralthy		File System (3)	
1376	SMS Messages	Incoming	4/9/2014	4/9/2014 4:38:38 PM(UTC-4)	From: 7745713150 Sam Boardman	"Healthy" *		File System (3)	
1377	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:44:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll be honest, breakfast is still really hard for me. Mainly because of time but also because I domt like going to school feeling full. Like idk sometimes I feel like the chex is better because I don't feel as bad. But I know u dont like that. And I'm having a yogurt now but I don't thnk I'll be able to have anything else or I'll binge		File System (3)	
1378	SMS Messages	Incoming	4/9/2014	4/9/2014 4:47:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u still hungry now? And I'm not gonna fight u. I thought we were doing things my way. Ur gonna be unhappy and hungry before lunch if u don't eat breakfast. Ull be like Sophia. But idk what U want me to do anymore.		File System (3)	
1379	SMS Messages	Incoming	4/9/2014	4/9/2014 4:47:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Do what u know is right and what will help u in the long run		File System (3)	
1380	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:49:55 PM(UTC-4)	To: 17745713150 Sam Boardman	No I'm good I actually feel good now. But I know you're right and I'll try harder. It's 2 eggs and toast it shouldn't be this hard. I'll try harder and I'll do it everyday. I pinky promised and I dont break my promises. I'm sorry Sam Ill do things your way and I feel like I have been I mean I've been trying really hard to I hope you can see that		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1381	SMS Messages	Incoming	4/9/2014	4/9/2014 4:54:27 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't have to have eggs and toast every day. One day would be peanutbutter toast, or yogurt and cereal like me, or like oatmeal with milk. And all i see is that u have things set in ur head of why ur gonna do. U know before u even go to bed that ur not gonna eat a breakfast even tho it's wrong.		File System (3)	
1382	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:57:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I do have to mix it up more I'll do that. I think That would help especially because then I won't be afraid to have bread later. And yeah you're right on with that, that is what I do		File System (3)	
1383	SMS Messages	Incoming	4/9/2014	4/9/2014 4:58:18 PM(UTC-4)	From: 7745713150 Sam Boardman	There's no way past that. I just hve to be honest with me and urself		File System (3)	
1384	SMS Messages	Outgoing	4/9/2014	4/9/2014 4:58:39 PM(UTC-4)	To: 17745713150 Sam Boardman	What do u mean there's no way past that?		File System (3)	
1385	SMS Messages	Incoming	4/9/2014	4/9/2014 5:01:04 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so proud of u for having the sandwich tho, if ur telling me the truth when u said u had that. I don't even know anymore. But I do know that I have an issue with people that lie to me. And what I mean is that no matter how many times u say "Sam ur right I'm Doing it ur way, I wanna get better, I'm 100% committed", it doesn't mean shit when u still are dishonest and intentionally don't eat		File System (3)	
1386	SMS Messages	Incoming	4/9/2014	4/9/2014 5:01:45 PM(UTC-4)	From: 7745713150 Sam Boardman	But I'm proud of u for the sandwich and yogurt. I'm happy u avoided the binge.		File System (3)	
1387	SMS Messages	Incoming	4/9/2014	4/9/2014 5:02:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Ull need a nice big dinner too		File System (3)	
1388	SMS Messages	Outgoing	4/9/2014	4/9/2014 5:10:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Alright Sam I'm sorry okay I'm not a liar I don't wanna lie to you ever I hate lying. I am honest with you like I'm always honest and sometimes when I do tell a little lie you are able to get it out of me so you eventually find out the truth. I never meant to lie to you. That kinda has to do with the disorder like the mental part is lying about the food and stuff like I did that in the past to my mom. But I don't wanna lie to you. That's in the past now okay? I'm gonna be honest with you always I pinky promised about that too. I wanna be someone you trust and can tell things too I wanna be that loyal friend. For now on I'll be 100% honest okay? Its my fault if I do the wrong thing and I'm gonna tell you instead of hiding it. And Sam I wanna eat and get better I do want to its just so hard for me to eat certain things I don't know why. Like the milk at lunch is such a challenge but I do it for you and for me and I eat the chicken too and like I'm making progress it's just slow progress. But thank you for being proud of me it really means a lot. I am trying really hard Sam and I want you to know that. I did have the sandwith and yogurt yes. And yeah I didn't binge!! And yeah I'll have a big dinner I think my mom made chicken slice things actually		File System (3)	
1389	SMS Messages	Incoming	4/9/2014	4/9/2014 5:26:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Good, chicken slices are a perfect starter. And I didn't think I counted as so grove u would lie to about that. Like say if u were to lie to ur mom and say u ate, I thought i was the one u told the truth to. But u drank the milk and I'm proud. And u promised me u would everyday, so I respect the fact that ull be honest with that. And when u like Cary ur milk back from class an don't drink it, I feel like lied to cus ur trying to get away with not Doig it. Haha it's jut milk but like there's more meaning behind it with us haha		File System (3)	
1390	SMS Messages	Outgoing	4/9/2014	4/9/2014 5:37:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you are the one I tell the truth to I mean like in the past I did tweek a little bit of the truth of what I had but I mean I didn't vigorously and completely lie to you. Like for example, say I was having for steak dinner. I'd tell my mom I ate it all when I would really give it to my dog but with you, I'd be honest and I would tell u I don't really want to eat it and say I ate some of it when I didn't eat any. Idk if that makes sense ha it probably doesn't but like Sam you are that person I tell the truth to, especially for now on. If I didn't eat the steak I'll tell u I didn't eat it and I won't tell a little lie just to make u happy. I'm gonna be 100% honest with you from now on. And no haha when I carry it back to class I do end up drinking it because I know I need to do it your way and I know it will make us both happy. It just takes a while to drink it because I'm still really afraid of it for some reason. Ill be honest right now and tell u that if you're not in my lunch, I will get a milk but idk if I'll be able to finish it because you're not there to help		File System (3)	
1391	SMS Messages	Outgoing	4/9/2014	4/9/2014 7:36:40 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm.about to have dinner and I'm getting.kinda anxious		File System (3)	
1392	SMS Messages	Incoming	4/9/2014	4/9/2014 7:51:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Your body needs the nutrients. Ur metabolism needs to function. You wanna beat the binges. U did so good after school so keep that up. Iv been at stucco and driving! I'm just driving home now so ttul		File System (3)	
1393	SMS Messages	Outgoing	4/9/2014	4/9/2014 7:59:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you I needed that encouragement. And its chicken so it's healthy and I didn't have it at lunch so I need it. I'm just scared I'm gonna binge after like I'm getting really nervous about that. And its okay! How was it? And I need to tell you things		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1394	SMS Messages	Incoming	4/9/2014	4/9/2014 8:08:03 PM(UTC-4)	From: 7745713150 Sam Boardman	If u feel like ur gonna binge than have more chicken!		File System (3)	
1395	SMS Messages	Incoming	4/9/2014	4/9/2014 8:08:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Or get something for desert but don't eat out of the container		File System (3)	
1396	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:09:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll have more chicken but is too much bad for you? And yeah I have a feeling I'm just gonna eat out of the container of whatever I have so I need to have more chicken instead		File System (3)	
1397	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:15:19 PM(UTC-4)	To: 17745713150 Sam Boardman	I finished		File System (3)	
1398	SMS Messages	Incoming	4/9/2014	4/9/2014 8:20:31 PM(UTC-4)	From: 7745713150 Sam Boardman	That was quick.		File System (3)	
1399	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:23:30 PM(UTC-4)	To: 17745713150 Sam Boardman	It was like 10 minutes		File System (3)	
1400	SMS Messages	Incoming	4/9/2014	4/9/2014 8:24:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u have what ur mom gave u and finish the plate		File System (3)	
1401	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:25:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I did clicked it clean actually, that's why I'm nervous now because it was a lot		File System (3)	
1402	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:25:56 PM(UTC-4)	To: 17745713150 Sam Boardman	I licked it*		File System (3)	
1403	SMS Messages	Incoming	4/9/2014	4/9/2014 8:26:31 PM(UTC-4)	From: 7745713150 Sam Boardman	If u licked it clean ur probably still hungry!		File System (3)	
1404	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:26:55 PM(UTC-4)	To: 17745713150 Sam Boardman	No no I'm good like if I have any more I'll binge		File System (3)	
1405	SMS Messages	Incoming	4/9/2014	4/9/2014 8:28:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u satisfied		File System (3)	
1406	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:28:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm satisfied I feel really good		File System (3)	
1407	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:31:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for helping me Sam		File System (3)	
1408	SMS Messages	Incoming	4/9/2014	4/9/2014 8:32:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Good! I'm proud of u then!		File System (3)	
1409	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:33:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you :) I'm happy I listened to you! oh and btw I have another bad habit I need to break..		File System (3)	
1410	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:38:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Actually nvm haha		File System (3)	
1411	SMS Messages	Incoming	4/9/2014	4/9/2014 8:42:24 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1412	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:44:20 PM(UTC-4)	To: 17745713150 Sam Boardman	No nvm it's weird		File System (3)	
1413	SMS Messages	Incoming	4/9/2014	4/9/2014 8:44:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok		File System (3)	
1414	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:46:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry for that		File System (3)	
1415	SMS Messages	Incoming	4/9/2014	4/9/2014 8:50:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle u can tell me, I'm just not gonna beg u to. Like I hate when people do that like "oh I have to tell u something, never mind it's bad" to like create hype. So u can tell me or not. Whatever U want		File System (3)	
1416	SMS Messages	Outgoing	4/9/2014	4/9/2014 8:53:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah sorry I wasn't trying to do that like I was gonna tell you but then I realized how strange it is like idk if you'd judge me for it		File System (3)	
1417	SMS Messages	Incoming	4/9/2014	4/9/2014 9:02:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Well u know I don't judge u		File System (3)	
1418	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:05:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll tell you. You know how like people get hangnails?		File System (3)	
1419	SMS Messages	Incoming	4/9/2014	4/9/2014 9:06:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Yesss		File System (3)	
1420	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:10:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I like peel them and it turns into peeling off the skin all over my finger. Its a nervous habit I do . Like normally people bite their nails but I do this		File System (3)	
1421	SMS Messages	Incoming	4/9/2014	4/9/2014 9:11:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I do it too! I think a lot of people do!		File System (3)	
1422	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:12:16 PM(UTC-4)	To: 7745713150 Sam Boardman	You do? Like how bad tho because I do it really bad I need bandaids		File System (3)	
1423	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:14:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Like the skin on my two pointer fingers are raw red		File System (3)	
1424	SMS Messages	Incoming	4/9/2014	4/9/2014 9:14:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Same I bleed all the time!		File System (3)	
1425	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:14:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg why are we so aiike hahahah		File System (3)	
1426	SMS Messages	Incoming	4/9/2014	4/9/2014 9:17:23 PM(UTC-4)	From: 7745713150 Sam Boardman	I think a lot of people do that! Like I peal my nails, like I don't usually bite them, I peal them. And then it turns into that		File System (3)	
1427	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:24:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll try to get you to stop tho haha		File System (3)	
1428	SMS Messages	Incoming	4/9/2014	4/9/2014 9:28:37 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't really care if I do, it's nervous habbit		File System (3)	
1429	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:33:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want you to bleed tho that's not fun. But I can't dress up tomorrow. First reason why is because I don't have nice new spring clothes yet like I wanna wear a nice skirt or dress or something but I need to go shopping to get them and second I do probably have something in my closet but I'm not going in there to get it so dress up day is gonna have to wait til next week So I can get something but I will wear the leggings tomorrow so that's a start okay?		File System (3)	
1430	SMS Messages	Incoming	4/9/2014	4/9/2014 9:34:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Hair down		File System (3)	
1431	SMS Messages	Incoming	4/9/2014	4/9/2014 9:35:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Whatever u don't have to do it, do whatever u want		File System (3)	
1432	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:36:20 PM(UTC-4)	To: 7745713150 Sam Boardman	No I will wear it down		File System (3)	
1433	SMS Messages	Incoming	4/9/2014	4/9/2014 9:37:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Good!		File System (3)	
1434	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:37:29 PM(UTC-4)	To: 7745713150 Sam Boardman	It's the least I can do		File System (3)	
1435	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:47:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Quick question		File System (3)	
1436	SMS Messages	Incoming	4/9/2014	4/9/2014 9:48:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess		File System (3)	
1437	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:51:05 PM(UTC-4)	To: 17745713150 Sam Boardman	We have DECA lunch tomorrow so I was just wondering if maybe u could help?		File System (3)	
1438	SMS Messages	Incoming	4/9/2014	4/9/2014 9:52:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Yupp of course!		File System (3)	
1439	SMS Messages	Incoming	4/9/2014	4/9/2014 9:52:11 PM(UTC-4)	From: 7745713150 Sam Boardman	But u already know		File System (3)	
1440	SMS Messages	Outgoing	4/9/2014	4/9/2014 9:52:43 PM(UTC-4)	To: 17745713150 Sam Boardman	I know but you being there really helps me		File System (3)	
1441	SMS Messages	Outgoing	4/10/2014	4/10/2014 12:30:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we go on a walk		File System (3)	
1442	SMS Messages	Incoming	4/10/2014	4/10/2014 12:50:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes come to leidner		File System (3)	
1443	SMS Messages	Outgoing	4/10/2014	4/10/2014 1:00:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we go next period instead?		File System (3)	
1444	SMS Messages	Incoming	4/10/2014	4/10/2014 1:00:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	
1445	SMS Messages	Outgoing	4/10/2014	4/10/2014 1:01:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you i'll text you when I'm there		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1446	SMS Messages	Outgoing	4/10/2014	4/10/2014 1:42:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Idk if I can any more because we are learning something new		File System (3)	
1447	SMS Messages	Outgoing	4/10/2014	4/10/2014 2:02:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll just tell you later okay? Sorry about that		File System (3)	
1448	SMS Messages	Incoming	4/11/2014	4/11/2014 7:53:48 AM(UTC-4)	From: 7745713150 Sam Boardman	Where u at girl!?		File System (3)	
1449	SMS Messages	Outgoing	4/11/2014	4/11/2014 7:56:34 AM(UTC-4)	To: 17745713150 Sam Boardman	I stayed home today		File System (3)	
1450	SMS Messages	Incoming	4/11/2014	4/11/2014 7:59:29 AM(UTC-4)	From: 7745713150 Sam Boardman	Why!!		File System (3)	
1451	SMS Messages	Outgoing	4/11/2014	4/11/2014 8:03:45 AM(UTC-4)	To: 7745713150 Sam Boardman	Haha well 2 reasons, one is because it's embarrassing if I stayed at school and everyone else left for prom. And two I had a rough night last night and my mom wanted me to stay home		File System (3)	
1452	SMS Messages	Incoming	4/11/2014	4/11/2014 8:08:52 AM(UTC-4)	From: 7745713150 Sam Boardman	That's not embarassing! And how was it bad? U ok?		File System (3)	
1453	SMS Messages	Outgoing	4/11/2014	4/11/2014 8:17:11 AM(UTC-4)	To: 17745713150 Sam Boardman	It is to me tho. And I had a huge anxiety attack and I was gonna go to the hospital but I refused		File System (3)	
1454	SMS Messages	Incoming	4/11/2014	4/11/2014 8:20:55 AM(UTC-4)	From: 7745713150 Sam Boardman	Why what happened!?		File System (3)	
1455	SMS Messages	Outgoing	4/11/2014	4/11/2014 8:29:12 AM(UTC-4)	To: 17745713150 Sam Boardman	Well I binged a little bit for no reason. I had dinner and I was satisfied but then I saw junk and I ate it and it wasn't a big binge but the thought of what I ate made me really anxious and angry because I was doing really good. So I uh wanted to cut but I know I promised you I wouldn't anymore so I didn't and I'm happy I didn't but like all these urging thoughts to do it flooded my mind and I couldn't stop thinking about it. And I was just thinking about Summer and how I have so much weight to lose and all my nice summer clothes and stuff don't fit anymore and I just got so upset so I had an anxiety atttack, I was just really overwhelmed by everything		File System (3)	
1456	SMS Messages	Incoming	4/11/2014	4/11/2014 8:35:51 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy u overcome the urge to cut. And it's good to have "unhealthy food"sometimes. I ate a whole whoopie pie yesturday!! Does ur mom know u had an anxiety attack!		File System (3)	
1457	SMS Messages	Incoming	4/11/2014	4/11/2014 8:35:53 AM(UTC-4)	From: 7745713150 Sam Boardman	?*		File System (3)	
1458	SMS Messages	Outgoing	4/11/2014	4/11/2014 8:38:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I did it for you I don't want to hurt you anymore. And yes but not for someone trying to lose weight like I can't afford unhealthy stuff right now. And yeah she was gonna take me to the hospital but I got even more upset about that so we didn't go but I probably should of		File System (3)	
1459	SMS Messages	Incoming	4/11/2014	4/11/2014 8:49:42 AM(UTC-4)	From: 7745713150 Sam Boardman	Does she know why u were upset? I think getting help may be good for I		File System (3)	
1460	SMS Messages	Incoming	4/11/2014	4/11/2014 8:49:51 AM(UTC-4)	From: 7745713150 Sam Boardman	U		File System (3)	
1461	SMS Messages	Outgoing	4/11/2014	4/11/2014 8:51:26 AM(UTC-4)	To: 17745713150 Sam Boardman	No she doesn't know about the cutting. But what do you mean by help?		File System (3)	
1462	SMS Messages	Incoming	4/11/2014	4/11/2014 8:58:50 AM(UTC-4)	From: 7745713150 Sam Boardman	I think that talking to someone who knows more about this and letting ur mom know about ur difficulties and maybe she can like limit the junk food in ur house or something. Like we don't even have junk at my house besides Oreos (which have gluten) and icecream on occasion.		File System (3)	
1463	SMS Messages	Outgoing	4/11/2014	4/11/2014 9:05:52 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I want her to stop buying that shit but she buys junk for Colie because that's literally all she eats. I just have to control myself around it it's up to me to do that. Like I just have no self control over it that's why it leads to a binge. I just need to work on control. But no I'm not getting help. I don't cut anymore because you helped me get over that I mean occasionally I may think about it but I feel confident in saying I'm never gonna do it again :) and its because of you Sam. Like all I need is your help because you really get thru to me. I don't want or need anyone else's help. I told u that u have helped me.more than they ever did or could. I was gonna call u last night but you were busy and stuff but I know if I did u would have calmed me down easily. No doctor or therapist could do that like you can		File System (3)	
1464	SMS Messages	Outgoing	4/11/2014	4/11/2014 10:39:30 AM(UTC-4)	To: 17745713150 Sam Boardman	Sorry		File System (3)	
1465	SMS Messages	Outgoing	4/11/2014	4/11/2014 10:52:08 AM(UTC-4)	To: 17745713150 Sam Boardman	Alright I'm not gonna bring your mood down or anything I want you to be happy today it's prom! But can I tell you something I want you to know?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1491	SMS Messages	Outgoing	4/14/2014	4/14/2014 11:05:46 AM(UTC-4)	To: 17745713150 Sam Boardman	So do u not want me to text you anymore?		File System (3)	
1492	SMS Messages	Outgoing	4/14/2014	4/14/2014 11:49:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Can we go on a walk next period		File System (3)	
1493	SMS Messages	Incoming	4/14/2014	4/14/2014 11:51:18 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes we can!		File System (3)	
1494	SMS Messages	Outgoing	4/14/2014	4/14/2014 11:51:44 AM(UTC-4)	To: 7745713150 Sam Boardman	Okay good		File System (3)	
1495	SMS Messages	Outgoing	4/14/2014	4/14/2014 12:49:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Ready?		File System (3)	
1496	SMS Messages	Incoming	4/14/2014	4/14/2014 12:50:15 PM(UTC-4)	From: 7745713150 Sam Boardman	At 1		File System (3)	
1497	SMS Messages	Outgoing	4/14/2014	4/14/2014 12:51:14 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay		File System (3)	
1498	SMS Messages	Incoming	4/14/2014	4/14/2014 12:57:36 PM(UTC-4)	From: 7745713150 Sam Boardman	What class		File System (3)	
1499	SMS Messages	Outgoing	4/14/2014	4/14/2014 12:58:55 PM(UTC-4)	To: 7745713150 Sam Boardman	I'll come to Boucher		File System (3)	
1500	SMS Messages	Incoming	4/14/2014	4/14/2014 1:01:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Kk txt when here		File System (3)	
1501	SMS Messages	Outgoing	4/14/2014	4/14/2014 1:02:50 PM(UTC-4)	To: 7745713150 Sam Boardman	Here		File System (3)	
1502	SMS Messages	Outgoing	4/14/2014	4/14/2014 2:26:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we go to dinner tomorrow		File System (3)	
1503	SMS Messages	Outgoing	4/14/2014	4/14/2014 3:47:26 PM(UTC-4)	To: 17745713150 Sam Boardman	When u get the chance text me because I need to talk to you about something		File System (3)	
1504	SMS Messages	Incoming	4/14/2014	4/14/2014 5:23:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's up		File System (3)	
1505	SMS Messages	Outgoing	4/14/2014	4/14/2014 5:26:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Is texting okay right now		File System (3)	
1506	SMS Messages	Incoming	4/14/2014	4/14/2014 5:32:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Yup		File System (3)	
1507	SMS Messages	Outgoing	4/14/2014	4/14/2014 5:37:08 PM(UTC-4)	To: 17745713150 Sam Boardman	There is a problem		File System (3)	
1508	SMS Messages	Incoming	4/14/2014	4/14/2014 5:39:12 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1509	SMS Messages	Outgoing	4/14/2014	4/14/2014 5:46:38 PM(UTC-4)	To: 17745713150 Sam Boardman	So this weekend I ate really healthy like I didn't binge or anything. But the problem is that I feel so good when I don't eat a lot of food. And I can feel myself losing weight and that's what I want but I know what I'm doing is wrong. I just feel happier knowing I didn't eat a lot of food. I know you can relate		File System (3)	
1510	SMS Messages	Incoming	4/14/2014	4/14/2014 5:48:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Ur not eating enough Michelle, and you know that's not healthy. You know that the result of this will not be good, long run or short run.		File System (3)	
1511	SMS Messages	Incoming	4/14/2014	4/14/2014 5:48:37 PM(UTC-4)	From: 7745713150 Sam Boardman	You know it's a problem. You know what u have to do to fix it		File System (3)	
1512	SMS Messages	Outgoing	4/14/2014	4/14/2014 5:51:38 PM(UTC-4)	To: 17745713150 Sam Boardman	But that's the thing like I'm not gonna binge anymore now that I see results so I'm scared. I know we are trying to get me to have a better relationship with food but I'm starting to get afraid of food again. Like something is messed up in my head		File System (3)	
1513	SMS Messages	Incoming	4/14/2014	4/14/2014 6:06:35 PM(UTC-4)	From: 7745713150 Sam Boardman	I think it's time u talk to ur mom about this, or I will for u. I don't feel like there's any more I can do for u. U asked for my help before and I gave u help but I can't help u at this point when anytime i try to help you, you do the opposite. It's a burden on me now, and it shouldn't be.		File System (3)	
1514	SMS Messages	Incoming	4/14/2014	4/14/2014 6:08:10 PM(UTC-4)	From: 7745713150 Sam Boardman	I wanted to help u, but u have ur mind set on what ur gonna do, like even when u say ur gonna do it my way, u know in ur head that u arnt. U also know that u need to eat and that eating just fruit isn't right. Iv tried and honestly I don't know what u want me to do anymore. There's no point in me telling u to do stuff or trying to help when u dot listen anyways		File System (3)	
1515	SMS Messages	Outgoing	4/14/2014	4/14/2014 6:23:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not talking to my mom about this I can't. And I don't do the opposite I do do what u say like it's really hard for me to drink the milk and eat the chicken and stuff like you don't realize that I actually am trying really hard for u Sam. Yeah I do always have my mind set on what I'm gonna do but I do eat the things u tell me to eat like I change my mind for u to do it your way. I've never listened to anyone before like therepists, if they told me to do something I didn't do it. I got better on my own from myself telling me I need to eat and shit. But u actually get thru to me Sam like I do listen to u and do what u say. Its just hard for me when I've been anorexic and bulimic like my mind still has those thoughts and I think that's what u don't understand. I want to listen to u always, but sometimes my mind doesn't. Just remember when u used to think this way Like u know how Im feeling. Its hard, and I'm sorry I'm so difficult but I am trying to do things your way. I need your help before I lose myself again		File System (3)	
1516	SMS Messages	Incoming	4/14/2014	4/14/2014 6:34:09 PM(UTC-4)	From: 7745713150 Sam Boardman	I know I was in ur shoes before, but as I said before, I wasn't trying to get out of it. And when I decided tht I wanted to eat more after the first day of gymnastics and I couldn't hold my own weight and felt so dizzy and weak.I slowly worked in more food into my diet. I can try to help u, but what do u want me to do? I can't forvce feed u, and I'm not gonna tell at u and make u eat stuff.		File System (3)	
1517	SMS Messages	Incoming	4/14/2014	4/14/2014 6:34:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm going to the gym so il answer after		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1518	SMS Messages	Outgoing	4/14/2014	4/14/2014 6:49:39 PM(UTC-4)	To: 17745713150 Sam Boardman	What do u mean u werent trying to get out of it? And well I think that yelling at me and telling me what to eat, like when u make sure I eat something, and encouraging me like u are doing now is the only way because it makes me realize I can do it and that i need to do it. Like when u get mad that I don't do something, it makes me want to try so much harder the next time because I hate making u mad. You don't deserve it, it shouldn't be this hard and Im sorry that it is		File System (3)	
1519	SMS Messages	Incoming	4/14/2014	4/14/2014 7:59:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Like I wasn't asking people for help, I didn't want to get better and I was aware of what I was doing. An when I did want to have more energy, I ate more. So now, it's not like u resisting my help and like me frog I to eat food like the doctors and to not binge. Ur askig for my help full willed. That would be like askin mrs miller for ell in math and completly ignoring what she was telling u, and then complaining if u do bad. U see what I'm saying? Like that would be annoying		File System (3)	
1520	SMS Messages	Outgoing	4/14/2014	4/14/2014 8:05:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't ask anyone for help the first time either. But now I know that I can and I don't wanna do this alone. But I'm confused as to what u sal'd like I get the Mrs. Miller thing but not what u said before that		File System (3)	
1521	SMS Messages	Incoming	4/14/2014	4/14/2014 8:08:43 PM(UTC-4)	From: 7745713150 Sam Boardman	No I know u didn't ask. That's not the point, like what I'm sayig is when u had food issues before, u didn't want help. U didn't want to be healthy. U didn't want to change. But now u do want to change and have asked for help, but it's pointless. Like it's not like I noticed u wernt eating and u told me not to help and like continued on ur way, but u have told me u want to get better and get healthier and want my help, and then u blow it off		File System (3)	
1522	SMS Messages	Incoming	4/14/2014	4/14/2014 8:10:39 PM(UTC-4)	From: 7745713150 Sam Boardman	U see what I'm saying? This would be different if u HA a bad relationship with food and I noticed and really tried to help, and u t me that u don't need help and ur happy how ur doing and u don't want to change. Bu u came to me for help and told me that u want to change and want to know how		File System (3)	
1523	SMS Messages	Outgoing	4/14/2014	4/14/2014 8:12:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I get what you mean now and why you're so frustrated with me		File System (3)	
1524	SMS Messages	Outgoing	4/14/2014	4/14/2014 8:12:33 PM(UTC-4)	To: 17745713150 Sam Boardman	You're exactly right with everything		File System (3)	
1525	SMS Messages	Incoming	4/14/2014	4/14/2014 8:14:34 PM(UTC-4)	From: 7745713150 Sam Boardman	I think we are jut in different mind sets.		File System (3)	
1526	SMS Messages	Outgoing	4/14/2014	4/14/2014 8:15:02 PM(UTC-4)	To: 17745713150 Sam Boardman	What's yours?		File System (3)	
1527	SMS Messages	Incoming	4/14/2014	4/14/2014 8:15:51 PM(UTC-4)	From: 7745713150 Sam Boardman	I have to go do my hw		File System (3)	
1528	SMS Messages	Outgoing	4/14/2014	4/14/2014 8:17:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay, I'm sorry		File System (3)	
1529	SMS Messages	Outgoing	4/14/2014	4/14/2014 9:38:43 PM(UTC-4)	To: 17745713150 Sam Boardman	I've been thinking, and I think you're right about the different mind sets. Youre all in ready to help and are pushing me to get better, but I'm holding back. I think there is a part of me that doesn't want to get better still. I'm not all in yet. I like the feeling of not eating and feeling empty, I've always liked that feeling. And u should be mad at me. I learned that it's very hard to get inside of the head of a person with an eating disorder, to make them feel differently about the whole thing. Theres no magic pill for it even tho I really wish there was. There's nothing I can do to stop the thoughts like I can try to change them bit they will always be there. It is an illness that goes very deep into the persons mind and trying to rewire how a person thinks is extremely hard and that's why it's so frustrating. I'm not trying to ignore what u say and not listen to u Sam, u know I want to. If it was that easy I'd do it by now in a heartbeat. I just constantly bully myself in my head telling myself that I am fat, that I cant eat, that I have to lose weight no matter what anyone says. Everytimje I eat things that I don't think are healthy, I feel fat. I see myself as being fat and when I eat "normal healthy" food, I get disgusted with myself because I want to stay skinny and I think I am gaining weight and becoming even fatter when I eat a lot. I think that deciding to recover from this is so hard because it doesn't change my view of myself. I still see myself as fat, and i still hate myself when I eat things I dont see as healthy. It doesn't matter how many times people tell me I'm at a good weight, it doesn't change the way I view myself. My view only changes when I personally can see results, but it's so frustrating for me because getting my results goes against the right way. So I may be wining, but I'm hurting you. So I do want help, but at the same time I still like not eating because that's the only proven way I know I'll get skinny. Do u see what I mean?		File System (3)	
1530	SMS Messages	Incoming	4/14/2014	4/14/2014 9:47:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand what ur saying. I don't know how I can make u get over those mindsets tho. I mean I'll make sure u get ur milk and chicken everyday, but it's you who has to see tht what u are doing isn't right		File System (3)	
1531	SMS Messages	Outgoing	4/14/2014	4/14/2014 9:52:27 PM(UTC-4)	To: 17745713150 Sam Boardman	You helped me get over a lot of them		File System (3)	
1532	SMS Messages	Incoming	4/14/2014	4/14/2014 9:53:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay then we will continue to move foward		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
1533	SMS Messages	Outgoing	4/14/2014	4/14/2014 9:55:13 PM(UTC-4)	To: 17745713150 Sam Boardman	That's what I want to do too. So you're still on board?		File System (3)		
1534	SMS Messages	Incoming	4/14/2014	4/14/2014 9:56:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)		
1535	SMS Messages	Outgoing	4/14/2014	4/14/2014 10:00:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you, I'm sorry its so hard for me I don't mean for it to be		File System (3)		
1536	SMS Messages	Outgoing	4/14/2014	4/14/2014 10:02:19 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a question		File System (3)		
1537	SMS Messages	Incoming	4/14/2014	4/14/2014 10:02:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I know u don't. Goodnight Michelle		File System (3)		
1538	SMS Messages	Incoming	4/14/2014	4/14/2014 10:03:02 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)		
1539	SMS Messages	Outgoing	4/14/2014	4/14/2014 10:05:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Ill just ask tomorrow because you're going to bed, goodnight Sam sweet dreams bye for now		File System (3)		
1540	SMS Messages	Outgoing	4/14/2014	4/14/2014 10:09:08 PM(UTC-4)	To: 17745713150 Sam Boardman	WAIT SAM		File System (3)		
1541	SMS Messages	Outgoing	4/14/2014	4/14/2014 10:17:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I refuse to sink ☐		File System (3)		
1542	SMS Messages	Outgoing	4/15/2014	4/15/2014 12:52:16 PM(UTC-4)	To: 17745713150 Sam Boardman	1:05		File System (3)		
1543	SMS Messages	Incoming	4/15/2014	4/15/2014 1:07:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Here		File System (3)		
1544	SMS Messages	Outgoing	4/15/2014	4/15/2014 1:21:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Good luck on your test you'll do great I know u will		File System (3)		
1545	SMS Messages	Outgoing	4/15/2014	4/15/2014 1:22:13 PM(UTC-4)	To: 17745713150 Sam Boardman	You got it		File System (3)		
1546	SMS Messages	Outgoing	4/15/2014	4/15/2014 2:40:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam why didn't you tell me what happened after prom		File System (3)		
1547	SMS Messages	Incoming	4/15/2014	4/15/2014 2:48:17 PM(UTC-4)	From: 7745713150 Sam Boardman	I didn't tell anyone. I don't talk about that stuf		File System (3)		
1548	SMS Messages	Outgoing	4/15/2014	4/15/2014 2:49:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I just got told about everything that happened		File System (3)		
1549	SMS Messages	Incoming	4/15/2014	4/15/2014 2:50:40 PM(UTC-4)	From: 7745713150 Sam Boardman	By who?		File System (3)		
1550	SMS Messages	Incoming	4/15/2014	4/15/2014 2:51:39 PM(UTC-4)	From: 7745713150 Sam Boardman	If it was maddie I'm goin to have a problem because everyone who said anything about it told me that maddie told them. She literally has been talking about me to everyone.		File System (3)		
1551	SMS Messages	Incoming	4/15/2014	4/15/2014 2:51:56 PM(UTC-4)	From: 7745713150 Sam Boardman	And she dove u so I'm not surprised		File System (3)		
1552	SMS Messages	Outgoing	4/15/2014	4/15/2014 2:52:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah it was Maddie. But also Erin. She said Ryann told her and said u almost died		File System (3)		
1553	SMS Messages	Incoming	4/15/2014	4/15/2014 2:58:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah		File System (3)		
1554	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:00:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I thought you said you don't drink.like that anymore		File System (3)		
1555	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:00:40 PM(UTC-4)	To: 17745713150 Sam Boardman	That really scares me		File System (3)		
1556	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:08:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Are u okay now		File System (3)		
1557	SMS Messages	Incoming	4/15/2014	4/15/2014 3:09:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't. I havnt in forever. I didn't think I was drinking that much. I know how it happened tho. Like Kyle thinks I fake drunk cus I only need alittle to get drunk. And he was like "oh ur probably gonna fake it". And so I drank an average amount, which for me was way to much. This is why this happens to me, and it just suks		File System (3)		
1558	SMS Messages	Incoming	4/15/2014	4/15/2014 3:09:57 PM(UTC-4)	From: 7745713150 Sam Boardman	People don't realize that I'm a small person		File System (3)		
1559	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:15:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Is the goal to get drunk?		File System (3)		
1560	SMS Messages	Incoming	4/15/2014	4/15/2014 3:18:34 PM(UTC-4)	From: 7745713150 Sam Boardman	The goal is to get tipsy and have fun.		File System (3)		
1561	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:27:31 PM(UTC-4)	To: 17745713150 Sam Boardman	But u knew you were gonna get badly drunk by drinking all that. Like I get what u mean that you're small and stuff but you almost died like they told me it was really bad like u had to leave. I'm just really happy you're okay. Who cares if they think you're faking being drunk? You know you're not and u have fun when you're tipsy like u said, not passed out the whole time almost dead u know?		File System (3)		
1562	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:29:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I know u don't like to talk about this so ill stop but I just want u to know I'm here for u and you can always talk to me about this stuff		File System (3)		
1563	SMS Messages	Incoming	4/15/2014	4/15/2014 3:30:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I didn't leave. And if I knew then I wouldn't have drank thatt much. Michelle I'm sory but I don't need to or want to talk about this, it just makes me mad. I don't think it's a big deal, and everyone besides maddie is done talking about it		File System (3)		
1564	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:33:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I know I'm sorry and Maddie doesn't have the right to even talk about it its none of her business like I'm mad at her too ill talk to her		File System (3)		
1565	SMS Messages	Incoming	4/15/2014	4/15/2014 3:35:11 PM(UTC-4)	From: 7745713150 Sam Boardman	No just drop it. I already plan on speaking with her		File System (3)		
1566	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:36:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay. You're fine, it's not a big deal I'm sorry for making u mad I just wanted to make sure you're okay		File System (3)		
1567	SMS Messages	Outgoing	4/15/2014	4/15/2014 3:39:32 PM(UTC-4)	To: 17745713150 Sam Boardman	And if u ever wanna talk about that stuff or anything at all, I want u to know that i'm here to listen. Always will be		File System (3)		
1568	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:00:53 PM(UTC-4)	To: 17745713150 Sam Boardman	We came in second!		File System (3)		
1569	SMS Messages	Incoming	4/15/2014	4/15/2014 8:07:24 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY!! who came in first?!		File System (3)		
1570	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:09:31 PM(UTC-4)	To: 17745713150 Sam Boardman	The actual volley ball team haha like Brigid Murrays team. We had no chance. But I got a nice diving skid mark haha		File System (3)		
1571	SMS Messages	Incoming	4/15/2014	4/15/2014 8:10:58 PM(UTC-4)	From: 7745713150 Sam Boardman	Hahah that's good that they won. It wouldn't been kinda awk if they didn't win haha. Aw that's good, it shows u got into to 😊		File System (3)		
1572	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:16:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know that's what I said hahaha and yeah I wish u didn't leave, I played the game after		File System (3)		
1573	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:29:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Can u help me with dinner		File System (3)		
1574	SMS Messages	Incoming	4/15/2014	4/15/2014 8:34:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes I can. What did ur mom make? U must be starving, did u have anything after school?		File System (3)		
1575	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:37:10 PM(UTC-4)	To: 17745713150 Sam Boardman	No I didn't. I didn't eat since lunch. And steak tips with corn and potatoes. I'm just getting anxiety because it's late and I don't like the thought of eating late		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1576	SMS Messages	Incoming	4/15/2014	4/15/2014 8:43:18 PM(UTC-4)	From: 7745713150 Sam Boardman	It's not that late! And u were so active today, you need to eat a nice dinner. The protein and iron in steak will be so good! And it fills u up.ake sure u have all food groups and have ur mom spoon it out for u. You know you are hungry, and you should be. and eating dinner is a must. Ur metabolism is probably starting to slow down, which will just prevent u from losing anything		File System (3)	
1577	SMS Messages	Incoming	4/15/2014	4/15/2014 8:47:33 PM(UTC-4)	From: 7745713150 Sam Boardman	I forgot about how I was gonna send u that YouTube video of two journalists starving themselves. One of them barely eats anythin for like two weeks but tiny amounts, and loses weight the first week and then loses only a half a pound the second week cus her metabolism shut off. Alon with that, she was moody and miserable. If she just ate a healthy diet, she would have lost the weight and kept it off instread of gaining it once she ate again, an not been miserable and starving. She also would have given her body the nutrients it needs to be beautiful on the inside and out. Just remember that. You say that u want to first lose te weight and then start eating a normal diet, but the weight won't stay off and ull be miserable by doing that. You need to keep your metablism running an give ur body fuel		File System (3)	
1578	SMS Messages	Incoming	4/15/2014	4/15/2014 8:49:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I hope this gives you the motivation to eat the healthy dinner your mom you. Remember that food is not poison, it is fuel.		File System (3)	
1579	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:53:07 PM(UTC-4)	To: 17745713150 Sam Boardman	I wasn't that active tho like I feel so guilty because I didn't go to the gym. And yeah I am really hungry and its all healthy like yeah the steak is good and stuff so that makes me feel better. And yes my mom is making me a plate now. I can't get my own food anymore because I don't have portion control like especially now I'd barely put anything on my plate so what she gives me looks like a lot so I'm nervous to eat it all especially bc my metabolism is slowed down I don't wanna get fat		File System (3)	
1580	SMS Messages	Outgoing	4/15/2014	4/15/2014 8:55:30 PM(UTC-4)	To: 17745713150 Sam Boardman	And oh yeah can u send me that video I really wanna see it. That actually sounds like something I need to watch because I can relate exactly to that girl. And it did give me motivation Sam thank u so much		File System (3)	
1581	SMS Messages	Incoming	4/15/2014	4/15/2014 8:56:29 PM(UTC-4)	From: 7745713150 Sam Boardman	It hasn't slowed down yet, so don't let it. And that's a good thig tho, your mom knows how much is good. You probably still will be hungry after eating, concidering she is giving you an amount that someone who has eaten a normal amount throughout the day would eat for their last meal. And you don't have to be active to eat. Your body naturally burns about 2000 calories a day! And trust me, this dinner is no where near that much. Ou can do it.		File System (3)	
1582	SMS Messages	Incoming	4/15/2014	4/15/2014 8:56:30 PM(UTC-4)	From: 7745713150 Sam Boardman	You*		File System (3)	
1583	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:08:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I really wish u were here to help me, I'm eating what she gave me now. It is a normal size plate so it's not too much it just makes me nervous looking at it all. I'll text u when I'm done thank you so much Sam. I'm gonna try really hard to eat it all		File System (3)	
1584	SMS Messages	Incoming	4/15/2014	4/15/2014 9:10:34 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so happy that you are giving it your all. You can do it Michelle		File System (3)	
1585	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:28:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I did it I ate it all		File System (3)	
1586	SMS Messages	Incoming	4/15/2014	4/15/2014 9:31:49 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY IM SO PROUD OF YOU! And I trust you that you are telling me the truth too. I hope u are. Michelle that is so good for you, physically and mentally. And I'm betting ur not actually full and bloated like you were afraid of. U are nourished. and don't be afraid to have a healthy snack after dinner, your body still needs food. I'm prod of u		File System (3)	
1587	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:41:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you :) I really needs your help so than u so much for being there Sam. And yes I'm telling u the truth. And well I do feel a little bad now because I ate it but definitely not full but a little bloated too which is what I thought was gonna happen. But I know that's because I didn't eat like for 8 hours. But I do feel nourished and I am a little hungry still bit I can't have a snack I'll lose control. I'm still really afraid of after dinner snacks. But it makes me feel so good that you're proud of me I really tried hard		File System (3)	
1588	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:41:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Needed*		File System (3)	
1589	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:43:04 PM(UTC-4)	To: 17745713150 Sam Boardman	If u didn't help me I wouldn't have ate at all		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1590	SMS Messages	Incoming	4/15/2014	4/15/2014 9:48:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy I could help. And I understand. I just want u to know that u still new to work on eating more throughout the day. I jut don't want u t think that since I'm proud, you don't have to try and eat more. Each day, put in this effort, and try to fuel your body more throught the day. I'm happy with ur dinner efforts tho. And it actually is a fact tht if u don't eat and are hungry, you can get bloated because ur organs expand (like the babies in Africa with huge bellys) Thsts just a random fact. Happens to me all the time, or when I don't eat food with substance. But I'm going to bed. Goodnight Michelle!		File System (3)	
1591	SMS Messages	Outgoing	4/15/2014	4/15/2014 9:55:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg I was actually gonna tell u about that fact because that's what happens to me! That's why I get scared when I eat. And I know I need to eat more throughout the day I'm trying hard to work on that. I wanna keep making u proud. I just dint know how to eat things other than fruit and veggies or a tiny bit of something else without feeling fat or bad. That's something I need help with like at lunch I can't drink the milk like I wanted to cry today but I tried to stay strong for u. ldk we Can talk more about this tomorrow we have history lunch, goodnight sweet dreams, thank u so much Sam for eveything I needed it		File System (3)	
1592	SMS Messages	Outgoing	4/16/2014	4/16/2014 3:36:53 PM(UTC-4)	To: 17745713150 Sam Boardman	I just binged		File System (3)	
1593	SMS Messages	Incoming	4/16/2014	4/16/2014 3:53:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay good!! What's ur definition if binge today?		File System (3)	
1594	SMS Messages	Incoming	4/16/2014	4/16/2014 3:53:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Of*		File System (3)	
1595	SMS Messages	Outgoing	4/16/2014	4/16/2014 3:58:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Pretzels, wheat thins, cereal, Roman, and chicken salad. I feel awful		File System (3)	
1596	SMS Messages	Incoming	4/16/2014	4/16/2014 4:01:45 PM(UTC-4)	From: 7745713150 Sam Boardman	How is that a binge? That sounds like a wonderful after school snack!! My after school snack was two cheese sticks, strawberries, rice chips, ad granola and I'm happy with that. I didn't binge and it's all good for me.Your body still needs more to be honest. You just have to accept that u need to give your body what it needs. I'm happy u ate, you need to eat. That is all healthy stuff too!		File System (3)	
1597	SMS Messages	Outgoing	4/16/2014	4/16/2014 4:19:28 PM(UTC-4)	To: 17745713150 Sam Boardman	If I have more than one thing, especially if it's unhealthy to me, then I consider it a binge and I lose control on more. I need to eat one thing at a time like that's why for lunch I don't eat the Apple because I feel like it's too much and I'm afraid. And yeah u had a great snack I wish I coukd eat that and be happy. I just feel awful like I was doing good.. like in my mind I was doing good..and now I just ruined it. I'm just torn because if I eat it has to be very little and healthy or I don't want to eat at all. But then I'll bloat like u told me last night about the kids and Africa. And if I eat "normal" food like the milk for example I feel bad because I feel fat. I feel sad and depressed after I eat like my mood changes dramatically when I eat or drink stuff like that I just get so overwhelmed. The only thing that makes me feel better about it is talking about it with u bbecause you help me realize what I'm doing and what I need to do and u just let me know it's okay and I appreciate that so so much Sam thank u		File System (3)	
1598	SMS Messages	Outgoing	4/16/2014	4/16/2014 4:19:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry that took so long to answer		File System (3)	
1599	SMS Messages	Outgoing	4/16/2014	4/16/2014 5:23:57 PM(UTC-4)	To: 17745713150 Sam Boardman	I just purged a little bit		File System (3)	
1600	SMS Messages	Incoming	4/16/2014	4/16/2014 5:49:56 PM(UTC-4)	From: 7745713150 Sam Boardman	You need to eat more than one thing, variety is key! Eating one thing won't give u all the different victimins and nutrients you need. When you starve yourself of certain nutrients, your body will want to eat more until it gets them, even if it means binging. Your doing better now that u ate. You didn't ruin anything. I wish u could commit to doing it my way. U basically have done it my way besides not eating a big breakfast. Your body needed nutrients so you ate. There was nothing for u to even purge. Drinking milk is healthy, not unhealthy. Drinking a gallon of it in one sitting isn't good, and neither is eating a dozen apples.		File System (3)	
1601	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:03:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah wow that actually makes ssense I didn't think of it that way Like I always thought it was too much to eat more than one thing. I just ate back the purge. I had granola and yogurt and milk.		File System (3)	
1602	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:06:47 PM(UTC-4)	To: 17745713150 Sam Boardman	I just have no portion control tho I eat way more then the serving size. Like I had a lot. I think that's my problem! I don't know how to stop myself		File System (3)	
1603	SMS Messages	Incoming	4/16/2014	4/16/2014 6:26:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Well a good way to stop yourself is to not starve yourself, because obviously u will want to eat more then the serving size if you are hungry! And yeah like I don't know anyone who has just one type of food after school. Or like when people bring their lunch, they bring a variety of foods to stay balanced and healthy. And good those foods are all good!		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1604	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:30:21 PM(UTC-4)	To: 17745713150 Sam Boardman	I just always thought that was the way to go like I've always been afraid of food and eating too much. But even when I'm not hungry I get too much. Its a problem like I can never get my own food I hate serving myself idk if that's weird. That's why lunch at schools good because I don't get it myself.		File System (3)	
1605	SMS Messages	Incoming	4/16/2014	4/16/2014 6:34:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I think a good thing would be for u to not eat out of the box, or buy packaged snack sized bags. That's why I love cheese sticks and like fruit and granola bars; it's already a serving size. I'm really bad with big bags of food too.		File System (3)	
1606	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:38:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I think that would really help. But I have tried that and I still eat more than one package. But that's just when I'm on a binge. If I wasn't on a binge then I wouldn't eat any of that stuff anyways. Its really messed up		File System (3)	
1607	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:46:06 PM(UTC-4)	To: 17745713150 Sam Boardman	http://www.weightlossresources.co.uk/weight_loss/weight_loss_tips/milk_calcium.htm		File System (3)	
1608	SMS Messages	Outgoing	4/16/2014	4/16/2014 6:46:36 PM(UTC-4)	To: 17745713150 Sam Boardman	This will make drinking milk a little easier I think		File System (3)	
1609	SMS Messages	Incoming	4/16/2014	4/16/2014 7:09:33 PM(UTC-4)	From: 7745713150 Sam Boardman	YES YES EXACTLY! So many people think that milk is bad, but it is sooo good. If ur gonna eat, might as well eat somethig that will benefit you! I'm so happy u found and read that article haha		File System (3)	
1610	SMS Messages	Outgoing	4/16/2014	4/16/2014 7:20:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I knew you were right about the milk and I knew that's why u want me to drink it so badly. Milk just has never been a friend to me. I look at the labels and like even the yellow one we get has a lot of sugar that's why I don't like it. And it has carbs and stuff and it makes me feel bloated. That's why I get so upset about it because Im afraid that if I keep drinking it then the bloating will never go down. But the article made me feel a little better because it reassured me that you're right and that it is beneficial for weight loss. And btw it you really help when u like take off the cap of the milk like I know that may sound stupid but it actually does help because it lets me know I need to do it for me and you and it gives me encouragement like Sam when u tell me that I can do it and stuff it really really helps calm me down and motivates me. If u didn't do that then I wouldn't drink/eat what I'm supposed to at that time because I feel like it doesn't matter. So thank u for your help and support and encouragement all the time it really helps my anxiety and confidence		File System (3)	
1611	SMS Messages	Outgoing	4/16/2014	4/16/2014 7:57:27 PM(UTC-4)	To: 17745713150 Sam Boardman	You dont like that tho do u?		File System (3)	
1612	SMS Messages	Outgoing	4/16/2014	4/16/2014 8:11:53 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry		File System (3)	
1613	SMS Messages	Incoming	4/16/2014	4/16/2014 8:13:15 PM(UTC-4)	From: 7745713150 Sam Boardman	U know what my motto is about sorrys		File System (3)	
1614	SMS Messages	Outgoing	4/16/2014	4/16/2014 8:21:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Well does that bother you ?		File System (3)	
1615	SMS Messages	Incoming	4/16/2014	4/16/2014 8:22:48 PM(UTC-4)	From: 7745713150 Sam Boardman	No I'm happy ur realizing that it's good for u		File System (3)	
1616	SMS Messages	Outgoing	4/16/2014	4/16/2014 8:26:47 PM(UTC-4)	To: 17745713150 Sam Boardman	You wanna know what I'm happy about?		File System (3)	
1617	SMS Messages	Incoming	4/16/2014	4/16/2014 8:27:20 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1618	SMS Messages	Outgoing	4/16/2014	4/16/2014 8:41:33 PM(UTC-4)	To: 17745713150 Sam Boardman	That I have you in my life. You're always there for me thru the hardest times and when I need u most, reminding me that everything is gonna be okay. You're the only one who gives me the strength to keep fighting to get better. You're the only one who hasn't given up on me even when I give up on myself. I said this before and I'll say til the day I die, you're saving my life whether u think u are or not and I'll always try my best to make it up to you, but I'll never be able to thank u enough for what you're doing. You're my anchor Sam :)		File System (3)	
1619	SMS Messages	Outgoing	4/16/2014	4/16/2014 9:31:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I didn't mean for that to be weird		File System (3)	
1620	SMS Messages	Outgoing	4/16/2014	4/16/2014 9:38:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Are we still going tomorrow?		File System (3)	
1621	SMS Messages	Outgoing	4/17/2014	4/17/2014 10:19:06 AM(UTC-4)	To: 17745713150 Sam Boardman	I just got an idea approved for deca finally		File System (3)	
1622	SMS Messages	Incoming	4/17/2014	4/17/2014 10:30:04 AM(UTC-4)	From: 7745713150 Sam Boardman	YAY		File System (3)	
1623	SMS Messages	Outgoing	4/17/2014	4/17/2014 10:34:04 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah		File System (3)	
1624	SMS Messages	Outgoing	4/17/2014	4/17/2014 11:12:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Can I borrow your calculator		File System (3)	
1625	SMS Messages	Outgoing	4/17/2014	4/17/2014 11:19:03 AM(UTC-4)	To: 17745713150 Sam Boardman	For my chem test		File System (3)	
1626	SMS Messages	Incoming	4/17/2014	4/17/2014 11:39:44 AM(UTC-4)	From: 7745713150 Sam Boardman	Don't u have Chem now?		File System (3)	
1627	SMS Messages	Outgoing	4/17/2014	4/17/2014 11:40:55 AM(UTC-4)	To: 7745713150 Sam Boardman	Yeah I'm just about to take the test tho now so nvm it's okay		File System (3)	
1628	SMS Messages	Outgoing	4/17/2014	4/17/2014 2:22:32 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry about last night Sam		File System (3)	
1629	SMS Messages	Incoming	4/17/2014	4/17/2014 2:29:06 PM(UTC-4)	From: 7745713150 Sam Boardman	U didn't do anything wrong		File System (3)	
1630	SMS Messages	Outgoing	4/17/2014	4/17/2014 2:30:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't mean for that to sound weird		File System (3)	
1631	SMS Messages	Outgoing	4/17/2014	4/17/2014 2:35:18 PM(UTC-4)	To: 17745713150 Sam Boardman	You're working today right?		File System (3)	
1632	SMS Messages	Incoming	4/17/2014	4/17/2014 2:44:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess I ammm		File System (3)	
1633	SMS Messages	Outgoing	4/17/2014	4/17/2014 2:45:03 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay ha have a good time		File System (3)	
1634	SMS Messages	Outgoing	4/17/2014	4/17/2014 7:06:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you send me the link to that video? I wanna watch it		File System (3)	
1635	SMS Messages	Incoming	4/17/2014	4/17/2014 7:07:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess I'll try and find it		File System (3)	
1636	SMS Messages	Outgoing	4/17/2014	4/17/2014 7:07:45 PM(UTC-4)	To: 7745713150 Sam Boardman	Thank you		File System (3)	
1637	SMS Messages	Outgoing	4/17/2014	4/17/2014 8:44:15 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm guessing you can't find it haha		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1638	SMS Messages	Incoming	4/17/2014	4/17/2014 9:13:33 PM(UTC-4)	From: 7745713150 Sam Boardman	I havnt gotten the change to look yet. I will try tho!		File System (3)	
1639	SMS Messages	Outgoing	4/17/2014	4/17/2014 9:14:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay don't worry about it		File System (3)	
1640	SMS Messages	Outgoing	4/17/2014	4/17/2014 9:17:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Whenever you have time is fine, no worries		File System (3)	
1641	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:29:14 AM(UTC-4)	To: 17745713150 Sam Boardman	Hey Sam?		File System (3)	
1642	SMS Messages	Incoming	4/18/2014	4/18/2014 10:46:04 AM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's up		File System (3)	
1643	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:47:54 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm not doing so good		File System (3)	
1644	SMS Messages	Incoming	4/18/2014	4/18/2014 10:48:23 AM(UTC-4)	From: 7745713150 Sam Boardman	Why whts up		File System (3)	
1645	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:49:56 AM(UTC-4)	To: 17745713150 Sam Boardman	I binged last night and this morning		File System (3)	
1646	SMS Messages	Incoming	4/18/2014	4/18/2014 10:50:43 AM(UTC-4)	From: 7745713150 Sam Boardman	Good your body needs it. Nothing I havnt told u. What's ur definition of binge today		File System (3)	
1647	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:55:23 AM(UTC-4)	To: 17745713150 Sam Boardman	Well last night and today was peanut butter, ice cream, 2 protein bars, cereal, granola, cheezits, nilla wafers, cake, a waffle, wheat thins, pretzels, milk, yogurts, and chicken.		File System (3)	
1648	SMS Messages	Incoming	4/18/2014	4/18/2014 10:57:03 AM(UTC-4)	From: 7745713150 Sam Boardman	That's good, our body was deprived and needed to stock up after u starved yourself.		File System (3)	
1649	SMS Messages	Incoming	4/18/2014	4/18/2014 10:57:05 AM(UTC-4)	From: 7745713150 Sam Boardman	Your*		File System (3)	
1650	SMS Messages	Incoming	4/18/2014	4/18/2014 10:57:52 AM(UTC-4)	From: 7745713150 Sam Boardman	Your body was use to starving, so when u have it food it just kept craving more and more because ur body doesn't know when u will feed it again		File System (3)	
1651	SMS Messages	Outgoing	4/18/2014	4/18/2014 11:00:29 AM(UTC-4)	To: 17745713150 Sam Boardman	Exactly. I don't wanna do this anymore		File System (3)	
1652	SMS Messages	Outgoing	4/18/2014	4/18/2014 11:07:42 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm getting really bad anxiety right now		File System (3)	
1653	SMS Messages	Outgoing	4/18/2014	4/18/2014 5:46:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I thought a lot about what you said and to be honest I feel awful about it all. I didn't realize that I was causing you so much stress and sadness. I mean i knew that I was making you frustrated, and I hated that. But to know I cause a much bigger impact on your mood, it makes me sick. I never wanted that, I never wanted to get to this point. You didn't sign up for this, nor do u deserve to feel this way at all. It hurts to know u suffer bc of me. In school I understand why you want to ignore me now and stuff bc I bring u down and make you sad. I'm happy you ignore me I'm surprised u even still talk to me. I'm such an idiot and I'm so selfish and pathetic and ignorant and useless and stupid and u don't deserve the burden I put on you anymore Sam I'm so sorry. I don't wanna make u feel that way anymore. I don't wanna make u leave class just to go on walks with me. U don't deserve this. Now I get why u didn't answer to that message because you don't wanna have to keep doing this. I understand that completely. I know I need to start doing this for myself. You've guided me and showed me the way to the right path, I just have to start walking down it. I just don t think that that's possible without your help, I feel like Im so dependant on u but I can't be and lk you don't want me to be. I feel like I'm the bad type of anchor for you Sam. I'm drowning you and making you sink. You can throw away that necklace if you want. I didn't mean to hurt you like I've been doing I just needed help but it's getting to be too much for you and u don't deserve it. You have a future to start planning, and better friends who will actually make you happy, and a job and school you need to focus on, not me. I understand if u don't wanna get dinner soon or hangout over break. You can tell me. I'm sorry about everything Sam I'm sorry for failing you		File System (3)	
1654	SMS Messages	Incoming	4/18/2014	4/18/2014 6:37:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Michele stop, it's ok! I'm not mad at you. There's no need for that big text. It's ok. U act like u ruined my life, when u made it better in some ways. I just need to step back a little. I guess I'm just frustrated cus whenever I try and help it just doesn't work and u get upset and I get upset. You know what to do. I think you need to just learn to be allittle more independent, that's all. You have so many people here for you to help. And with that help, people have guided you and given you what u need. U just have to run with it now, ya know?		File System (3)	
1655	SMS Messages	Outgoing	4/18/2014	4/18/2014 6:46:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah sorry it felt like I was ruining it. But u do help me Sam and I know it doesn't seem like it but you do. I just need to listen to u more. I did yoga today haha and it actually helped clear my mind. Like it's not your fault that I don't listen sometimes. Its just a strong physiological problem that needs to be weakened. We will get there. Its starting to get weaker because of you and it will continue to. I feel like if I can just really start listening to you then we will both be happy. I'll start seeing results and you'll start feeling like u actually are helping.So I'm gonna try harder I promise, you deserve that. And so do u still wanna hang out and get dinner? Because other than this food issue I'm a really fun personwell at least I think I am haha		File System (3)	
1656	SMS Messages	Outgoing	4/18/2014	4/18/2014 7:41:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1657	SMS Messages	Outgoing	4/18/2014	4/18/2014 8:43:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry haha I know you're probably busy but I wanna ask you something!		File System (3)	
1658	SMS Messages	Incoming	4/18/2014	4/18/2014 9:14:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi sorry I was at the gym. What is it!?		File System (3)	
1659	SMS Messages	Outgoing	4/18/2014	4/18/2014 9:18:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay! And I think you're gonna like it		File System (3)	
1660	SMS Messages	Incoming	4/18/2014	4/18/2014 9:21:49 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1661	SMS Messages	Outgoing	4/18/2014	4/18/2014 9:28:07 PM(UTC-4)	To: 17745713150 Sam Boardman	So for my deca project I'm putting a build a bear in Boston children's hospital. And I know u and Lexie are gonna be involved with them for your project too. So in the summer I wanna like go there a lot and maybe volunteer and just spend time to help out the kids and stuff. So I was wondering if maybe u me and Lexie could like take the train in some days and like go help out at the hospital and help the kids?		File System (3)	
1662	SMS Messages	Incoming	4/18/2014	4/18/2014 9:34:40 PM(UTC-4)	From: 7745713150 Sam Boardman	That's such a good idea! And yeah me and Lexie are Going in to visit too		File System (3)	
1663	SMS Messages	Incoming	4/18/2014	4/18/2014 9:34:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Anyways		File System (3)	
1664	SMS Messages	Outgoing	4/18/2014	4/18/2014 9:35:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you haha, so does that sound like something you'd wanna do? When we're you gonna go?		File System (3)	
1665	SMS Messages	Incoming	4/18/2014	4/18/2014 9:37:43 PM(UTC-4)	From: 7745713150 Sam Boardman	We don't know when we are going, havnt gotten that far haha. I'll let u know		File System (3)	
1666	SMS Messages	Outgoing	4/18/2014	4/18/2014 9:38:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha well I don't wanna ruin anything like intefere		File System (3)	
1667	SMS Messages	Outgoing	4/18/2014	4/18/2014 9:49:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna get dinner tomorrow		File System (3)	
1668	SMS Messages	Incoming	4/18/2014	4/18/2014 10:01:23 PM(UTC-4)	From: 7745713150 Sam Boardman	did u ever concider doing a different hospital? And I'm babysitting tomorrow		File System (3)	
1669	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:03:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Um no I didn't but I can...why? And oh okay		File System (3)	
1670	SMS Messages	Incoming	4/18/2014	4/18/2014 10:15:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Jw. Like we would both be doing the same hospital. I don't know if Dow would like that, it makes our projects less unique. But whatever		File System (3)	
1671	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:18:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Dow wouldn't like it or you don't? Haha I'll think of another one. He mentioned that I could try to open one in all children's hospitals so maybe I'll do that instead		File System (3)	
1672	SMS Messages	Incoming	4/18/2014	4/18/2014 10:20:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah do whatever. It's a really good idea		File System (3)	
1673	SMS Messages	Incoming	4/18/2014	4/18/2014 10:21:06 PM(UTC-4)	From: 7745713150 Sam Boardman	I think u will do really good with it, especially if your more passionate about it than this years		File System (3)	
1674	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:22:03 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll do whatever you want me to Sam. You had that hospital first So if u dont want me to do it there then I won't. And thank u that means a lot. I am really passionate about this actually. I've always wanted to do something like this		File System (3)	
1675	SMS Messages	Outgoing	4/18/2014	4/18/2014 10:37:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Just let me know what you want me to do and I'll do it		File System (3)	
1676	SMS Messages	Outgoing	4/19/2014	4/19/2014 6:09:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Can u help me with dinner		File System (3)	
1677	SMS Messages	Incoming	4/19/2014	4/19/2014 6:13:07 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm babysitting. What is it. You know what I'm gonna say		File System (3)	
1678	SMS Messages	Outgoing	4/19/2014	4/19/2014 6:14:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1679	SMS Messages	Outgoing	4/19/2014	4/19/2014 6:17:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry		File System (3)	
1680	SMS Messages	Incoming	4/19/2014	4/19/2014 6:20:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Stop saying sorry. U know what to go		File System (3)	
1681	SMS Messages	Incoming	4/19/2014	4/19/2014 6:20:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Do*		File System (3)	
1682	SMS Messages	Outgoing	4/19/2014	4/19/2014 6:25:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you believe in me?		File System (3)	
1683	SMS Messages	Incoming	4/19/2014	4/19/2014 6:29:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course I do		File System (3)	
1684	SMS Messages	Outgoing	4/19/2014	4/19/2014 6:29:57 PM(UTC-4)	To: 17745713150 Sam Boardman	That's all I needed to hear, thank you :)		File System (3)	
1685	SMS Messages	Incoming	4/20/2014	4/20/2014 10:33:48 AM(UTC-4)	From: 7745713150 Sam Boardman	Thank you Michelle! Can u send me a pic of Sam Dalton's and Sam magnerelli's too by any chance? I don't get the sub chronicle ☺		File System (3)	
1686	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:36:26 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I can no problem hold on		File System (3)	
1687	SMS Messages	Incoming	4/20/2014	4/20/2014 10:40:00 AM(UTC-4)	From: 7745713150 Sam Boardman	THANK U		File System (3)	
1688	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:40:21 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha you all have the same name		File System (3)	
1689	SMS Messages	Incoming	4/20/2014	4/20/2014 10:43:39 AM(UTC-4)	From: 7745713150 Sam Boardman	Hahahh IK! Sam cubed! And thank youu		File System (3)	
1690	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:47:04 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha that's funny and of course! Happy Easter 🐰🍫🍫🍫🍫🍫🍫🍫🍫haha		File System (3)	
1691	SMS Messages	Incoming	4/20/2014	4/20/2014 11:01:09 AM(UTC-4)	From: 7745713150 Sam Boardman	Just remember everything in moderation		File System (3)	
1692	SMS Messages	Outgoing	4/20/2014	4/20/2014 11:07:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Yes and I actually have 2 questions to ask you		File System (3)	
1693	SMS Messages	Incoming	4/20/2014	4/20/2014 11:07:57 AM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1694	SMS Messages	Outgoing	4/20/2014	4/20/2014 11:14:17 AM(UTC-4)	To: 17745713150 Sam Boardman	One...do you wanna go to a Sox game with me this week? I asked Lexie too so we can all go and make a day out of it depending on your work schedules		File System (3)	
1695	SMS Messages	Outgoing	4/20/2014	4/20/2014 11:49:47 AM(UTC-4)	To: 17745713150 Sam Boardman	Only if you want		File System (3)	
1696	SMS Messages	Outgoing	4/20/2014	4/20/2014 6:38:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
1697	SMS Messages	Incoming	4/20/2014	4/20/2014 10:11:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey sorry I was at the gym then work. I work every day this week between the black cow and twist. I don't think I would be able to. Like all my twist shifts end at 6. Haha u should bring someone who appreciates baseball more too haha. After my project this year in deca, idk if I can sit through a game ☺		File System (3)	
1698	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:14:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay so youre working all day, everyday? And we'll idk haha I wanted to take you but yeah ha I don't wanna put you thru that pain ☹		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1699	SMS Messages	Incoming	4/20/2014	4/20/2014 10:19:58 PM(UTC-4)	From: 7745713150 Sam Boardman	This is my Twist Schedule: M 4/21 11p-5:30p - W 4/23 12p-5:30p - TH 4/24 3p-5:30p - SA 4/26 12p-5:30p - SU 4/27 12p-5:30p -		File System (3)	
1700	SMS Messages	Incoming	4/20/2014	4/20/2014 10:20:09 PM(UTC-4)	From: 7745713150 Sam Boardman	And Tuesday is the cow 🐮		File System (3)	
1701	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:22:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh wow well it's okay so the game won't work but we can can get dinner one night right?		File System (3)	
1702	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:33:36 PM(UTC-4)	To: 17745713150 Sam Boardman	If you don t wanna it's okay you can tell me		File System (3)	
1703	SMS Messages	Outgoing	4/20/2014	4/20/2014 10:42:59 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have to talk to you about something that I kinda need advice with bc I don't know what to do		File System (3)	
1704	SMS Messages	Outgoing	4/21/2014	4/21/2014 7:37:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey Sam?		File System (3)	
1705	SMS Messages	Incoming	4/21/2014	4/21/2014 7:38:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey		File System (3)	
1706	SMS Messages	Outgoing	4/21/2014	4/21/2014 7:53:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you busy		File System (3)	
1707	SMS Messages	Incoming	4/21/2014	4/21/2014 8:05:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah kinda why		File System (3)	
1708	SMS Messages	Outgoing	4/21/2014	4/21/2014 8:11:15 PM(UTC-4)	To: 7745713150 Sam Boardman	It's okay		File System (3)	
1709	SMS Messages	Outgoing	4/21/2014	4/21/2014 8:44:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry Sam		File System (3)	
1710	SMS Messages	Outgoing	4/22/2014	4/22/2014 9:10:14 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you help me WOTH breakfast		File System (3)	
1711	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:08:16 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm not doing good Sam		File System (3)	
1712	SMS Messages	Incoming	4/23/2014	4/23/2014 10:08:45 AM(UTC-4)	From: 7745713150 Sam Boardman	What's wrong		File System (3)	
1713	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:12:39 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm falling back off track		File System (3)	
1714	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:30:01 AM(UTC-4)	To: 17745713150 Sam Boardman	I feel like giving up on myself		File System (3)	
1715	SMS Messages	Incoming	4/23/2014	4/23/2014 10:31:28 AM(UTC-4)	From: 7745713150 Sam Boardman	Why what's going on?		File System (3)	
1716	SMS Messages	Incoming	4/23/2014	4/23/2014 10:31:41 AM(UTC-4)	From: 7745713150 Sam Boardman	Keep your goals in mind always		File System (3)	
1717	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:38:59 AM(UTC-4)	To: 17745713150 Sam Boardman	I started binging bad again and I have no motivation or anything to work out and I feel like I pushed you away so I just feel on my own again		File System (3)	
1718	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:55:05 AM(UTC-4)	To: 17745713150 Sam Boardman	I feel like all I've been doing is bringing you down with my depressing issues and shit and I wanna so badly say that I've been doing better and following your plan but I can't say that because it would be a lie. Something has come over me and ldk what it is but it feels like I'm trapped in that binging state again where we first started out. ldk what happened and idk what you wanna do		File System (3)	
1719	SMS Messages	Incoming	4/23/2014	4/23/2014 11:01:34 AM(UTC-4)	From: 7745713150 Sam Boardman	You need to get yourself motivated again. I can't always be there, like I can't even talk long now cus I have to get ready for work. But u need to realize that someone isn't always gonna be there to push u. U are the one that can make the change, and I believe you can if u try. U know te "rules", so make the change. It's probably been hard this week cus uv been home all day I assume		File System (3)	
1720	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:04:23 AM(UTC-4)	To: 17745713150 Sam Boardman	I want you to push me when u can tho because that's when I do my best. Without u doing that I feel like there's no point in trying. And yeah because I'm a loser		File System (3)	
1721	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:09:53 AM(UTC-4)	To: 17745713150 Sam Boardman	I just wanna be a good.friend to you		File System (3)	
1722	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:26:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Do you want to get dinner on Friday or tomorrow or Saturday idk whenever you can?		File System (3)	
1723	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:35:12 AM(UTC-4)	To: 17745713150 Sam Boardman	Actually no not even dinner we can go canoeing!		File System (3)	
1724	SMS Messages	Outgoing	4/23/2014	4/23/2014 6:59:32 PM(UTC-4)	To: 17745713150 Sam Boardman	No actually sorry we can do whatever you want to do, let me know		File System (3)	
1725	SMS Messages	Incoming	4/23/2014	4/23/2014 9:36:17 PM(UTC-4)	From: 7745713150 Sam Boardman	I was at work sory. I had twist then the cow		File System (3)	
1726	SMS Messages	Outgoing	4/23/2014	4/23/2014 9:36:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay I just need to shut up		File System (3)	
1727	SMS Messages	Incoming	4/23/2014	4/23/2014 9:38:55 PM(UTC-4)	From: 7745713150 Sam Boardman	No. U just want me to be a friend that can always be there, and I can't. I just want u to know/ realize that		File System (3)	
1728	SMS Messages	Outgoing	4/23/2014	4/23/2014 9:41:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm getting used to being alone		File System (3)	
1729	SMS Messages	Outgoing	4/23/2014	4/23/2014 9:44:24 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't really have any friends		File System (3)	
1730	SMS Messages	Incoming	4/23/2014	4/23/2014 9:51:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes u do. So many people care about u		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1731	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:05:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I have school frjends that all say they love me but that doesn't mean shit when no one ever asks to hang out with me. No one ever calls me or texts me it's always me that has to do it. So when someone actually makes an effort to talk to me and hangout and stuff it makes me so happy and I actually feel important like I'm worth something. That happened with u like u made me feel important like when I look back on my high school career, Im honored to say I that I got the opprtunity to be friends with Sam Boardman. Youre someone I look up to and I'll be honest I cried when you said u wanted to help me and hang out and stuff it just meant so much to me, like I finally found a friend. I don't even remember the last time someone asked to hangout with me before you did. But idk what I was thinking I knew I was just gonna make it all come crashing down I always do. I feel like that's whats happening now and Its always my fault I can't blame anyone else. It lasts for a few weeks or months and then that's it. I push people away I text them too much or try talking to them too much and they leave. Every single one and then I'm left crying in bed at night be cause I have no one, no friends, barely a family like they don't even like me half the time, and no plans for the future. I'm nothing and I just have no idea what I'm doing. I don't have a best friend that wants to hang out with me when they're not doing anything. I mean Alice was my best friend but I guarantee that was all my fault that we aren't now too. And the worst part is she won't even talk to me now and it just makes me feel like absolute shit. Courtney Murray has been my best friend since we were like 5 but now she barely talks to me. And I don't know why people don't like me or wanna hang out like I don't get it. Is something wrong with me that I can't see? Like I know people have lives like jobs and school and families and other things for the future they need to care about, but I don't get w		File System (3)	
1732	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:06:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Why that only interferes with me and not other friends. I know I'm not a confident person and I know I'm insecure and have issues, but this is why. So don't tell me I have friends because the truth is I really don't. I have people who care about me, but I don't have friends		File System (3)	
1733	SMS Messages	Incoming	4/23/2014	4/23/2014 10:30:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Just remember that friendship happens gradually. U can't look for a friendship like say mine and lexies right away, like it takes so much time to built friendships, and it isn't something that can be forced. Like I'm happy u put aot of trust into me right away and told me alit, but friendships are different than that. It's hard to explain. They gave to just happen. U like to talk a lot about serious stuff and how u feel, which is great! It jut might make it hard to become FRiends with a lot of people. Like some people maybe over whelmed with that. Like first u have to be friends before ur best friends. I wouldn't tell any friend anything really personal until they really know me and like they are there for the good and the bad. U made a lot I assumptions about me right away which were flattering but like almost annoying cus u don't know my whole life. And u can say that u want to know and everything but u have to understand that friendship can't be forced. And I don't like when u apologise so please don't		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1734	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:49:04 PM(UTC-4)	To: 17745713150 Sam Boardman	I mean I don't talk about this stuff with just anybody like to be honest, you're the only one that I've really opened up to. So like no other person really knows and I told u about it all because you went thru it too so u understand. And I liked how u opened up to me too and we could relate about so many things. I don't wanna talk about serious stuff and feelings all the time because yeah it's depressing and u have to only talk about that with the right people or else I wouldn't blame them either if they didn't wanna be friends. I want to have a good friendship with you Sam like that's why I try and ask if u wanna go to dinner or canoeing and hangout and stuff because I'm trying to become better friends with you. If u don't want me to then tell me and I'll stop. Just tell me. I wanna be there for u thru the good times and bad if u let me like when u were dealing with your food issues and you told me u didn't really have anyone to talk to, I would of been there for u to help and I'm sorry I wasn't (that sorry was deserved). I wish we were friends then because I would of of helped u thru that. I know u have so many great friends and best friends and I don't want to take the place of any of them, I don't even think I could, but all I'm asking is if you'd give me a chance to become a better friend to you? I'll shut up about all my shit, I don't like bringing u down and overwhelming u anymore. Life's too short. I wanna make memories and have good times with you, that's how friendships are formed so I'd like that if u would		File System (3)	
1735	SMS Messages	Incoming	4/23/2014	4/23/2014 10:52:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Please stop tho this is what I'm saying like u can't be trying so hard. Just let things happen. U need to put ur focus on helping urself first too		File System (3)	
1736	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:53:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Well u never answer my question		File System (3)	
1737	SMS Messages	Incoming	4/23/2014	4/23/2014 10:54:07 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
1738	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:54:35 PM(UTC-4)	To: 17745713150 Sam Boardman	About dinner or hanging out		File System (3)	
1739	SMS Messages	Incoming	4/23/2014	4/23/2014 10:57:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know Michelle about this week. You need to put ur focus on Doin things to help u and fix things for u. It's hard to hang out with u when there's always something on ur mind. And I know that's what u want me to be there for but like friends are here for the good and bad, and I just feel like there's no time for any good when ur preoccupied		File System (3)	
1740	SMS Messages	Outgoing	4/23/2014	4/23/2014 10:59:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1741	SMS Messages	Incoming	4/23/2014	4/23/2014 10:59:27 PM(UTC-4)	From: 7745713150 Sam Boardman	We are jut VERYYY different. Like I'm very independent and feel like I get things done you have to put your mind to it and know what's right from wrong and do it. It involves no one else but u. That's just how I think.		File System (3)	
1742	SMS Messages	Incoming	4/23/2014	4/23/2014 11:00:31 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not saying I can't help, but I can't do things for u		File System (3)	
1743	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:05:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I know and that's really great Sam, being independent. That's one of the best things u can be and I'm proud of u for that. And I just feel like you don't even really wanna help anymore. You gave me everything I need to know, it's my turn to be independent and do it. All I do is frustrate you because I can't get thru it like u could. I've always been dependent. Its hard to change that with such a big issue		File System (3)	
1744	SMS Messages	Incoming	4/23/2014	4/23/2014 11:09:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I want to help but like I don't have the time or patient to talk to u every meal time and tell you the same things over and over again. if you want someone like tht I can't be that person, so I'm sorry. I have to put myself first sometimes. Iv tried to help you an clearly failed so I'm not putting in more effort when it makes me upset in the end.		File System (3)	
1745	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:19:49 PM(UTC-4)	To: 17745713150 Sam Boardman	No I don't want someone like that it makes me feel like a pathetic little baby. You don't need to talk to me every meal but it does really help when u check in once in a while like u used to. It let's me know you're still there and that u care and I have support. Im not independent like u like I need that to keep going. I can't do it all on my own. I've always been that way. I had help with my past eating disorders too and I got thru them. You didn't fail Sam I hate when u say that. The only one failing here is me. I'm the one that's failing you. The advice u give me is awesome and so good Sam. I actually spent the day watching motivational videos and videos on eating disorders on YouTube so I feel like Im ready now. For the first time in a while I feel ready to follow your plan and do it your way. I wanna listen to you Sam, I wanna make u happy. I know I say this a lot but I got inspired by a lot of things today and I'm ready now. I have the strength you've instilled in me and your support and help. Its time I promise. If u don't believe me, I'll show you		File System (3)	
1746	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:23:03 PM(UTC-4)	To: 17745713150 Sam Boardman	So what do you say?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1747	SMS Messages	Incoming	4/23/2014	4/23/2014 11:28:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Then show me ur motivated by doing. I'm going to bed now tho so goodnight!		File System (3)	
1748	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:29:26 PM(UTC-4)	To: 17745713150 Sam Boardman	If I show you tho will u be more willing to help?		File System (3)	
1749	SMS Messages	Outgoing	4/23/2014	4/23/2014 11:31:21 PM(UTC-4)	To: 17745713150 Sam Boardman	I won't let you down Sam I promise ☐		File System (3)	
1750	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:13:06 PM(UTC-4)	To: 17745713150 Sam Boardman	So my parents told me that they wanna put me into a hospital. But they dont understand that I'm making this change now that I committed to yesterday. I dont think there's anything I can do to prove them wrong as soon as they want like they want me to go on Saturday		File System (3)	
1751	SMS Messages	Incoming	4/24/2014	4/24/2014 11:15:24 PM(UTC-4)	From: 7745713150 Sam Boardman	I think this could be good for you. What kind of hospital? Like are U going to school at kp still? Stay strong Michelle and remember that they are trying to help you		File System (3)	
1752	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:24:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm just discouraged bc I was just finally starting to listen to u I was so committed to doing things your way now and I had a great day doing it today actually and now I'm just so mad like I told myself when I recovered from bulimia that I was never gonna go back to treatment ever and now it's starting again. It's a mental/ rehab hospital for like eating disorders and addiction and all sorts of mental issues. Like I went to a hospital before for like a week, but this is gonna be a longer stay. I wouldn't go to school no, I'd have to get tutored at the hospital. I'm just so scared I don't wanna go		File System (3)	
1753	SMS Messages	Incoming	4/24/2014	4/24/2014 11:27:13 PM(UTC-4)	From: 7745713150 Sam Boardman	This will help ou learn how to make healthier choices and give I an example of how u should eat. The best thing u can do is try and get the most out of it and don't fight the people that are trying to help and really try and learn and take in why they are teaching you.		File System (3)	
1754	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:36:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want their help tho I don't need it I have you for help when I need it. They're just gonnaa teach me and show me everything you've already been doing its so pointless to go and going there will just make everything worse. I'll be surrounded by other people that could be triggering to me. That's what happened last time. And what am I supposed to tell people? People will find out and I don't want to be in that position again and I just feel like I'm failing you and making u seem like a failure because u probably feel like u couldn't do enough and I'm so sorry that's not true like i want your help more than anyone's I don't wanna go Sam I told u I'll listen to you I'll do everything you say I wanna do it your way I just wanna do that and I'll be fine		File System (3)	
1755	SMS Messages	Incoming	4/24/2014	4/24/2014 11:40:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I can't help u like they can. And u have told me probably like 10 times that ur gonna change and start doing things the healthy way, but they will make sure u do. Because even when u say u want to be healthy, u try and starve yourself. They will show u how to be healthy and not to starve urself. I'm happy ur getting help. Don't look at this as a failure, look at it as u taking steps foward in getting better.		File System (3)	
1756	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:42:04 PM(UTC-4)	To: 17745713150 Sam Boardman	So you don't hate me?		File System (3)	
1757	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:43:33 PM(UTC-4)	To: 17745713150 Sam Boardman	And you're right. I just don't wanna believe it		File System (3)	
1758	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:49:22 PM(UTC-4)	To: 17745713150 Sam Boardman	The reason why they are gonna take me there is because I show no motivation to do anything. And the reason I don't is because I don't feel comfortable with my body and I'm really insecure about it. That's the reason. So if I listen to you and start getting healthier and feeling better about myself, then I'll start to get motivation to want to do stuff. So I should tell them to give me one more week to start to see an improvement and if they don't see one then I'll go....does that sound good?		File System (3)	
1759	SMS Messages	Incoming	4/24/2014	4/24/2014 11:49:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Why would I hate u!? And what's the place called? Did ur parents figure out everything that was going on with u, like te cutting and stuff?		File System (3)	
1760	SMS Messages	Incoming	4/24/2014	4/24/2014 11:53:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I think that u should take the help that they are giving you and go. Because I can't help u anymore, and iv told u that so many times. I'm not in the position to, and have tried tellig u that and that I can't deal with it and the stress. I hve to put myself first on my list, just like u need to put urself as number one		File System (3)	
1761	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:55:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Because I just feel like I'm letting you down. And its called McLean Hosptial. And my mom knows I eat a lot like binge but she doesn't notice the days I starve. But she doesn't realize that that's the whole cause of this problem like that's the reason why I have no motivation or desire to do things. So that's why if I can get this eating issue down, then I'll be fine. And she noticed the cuts yes. Shes been different around me since		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1762	SMS Messages	Incoming	4/24/2014	4/24/2014 11:57:10 PM(UTC-4)	From: 7745713150 Sam Boardman	If u goig away isn't an actual consideration and ur telling me this so tht I can help you more (like how the cutting was at some points) then u need to understand that there are better ways to get attention, Like by doing goodthings for urself and accomplishing things is how u will get noticed in a positive light, and make it easier to talk to u		File System (3)	
1763	SMS Messages	Outgoing	4/24/2014	4/24/2014 11:58:36 PM(UTC-4)	To: 17745713150 Sam Boardman	You told me last night tho that you would still help me as long as I did things your way and that u want to help? It won't be stressful if I listen to u and do it. Itg would be rewarding to us both		File System (3)	
1764	SMS Messages	Incoming	4/24/2014	4/24/2014 11:58:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Well then this can be a great oppertunity to get help and get ur eating under control so that ur whole life will improve. Look at this as an oppertunity		File System (3)	
1765	SMS Messages	Outgoing	4/25/2014	4/25/2014 12:01:37 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam why would I ever lie to you about something like this? I would never do that I'm being completely serious about this. And yeach exactly I wanna listen to u and get better do things your way so that I'm able to accomplish things so I'm a better friend to u, so that you'll want to be around and talk to me		File System (3)	
1766	SMS Messages	Incoming	4/25/2014	4/25/2014 12:02:56 AM(UTC-4)	From: 7745713150 Sam Boardman	I said if help once in a whole but I can't put myself in the position where every day at lunch and math, I'm stressing oer u drinking the milk and fighting u when u don't want to drink it ad don't want to eat breakfasts. I'm not opening ur milk and watching u eat, because that is making me depressed and uncomfortable. I need to put myself first now, and I can't when I can't pay attention in my classes cus all I'm Doig is trying to make u do stuff u clearly don't want to do and worrying. I have been trying to take some steps back. U know what u have to do, so do it my way		File System (3)	
1767	SMS Messages	Incoming	4/25/2014	4/25/2014 12:03:58 AM(UTC-4)	From: 7745713150 Sam Boardman	Not "my way", the healthy way		File System (3)	
1768	SMS Messages	Incoming	4/25/2014	4/25/2014 12:05:01 AM(UTC-4)	From: 7745713150 Sam Boardman	And dot send me a huge appologie text, cus I honestly dot want to read it. U know how i feel about apologies. Don't appologise, fix it. U have nothing to appologise for		File System (3)	
1769	SMS Messages	Outgoing	4/25/2014	4/25/2014 12:10:28 AM(UTC-4)	To: 17745713150 Sam Boardman	Alright fine deal I understand and I'm sorry that I caused you so much stress and worries. I'll take the help when u offer it but I won't push you to do anything u don't want or feel comfortable doing anymore. You've shown me and told me what I need to do so I'll do it. I wanna make u proud I don't wanna do this had fight with you about it anymore we shouldn't have to do this. I want you to put you first of course I do. You have such an amazing future ahead of u and Im not gonna get in the way of that. And there's no difference between your way and the healthy way...they are the same thing		File System (3)	
1770	SMS Messages	Incoming	4/25/2014	4/25/2014 12:12:10 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm going to bed, goodnight. Just remember to look at that as an oppertunity		File System (3)	
1771	SMS Messages	Outgoing	4/25/2014	4/25/2014 12:17:55 AM(UTC-4)	To: 17745713150 Sam Boardman	You don't have to help me all the time anymore. I have to start doing things for myself and I know that now, you've shown me that. I'm gonna do this mainly for u Sam. Yeah there's gonna be days where I'll struggle (not badly anymore but still a little obstacle) and that's when I'll use your help but otherwise, you don't need to worry about me. Put yourself first always and don't let anybody, not even me, get in the way of your goals and dreams. Good night Sam sweet dreams		File System (3)	
1772	SMS Messages	Outgoing	4/25/2014	4/25/2014 5:49:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not going		File System (3)	
1773	SMS Messages	Outgoing	4/25/2014	4/25/2014 5:57:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry but I can't do that, I hope u understand		File System (3)	
1774	SMS Messages	Incoming	4/25/2014	4/25/2014 6:32:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I think u need to talk to your mom and tell her whts really going on		File System (3)	
1775	SMS Messages	Outgoing	4/25/2014	4/25/2014 6:33:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Like what?		File System (3)	
1776	SMS Messages	Incoming	4/25/2014	4/25/2014 6:49:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Like more about the food. She can give u ur lunches and make u breakfast and help you at home more than u think		File System (3)	
1777	SMS Messages	Outgoing	4/25/2014	4/25/2014 6:55:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah thank you but I don't really want her help. All she does is yell and stuff and her helping makes me uncomfortable. I did tell my whole family to support me with my new diet tho and to help me not eat junk so in a way she already is helping		File System (3)	
1778	SMS Messages	Incoming	4/25/2014	4/25/2014 6:57:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw that's a good step! And just remember she is trying to help u and is probably just getting frustrated		File System (3)	
1779	SMS Messages	Outgoing	4/25/2014	4/25/2014 6:58:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah haha kinda like you		File System (3)	
1780	SMS Messages	Incoming	4/25/2014	4/25/2014 6:58:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha yeah		File System (3)	
1781	SMS Messages	Outgoing	4/25/2014	4/25/2014 7:02:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I put little sticky notes on all the junk food saying "you can do it" haha		File System (3)	
1782	SMS Messages	Incoming	4/25/2014	4/25/2014 7:04:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw good! How have u done today/ what have uv eaten?		File System (3)	
1783	SMS Messages	Outgoing	4/25/2014	4/25/2014 7:12:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you haha and well you'd be happy to know I actually followed your plan really good today! I had 2 toast and eggs for breakfast, I had a tuna sandwich WITH MILK for lunch and then I had an Apple and some almonds for a snack and I'm waiting for dinner now haha		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1784	SMS Messages	Incoming	4/25/2014	4/25/2014 7:14:17 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay! And make sure u have an after dinner snack if ur hungry. Ur probably still allittle low on the amount of energy ur consuming so make sure u have a good size dinner!		File System (3)	
1785	SMS Messages	Outgoing	4/25/2014	4/25/2014 7:18:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm having chicken with green beans which I'm okay with because I love green beans haha I'm just a little nervous about the chicken. And yeah I do feel a little low on the energy but I'm just adjusting to this new routine so hopefully it will get better and easier soon. Your plan is perfect, I'm starting to adjust to it so milk at lunch won't be a struggle		File System (3)	
1786	SMS Messages	Incoming	4/25/2014	4/25/2014 7:47:51 PM(UTC-4)	From: 7745713150 Sam Boardman	You need to get another snack in the day in there, u are too low and u know what that leads to, either binging or starving urself aka unhappy moods. So make sure u get another snack in there tomorrow		File System (3)	
1787	SMS Messages	Outgoing	4/25/2014	4/25/2014 7:53:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah ha good point, should I have a snack between breakfast and lunch? That will probably be the best option but it would have to be a smaller snack so I don't freak out at lunch		File System (3)	
1788	SMS Messages	Outgoing	4/25/2014	4/25/2014 8:08:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you think that I made the right decision Sam?		File System (3)	
1789	SMS Messages	Outgoing	4/27/2014	4/27/2014 6:06:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey how was work?		File System (3)	
1790	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:15:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so what do you want me to do about children's for deca?		File System (3)	
1791	SMS Messages	Incoming	4/28/2014	4/28/2014 6:18:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Why are u asking me? If u are truly passionate about something, u shouldn't give a fuck what others think. If u were considering not doing it cus of me and lexies project, then I don't see how u could be passionate about it. Do what ur heart desire		File System (3)	
1792	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:22:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I don't wanna do it if you think it will make yours less unique or whatever like I can switch it to a different one if your mad or annoyed about me doing the same palce		File System (3)	
1793	SMS Messages	Incoming	4/28/2014	4/28/2014 6:23:27 PM(UTC-4)	From: 7745713150 Sam Boardman	If ur considering switching then u arnt passionate. Go for ur goals		File System (3)	
1794	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:26:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you		File System (3)	
1795	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:27:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Wanna see something funny		File System (3)	
1796	SMS Messages	Incoming	4/28/2014	4/28/2014 6:29:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Sure haha		File System (3)	
1797	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:34:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I sent you a video clip: http://gosms.3g.cn/D?f=ORUGNUGV6i6V_ViaGoSMS		File System (3)	
1798	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:37:38 PM(UTC-4)	To: 17745713150 Sam Boardman	This guy could easily do a split on trees		File System (3)	
1799	SMS Messages	Incoming	4/28/2014	4/28/2014 6:38:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't see it, it's askig me to download something		File System (3)	
1800	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:39:10 PM(UTC-4)	To: 7745713150 Sam Boardman	Ughhhh fuck haha it's so funny		File System (3)	
1801	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:40:36 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll show you tomorrow		File System (3)	
1802	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:43:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw, thank you for helping me out with lunch today		File System (3)	
1803	SMS Messages	Outgoing	4/28/2014	4/28/2014 6:48:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I drank the milk! well besides the little spillage but I still drank it all		File System (3)	
1804	SMS Messages	Incoming	4/28/2014	4/28/2014 6:57:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha yeah show me it tomorrow. And yeah I'm proud of you! I think the wrap is a better choice than a sala cus it's like more substance. I hate eatig salads at lunch us I feel bloated cus it's like not substance but I can't eat wraps cus gluten. I think I'm gonna start bringing a sandwich and buying a milk		File System (3)	
1805	SMS Messages	Outgoing	4/28/2014	4/28/2014 7:06:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you :) and well to be honest I didn't really eat a lot of the wrap like the chicken was spicy and it had like crispy stuff on it which I was kinda afraid of having. I like the salads better for me because I know that's something I will eat. But for you, if u feel that way then yes definitely bring in a sandwich if u can I think that would be really good for you. But Sam like the milk kinda upsets my stomach at lunch and I'm not just saying that. Like after I drink it I feel kinda sick		File System (3)	
1806	SMS Messages	Outgoing	4/28/2014	4/28/2014 7:40:52 PM(UTC-4)	To: 17745713150 Sam Boardman	I think I have too much milk actually that's probably the problem like I'm starting to get sensitive to it		File System (3)	
1807	SMS Messages	Incoming	4/28/2014	4/28/2014 8:28:28 PM(UTC-4)	From: 7745713150 Sam Boardman	It's because milk is one of those things that u have to have food already in ur stomach to drink. Like u can't swallow Advil on an empty stomach. And u don't eat enough at lunch so then it upsets ur stomach. Like I know it doesn't bother ur stomach when ur binging		File System (3)	
1808	SMS Messages	Outgoing	4/28/2014	4/28/2014 8:33:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that actually does make a lot of sense that's probably exactly the reason. But I cant really fix that		File System (3)	
1809	SMS Messages	Incoming	4/28/2014	4/28/2014 8:41:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah u can.		File System (3)	
1810	SMS Messages	Outgoing	4/28/2014	4/28/2014 8:42:10 PM(UTC-4)	To: 17745713150 Sam Boardman	How?		File System (3)	
1811	SMS Messages	Incoming	4/28/2014	4/28/2014 8:43:08 PM(UTC-4)	From: 7745713150 Sam Boardman	.. Eat more at lunch/ food with substance and not just lettuce		File System (3)	
1812	SMS Messages	Outgoing	4/28/2014	4/28/2014 8:44:22 PM(UTC-4)	To: 17745713150 Sam Boardman	So no salads?		File System (3)	
1813	SMS Messages	Incoming	4/28/2014	4/28/2014 8:44:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Ur not doing it right still and it's frustrating cus this is why i don't want to help u		File System (3)	
1814	SMS Messages	Incoming	4/28/2014	4/28/2014 8:44:56 PM(UTC-4)	From: 7745713150 Sam Boardman	So I try to step back at this point		File System (3)	
1815	SMS Messages	Outgoing	4/28/2014	4/28/2014 8:46:28 PM(UTC-4)	To: 17745713150 Sam Boardman	No I get what you're saying it's just confusing because I thought the salad was a good lunch like that's what we've been getitng		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1816	SMS Messages	Incoming	4/28/2014	4/28/2014 8:48:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Salads are good when u get chicken and get a side and croutons and dressings. I think a wrap would be better tho. I fuckin hate this cus I literally would eat a wrap if they had gluten free. I went to the doc the other day for my periods and they drew blood to test my hormone levels and are also testing like how sever my gluten intolerance is and if its damaging to me.		File System (3)	
1817	SMS Messages	Outgoing	4/28/2014	4/28/2014 8:54:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Yay I'm so happy you went to get that checked! That's good u needed to. Let me know the results of the gluten and periods tests okay? Don't think negatively in this situation tho it's best to stay positive and keep your head up. And yeah I get chicken on the salads and I'll have the apple and milk. I won't get a wrap idk why they scare me but I'm sorry u can't get one I feel bad. The school should serve gluten free ones that would be nice. But do your idea and bring in a sandwich from home! I think that would be good because that way you get to have what you want		File System (3)	
1818	SMS Messages	Outgoing	4/28/2014	4/28/2014 9:15:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a question		File System (3)	
1819	SMS Messages	Outgoing	4/28/2014	4/28/2014 9:32:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Like it's not about this stuff		File System (3)	
1820	SMS Messages	Outgoing	4/30/2014	4/30/2014 1:52:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna go to the softball game		File System (3)	
1821	SMS Messages	Incoming	4/30/2014	4/30/2014 2:02:25 PM(UTC-4)	From: 7745713150 Sam Boardman	No I have work		File System (3)	
1822	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:04:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay		File System (3)	
1823	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:07:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Nevermind haha		File System (3)	
1824	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:10:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Are u mad at me		File System (3)	
1825	SMS Messages	Incoming	4/30/2014	4/30/2014 2:20:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Nope I just need to distance myself. I know ur not ok and I can't help ou without gettin myself upset. I know u havnt eaten enough by how ur acting so I've tried to help u		File System (3)	
1826	SMS Messages	Incoming	4/30/2014	4/30/2014 2:20:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Can't help u when u refuse to be helped		File System (3)	
1827	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:27:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Why do you get upset?		File System (3)	
1828	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:34:16 PM(UTC-4)	To: 17745713150 Sam Boardman	And what do you mean by distance yourself?		File System (3)	
1829	SMS Messages	Incoming	4/30/2014	4/30/2014 2:44:20 PM(UTC-4)	From: 7745713150 Sam Boardman	There's no point anymore cus ur mood brings my mood down and it doesn't result in any good. So when ur like that I can't help u. Iv tried		File System (3)	
1830	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:50:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I've actually been trying hard to follow your plan		File System (3)	
1831	SMS Messages	Outgoing	4/30/2014	4/30/2014 2:51:40 PM(UTC-4)	To: 17745713150 Sam Boardman	But I'm sorry for making you upset		File System (3)	
1832	SMS Messages	Incoming	4/30/2014	4/30/2014 3:20:41 PM(UTC-4)	From: 7745713150 Sam Boardman	It's not my plan it's a healthy eating routine in general. U need to start helping urself and realizing that ur not making urself happy with what ur doing		File System (3)	
1833	SMS Messages	Outgoing	4/30/2014	4/30/2014 3:30:15 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't have lunch money today		File System (3)	
1834	SMS Messages	Outgoing	4/30/2014	4/30/2014 6:33:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I was gonna tell you bit I felt bad because you had to pay for me the other day		File System (3)	
1835	SMS Messages	Outgoing	4/30/2014	4/30/2014 9:29:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry that was really wrong I won't do it again		File System (3)	
1836	SMS Messages	Outgoing	4/30/2014	4/30/2014 9:36:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Don't forget to make your cookies		File System (3)	
1837	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:26:00 AM(UTC-4)	To: 17745713150 Sam Boardman	That speech that Mary gave really made me reconsider going to that hospital to get help		File System (3)	
1838	SMS Messages	Incoming	5/2/2014	5/2/2014 11:42:44 AM(UTC-4)	From: 7745713150 Sam Boardman	I was thinking that too for u		File System (3)	
1839	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:43:29 AM(UTC-4)	To: 17745713150 Sam Boardman	From hearing that speech?		File System (3)	
1840	SMS Messages	Incoming	5/2/2014	5/2/2014 11:44:47 AM(UTC-4)	From: 7745713150 Sam Boardman	When she was sayig rehab and just how there te thigs to help people who are suffering		File System (3)	
1841	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:48:35 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I thought about our conversation and what you were trying to tell me like how it would be a good thing. when she started talking about the rehab and that there are people who can help I really thought about going and how I shouldn't be ashamed of it		File System (3)	
1842	SMS Messages	Incoming	5/2/2014	5/2/2014 11:53:14 AM(UTC-4)	From: 7745713150 Sam Boardman	Exactly		File System (3)	
1843	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:53:47 AM(UTC-4)	To: 17745713150 Sam Boardman	So I think I'm gonna go		File System (3)	
1844	SMS Messages	Incoming	5/2/2014	5/2/2014 11:54:08 AM(UTC-4)	From: 7745713150 Sam Boardman	Just talking to ur mom and getting help		File System (3)	
1845	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:55:17 AM(UTC-4)	To: 17745713150 Sam Boardman	I don't really know how to approach the subject tho		File System (3)	
1846	SMS Messages	Incoming	5/2/2014	5/2/2014 11:55:17 AM(UTC-4)	From: 7745713150 Sam Boardman	I think that's a brave decision. I think a good start is to really just open up about how ur feeling about everything and ur eating who can really help u.		File System (3)	
1847	SMS Messages	Outgoing	5/2/2014	5/2/2014 11:56:33 AM(UTC-4)	To: 17745713150 Sam Boardman	You did help me Sam tho so please don't think you didn't. I think I just wanna do this so that way my actions and stuff don't upset you anymore		File System (3)	
1848	SMS Messages	Incoming	5/2/2014	5/2/2014 11:58:53 AM(UTC-4)	From: 7745713150 Sam Boardman	Just talk to ur mom and say that u have to talk to her about something, and maybe start off with explaining that there's a reason behind why u have no motivation to do things and how u feel about urself and how u go threw bing- starvation diets and how u need help with ur relationship with food. I know It might be hard, but Mary Was so right when she said that teenagers never go to their parents, when in fact they are the ones that can really help		File System (3)	
1849	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:01:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that sounds good. I'll talk to her tonight about it, thank you so much Sam		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
1850	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:03:35 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm just kinda scared tho I mean what am I supposed to do about school and I'll be away and summers coming and idk		File System (3)		
1851	SMS Messages	Incoming	5/2/2014	5/2/2014 12:06:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Well maybe she can try and help u in different ways before sending u away. She will be able to help u more once she knows what's really going on		File System (3)		
1852	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:11:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true I can't be afraid to talk to her about it. I have a doctor's appointment on Monday anyways so maybe it will be a good idea to talk about it with the doctor		File System (3)		
1853	SMS Messages	Incoming	5/2/2014	5/2/2014 12:15:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I think talking with ur mom prior to the appointment will be good cus u can discus it together wth the doctor		File System (3)		
1854	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:19:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Exactly. But there's a chance that the doctor won't want to send me away		File System (3)		
1855	SMS Messages	Incoming	5/2/2014	5/2/2014 12:20:58 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't think they are gonna send u anywhere		File System (3)		
1856	SMS Messages	Incoming	5/2/2014	5/2/2014 12:21:33 PM(UTC-4)	From: 7745713150 Sam Boardman	They are gonna help u, and if u try hard and follow what thy say, there's no need to send u away		File System (3)		
1857	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:23:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Theyre not gonna help me anymore than you did tho like I feel like it would almost be better if I went away		File System (3)		
1858	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:33:32 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm gonna talk to her right now		File System (3)		
1859	SMS Messages	Incoming	5/2/2014	5/2/2014 12:34:42 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so proud of you Michelle, make sure u bring up everything now so she knows how to help u in te proper way		File System (3)		
1860	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:35:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank u Sam It really means so much to me to hear you say that. And so like even the cutting and stuff?		File System (3)		
1861	SMS Messages	Incoming	5/2/2014	5/2/2014 12:37:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Yup but focus on the reasons why u do and the not eatig regularly and stuff, because that is what will help fix the resulting problems		File System (3)		
1862	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:38:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay, you're absolutely right. Wish me luck!		File System (3)		
1863	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:39:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I tell you how it goes after?		File System (3)		
1864	SMS Messages	Incoming	5/2/2014	5/2/2014 12:39:49 PM(UTC-4)	From: 7745713150 Sam Boardman	You can do this, you are already taking steps in the right direction by doing this, I'm so happy for u		File System (3)		
1865	SMS Messages	Outgoing	5/2/2014	5/2/2014 12:40:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for everything and helping me through this Sam, I couldn't have gotten here without you		File System (3)		
1866	SMS Messages	Incoming	5/2/2014	5/2/2014 1:00:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah let me know how it goes		File System (3)		
1867	SMS Messages	Outgoing	5/2/2014	5/2/2014 3:05:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so I told her		File System (3)		
1868	SMS Messages	Outgoing	5/2/2014	5/2/2014 3:09:34 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm sorry it too so long to respond		File System (3)		
1869	SMS Messages	Incoming	5/2/2014	5/2/2014 8:38:16 PM(UTC-4)	From: 7745713150 Sam Boardman	Wanna call me in like 5		File System (3)		
1870	SMS Messages	Outgoing	5/2/2014	5/2/2014 8:40:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah ill be home in 10 so ill call u when I get home		File System (3)		
1871	SMS Messages	Outgoing	5/2/2014	5/2/2014 9:04:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry about that I'm home now		File System (3)		
1872	SMS Messages	Incoming	5/2/2014	5/2/2014 9:06:21 PM(UTC-4)	From: 7745713150 Sam Boardman	I have to go get my mom at work ☺		File System (3)		
1873	SMS Messages	Outgoing	5/2/2014	5/2/2014 9:07:10 PM(UTC-4)	To: 7745713150 Sam Boardman	Ohh okay can you call me when you get home? Sorry I went out to get a calculator and then my dad stopped for gas		File System (3)		
1874	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:04:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh I forgot to tell you something about the results from a test I got at my last appointment		File System (3)		
1875	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:36:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you going to bed		File System (3)		
1876	SMS Messages	Incoming	5/2/2014	5/2/2014 10:40:42 PM(UTC-4)	From: 7745713150 Sam Boardman	No I'm looking at an SAT book like why am I doing this the night before?! First time lookin at it HA. Tell me the thing tomorrow, ok? I want to know but I am busy.		File System (3)		
1877	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:50:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahahha don't worry I did the same thing like 3 hours ago haha, looks like we are gonna do awesome haha jk we will. Well you will idk about me ha but yeah I'll tell u tomorrow. And I have to tell u something else too about what my mom just texted me. But yeah Sam :(she doesn't look very healthy. You can see it not only by her size but in her face. I know exactly the feeling to be that thin and malnourished. Like even you look bigger (not fat don't think I mean that) than her and that's something I thought was impossible. You look beautiful in that picture tho Sam you're such a beautiful girl inside and out. My mom has a similar size too ill send u a pic of her tomorrow if you want. They should go to group therepy together haha		File System (3)		
1878	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:53:33 PM(UTC-4)	To: 17745713150 Sam Boardman	If she can commit on getting help, I think I actually have the perfect solution for her :) ill tell you tomorrow, you'll do great on the sat don't stress out over it and don't over study tonight. Just relax, you got it! Goodnight Sam sweet dreams		File System (3)		
1879	SMS Messages	Incoming	5/2/2014	5/2/2014 10:58:14 PM(UTC-4)	From: 7745713150 Sam Boardman	We will talk tomorrow and u can tell me the rest! We are gonna do great tomorrow tho if we eat a good breakfast and get a good sleep so GOODNIGHT! Good luck too!		File System (3)		
1880	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:59:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay goodnight and I will have a good breakfast I promise		File System (3)		
1881	SMS Messages	Outgoing	5/2/2014	5/2/2014 10:59:12 PM(UTC-4)	To: 17745713150 Sam Boardman	And thank you		File System (3)		
1882	SMS Messages	Outgoing	5/3/2014	5/3/2014 12:46:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you working today		File System (3)		
1883	SMS Messages	Incoming	5/3/2014	5/3/2014 12:50:51 PM(UTC-4)	From: 7745713150 Sam Boardman	At 6		File System (3)		
1884	SMS Messages	Outgoing	5/3/2014	5/3/2014 12:53:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna get lunch		File System (3)		
1885	SMS Messages	Incoming	5/3/2014	5/3/2014 12:56:26 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't I have to do something for relay for life I'm sorry		File System (3)		

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
1886	SMS Messages	Outgoing	5/3/2014	5/3/2014 12:57:34 PM(UTC-4)	To: 7745713150 Sam Boardman	Oh okay it's okay. I didn't give you the thing		File System (3)		
1887	SMS Messages	Incoming	5/3/2014	5/3/2014 1:02:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't want anything from u		File System (3)		
1888	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:04:38 PM(UTC-4)	To: 17745713150 Sam Boardman	You don't even know what it is		File System (3)		
1889	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:06:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Its not like a drawing or anything ha it's something that I wanna show you and talk to you about so I'll give you it on Monday		File System (3)		
1890	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:13:50 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm sorry I didnt eat all the chex...I can tell your mad about that... but it was because I actually had a big breakfast like I had eggs and cereal and a banana so I wasn't that hungry/comfortable so I'm sorry		File System (3)		
1891	SMS Messages	Incoming	5/3/2014	5/3/2014 1:15:06 PM(UTC-4)	From: 7745713150 Sam Boardman	I didn't even notice or care. And ok show me on Monday!		File System (3)		
1892	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:16:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohh		File System (3)		
1893	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:19:27 PM(UTC-4)	To: 17745713150 Sam Boardman	And the test results thing I was gonna tell you about is that i have something wrong with my heart		File System (3)		
1894	SMS Messages	Incoming	5/3/2014	5/3/2014 1:25:58 PM(UTC-4)	From: 7745713150 Sam Boardman	What u mean		File System (3)		
1895	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:28:54 PM(UTC-4)	To: 17745713150 Sam Boardman	I had an ekg done and they found that I have like an irregular heart beat like a heart murmur or something. Its because of all the damage I did from anorexia it damaged my heart		File System (3)		
1896	SMS Messages	Incoming	5/3/2014	5/3/2014 1:31:07 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm sory to hear that. Use that as an even bigger reason as why u need to eat healthy. I only have one body and one heart, so treat it right		File System (3)		
1897	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:35:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Don't be sorry and yeah you're right, especially because I'm at a big risk for heart disease now they said, which kinda scares me		File System (3)		
1898	SMS Messages	Incoming	5/3/2014	5/3/2014 1:36:20 PM(UTC-4)	From: 7745713150 Sam Boardman	U*		File System (3)		
1899	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:37:21 PM(UTC-4)	To: 17745713150 Sam Boardman	I could have a heart attack even at this age		File System (3)		
1900	SMS Messages	Incoming	5/3/2014	5/3/2014 1:49:16 PM(UTC-4)	From: 7745713150 Sam Boardman	Take that as motivation. Being healthy and happy is number 1		File System (3)		
1901	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:50:52 PM(UTC-4)	To: 7745713150 Sam Boardman	But I don't think I change it like I'll always have it		File System (3)		
1902	SMS Messages	Incoming	5/3/2014	5/3/2014 1:51:39 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah but if u don't treat ur boy right u can make it worse		File System (3)		
1903	SMS Messages	Outgoing	5/3/2014	5/3/2014 1:53:12 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah if it gets worse I might have to have surgery		File System (3)		
1904	SMS Messages	Outgoing	5/3/2014	5/3/2014 2:03:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I might have to have surgery anyways but I'm trying not to think about that. I don't think I will tho. But this is kinda the reason why I'm scared to exercise because they said I need to be careful when I do cardio because my heart beats faster than the normal heart and it could do something to the blood flow that disrupts it idk		File System (3)		
1905	SMS Messages	Outgoing	5/3/2014	5/3/2014 4:45:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey Sam can u help me please real quick		File System (3)		
1906	SMS Messages	Outgoing	5/3/2014	5/3/2014 5:24:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I think I've hit my rock bottom		File System (3)		
1907	SMS Messages	Incoming	5/3/2014	5/3/2014 5:26:45 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)		
1908	SMS Messages	Outgoing	5/3/2014	5/3/2014 8:03:49 PM(UTC-4)	To: 17745713150 Sam Boardman	When you get out.of work can you please text me I need to Tlak to you about something		File System (3)		
1909	SMS Messages	Incoming	5/3/2014	5/3/2014 10:24:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I just got out		File System (3)		
1910	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:25:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I thought it closed at 9?		File System (3)		
1911	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:36:18 PM(UTC-4)	To: 17745713150 Sam Boardman	It's late so we can talk tomorrow if you wanna go to bed its okay		File System (3)		
1912	SMS Messages	Incoming	5/3/2014	5/3/2014 10:38:24 PM(UTC-4)	From: 7745713150 Sam Boardman	We do but we got hit the worst I hve ever witnessed. Line out the door till 9:30		File System (3)		
1913	SMS Messages	Incoming	5/3/2014	5/3/2014 10:38:32 PM(UTC-4)	From: 7745713150 Sam Boardman	And ok		File System (3)		
1914	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:40:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Wow I mean that's good for the business tho haha but yeah that must of been a tiring shift. What time are you working tomorrow?		File System (3)		
1915	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:47:49 PM(UTC-4)	To: 17745713150 Sam Boardman	9 to 5:30?		File System (3)		
1916	SMS Messages	Incoming	5/3/2014	5/3/2014 10:49:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm busy all day. Twist then right relay for life meeting right to cow. Iv told u this, I can't always be there I'm always busy		File System (3)		
1917	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:51:49 PM(UTC-4)	To: 17745713150 Sam Boardman	No I know I was just wondering I'm sorry		File System (3)		
1918	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:53:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I have kinda good news that I wanted to tell you		File System (3)		
1919	SMS Messages	Outgoing	5/3/2014	5/3/2014 10:59:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll just tell you on Monday I'm sorry. I hope you have a good day tomorrow, goodnight sweet dreams		File System (3)		
1920	SMS Messages	Outgoing	5/5/2014	5/5/2014 1:44:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we walk		File System (3)		
1921	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:00:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna show you the information on the place to see if I should talk to the doctor abpit it because I'm really starting to question if u should		File System (3)		
1922	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:00:39 PM(UTC-4)	To: 17745713150 Sam Boardman	If I should*		File System (3)		
1923	SMS Messages	Incoming	5/5/2014	5/5/2014 2:02:58 PM(UTC-4)	From: 7745713150 Sam Boardman	The doctor will know what to do. They they will prescribe u therapy or whatever u need		File System (3)		
1924	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:04:26 PM(UTC-4)	To: 7745713150 Sam Boardman	I'm sorry for making you upset		File System (3)		
1925	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:05:52 PM(UTC-4)	To: 17745713150 Sam Boardman	It just really got to ie today that I have to do this		File System (3)		
1926	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:11:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you want me to tell you how it goes after?		File System (3)		
1927	SMS Messages	Outgoing	5/5/2014	5/5/2014 2:59:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I don't think I cam do this		File System (3)		
1928	SMS Messages	Outgoing	5/5/2014	5/5/2014 8:37:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I did it, I told her everything		File System (3)		
1929	SMS Messages	Incoming	5/5/2014	5/5/2014 8:47:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Good I'm happy for you		File System (3)		
1930	SMS Messages	Outgoing	5/5/2014	5/5/2014 8:49:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you, I'm on the waiting list		File System (3)		
1931	SMS Messages	Outgoing	5/5/2014	5/5/2014 8:52:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Like for the place so when there's a spot I'll take it. I'm just really overwhelmed by all of it tho, I don't really know what to think of it yet		File System (3)		
1932	SMS Messages	Outgoing	5/6/2014	5/6/2014 6:38:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Question, what do u know about Scott Grealish haha		File System (3)		
1933	SMS Messages	Incoming	5/6/2014	5/6/2014 9:57:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Why?		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
1934	SMS Messages	Outgoing	5/6/2014	5/6/2014 9:58:57 PM(UTC-4)	To: 17745713150 Sam Boardman	I kinda like him and I think he kinda likes me too		File System (3)	
1935	SMS Messages	Incoming	5/6/2014	5/6/2014 10:00:09 PM(UTC-4)	From: 7745713150 Sam Boardman	I wouldn't get to involved in him, I don't think he would do u any good. U need someone that is motivated and upbeat		File System (3)	
1936	SMS Messages	Outgoing	5/6/2014	5/6/2014 10:03:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Did you hear bad things about him?		File System (3)	
1937	SMS Messages	Outgoing	5/6/2014	5/6/2014 10:10:29 PM(UTC-4)	To: 17745713150 Sam Boardman	But you're right, thank you		File System (3)	
1938	SMS Messages	Outgoing	5/7/2014	5/7/2014 6:43:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you send me question 11 on the 5.5 review sheet we did yesterday		File System (3)	
1939	SMS Messages	Outgoing	5/9/2014	5/9/2014 8:38:45 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm not on the waiting list anymore because my mom said its just a waste of money		File System (3)	
1940	SMS Messages	Outgoing	5/13/2014	5/13/2014 12:42:45 PM(UTC-4)	To: 17745713150 Sam Boardman	I was in art		File System (3)	
1941	SMS Messages	Outgoing	5/13/2014	5/13/2014 2:37:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you give me a ride to the fashion show?		File System (3)	
1942	SMS Messages	Incoming	5/13/2014	5/13/2014 2:42:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Maybe, is there someone in plainville u can ask by any chance? I don't think Ill have time by the time icantake the car and I it's kinda far		File System (3)	
1943	SMS Messages	Outgoing	5/13/2014	5/13/2014 2:45:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I've asked like everyone and no one is going. I was supposed to go with Maddie but she doesn't know if she's going anymore. But if you can't it's fine I know it's far and out of the way		File System (3)	
1944	SMS Messages	Outgoing	5/13/2014	5/13/2014 2:54:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me know if u can		File System (3)	
1945	SMS Messages	Incoming	5/13/2014	5/13/2014 2:56:37 PM(UTC-4)	From: 7745713150 Sam Boardman	What time do ur parents get home?		File System (3)	
1946	SMS Messages	Outgoing	5/13/2014	5/13/2014 2:58:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Well mom idk because I think she's going out tonight and dad is going golfing		File System (3)	
1947	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:13:26 PM(UTC-4)	To: 17745713150 Sam Boardman	What time do u have to be there		File System (3)	
1948	SMS Messages	Incoming	5/13/2014	5/13/2014 4:15:49 PM(UTC-4)	From: 7745713150 Sam Boardman	I have to be there at 6. I can't drive u		File System (3)	
1949	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:16:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1950	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:17:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha look fab I can't wait till you see my sign		File System (3)	
1951	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:17:07 PM(UTC-4)	To: 17745713150 Sam Boardman	It's AWESOME		File System (3)	
1952	SMS Messages	Incoming	5/13/2014	5/13/2014 4:17:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u get a ride?		File System (3)	
1953	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:17:57 PM(UTC-4)	To: 17745713150 Sam Boardman	No not yet but I'll find one		File System (3)	
1954	SMS Messages	Outgoing	5/13/2014	5/13/2014 4:23:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Do u want me to bring your sign or no?		File System (3)	
1955	SMS Messages	Outgoing	5/13/2014	5/13/2014 8:44:32 PM(UTC-4)	To: 17745713150 Sam Boardman	You looked amazing and so beautiful Sam dont think you looked stupid or weird you honestly could never look like that. You don't need to have them place you in first, you won to me :) and you had fun so that's all that matters haha I'm glad you had a good time, I hope you like the sign!		File System (3)	
1956	SMS Messages	Outgoing	5/13/2014	5/13/2014 8:57:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I hope that wasn't weird to say I'm sorry		File System (3)	
1957	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:14:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh and could you maybe help me for the math quiz tomorrow after work or somethinn		File System (3)	
1958	SMS Messages	Incoming	5/13/2014	5/13/2014 9:16:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank you. And not weird, u just didn't need to say r haha. Like I'm happy with how i did.		File System (3)	
1959	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:17:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I was just saying and you should be! You killed it out there!		File System (3)	
1960	SMS Messages	Incoming	5/13/2014	5/13/2014 9:17:34 PM(UTC-4)	From: 7745713150 Sam Boardman	And no I can't, I have work at the cow tomorrow night and can't after school. Cam drves me home		File System (3)	
1961	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:18:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
1962	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:20:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha the white paint on your sign is nail polish		File System (3)	
1963	SMS Messages	Incoming	5/13/2014	5/13/2014 9:23:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha are u serious! I hope u didn waste a whole bottle on it haha		File System (3)	
1964	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:24:26 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha no I didn't but I got some on the table and it doesn't come off hahaha		File System (3)	
1965	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:38:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I thought it was really clever tho haha I'm proud of myself for coming up with that		File System (3)	
1966	SMS Messages	Incoming	5/13/2014	5/13/2014 9:46:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah it was! Loved it thank youu		File System (3)	
1967	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:47:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha anytime. You better keep it!		File System (3)	
1968	SMS Messages	Outgoing	5/13/2014	5/13/2014 9:53:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww haha my sister showed me your instagram post, thank you that made me really happy ☺		File System (3)	
1969	SMS Messages	Incoming	5/13/2014	5/13/2014 10:00:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha good! I was gonna show u tomorriw if u didn't see it		File System (3)	
1970	SMS Messages	Outgoing	5/13/2014	5/13/2014 10:16:11 PM(UTC-4)	To: 17745713150 Sam Boardman	She only showed me like a glimpse of it haha because she was being a brat so I didn't really look at it :(and she wanted me to tell you that she thinks you're really pretty and she wants to see you haha		File System (3)	
1971	SMS Messages	Outgoing	5/13/2014	5/13/2014 10:25:29 PM(UTC-4)	To: 17745713150 Sam Boardman	That sounded sketchy sorry ha I mean like it's been a while and she like wants to see you cuzz ur awsumm		File System (3)	
1972	SMS Messages	Incoming	5/13/2014	5/13/2014 10:36:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha that's nice of her. Ok. Havnt seen her in years		File System (3)	
1973	SMS Messages	Incoming	5/13/2014	5/13/2014 10:37:01 PM(UTC-4)	From: 7745713150 Sam Boardman	lk*		File System (3)	
1974	SMS Messages	Outgoing	5/13/2014	5/13/2014 10:37:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Well maybe we should change that		File System (3)	
1975	SMS Messages	Incoming	5/13/2014	5/13/2014 10:44:03 PM(UTC-4)	From: 7745713150 Sam Boardman	What section is the history quiz on btw		File System (3)	
1976	SMS Messages	Outgoing	5/13/2014	5/13/2014 10:44:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Chapter 28 sections 1 and 2		File System (3)	
1977	SMS Messages	Outgoing	5/14/2014	5/14/2014 2:31:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Dan Reigner thinks I'm being his partner like he talked to Mr Dow and told him all about it haha		File System (3)	
1978	SMS Messages	Outgoing	5/14/2014	5/14/2014 2:58:26 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm not going to the banquet idk if you had me down for it or not		File System (3)	
1979	SMS Messages	Outgoing	5/14/2014	5/14/2014 6:24:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to talk to you		File System (3)	
1980	SMS Messages	Outgoing	5/16/2014	5/16/2014 8:54:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey are you working tomorrow?		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
1981	SMS Messages	Outgoing	5/16/2014	5/16/2014 9:03:10 PM(UTC-4)	To: 17745713150 Sam Boardman	And listen I'm sorry for how I've been acting the past few days, I haven't really been myself lately. And I'm sorry for making you pay for my lunch, I'll make it up to you		File System (3)		
1982	SMS Messages	Outgoing	5/18/2014	5/18/2014 5:55:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Do u wanna go to the softball game with me tonight?		File System (3)		
1983	SMS Messages	Outgoing	5/18/2014	5/18/2014 6:19:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me knowwww		File System (3)		
1984	SMS Messages	Incoming	5/18/2014	5/18/2014 10:01:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I was working		File System (3)		
1985	SMS Messages	Outgoing	5/18/2014	5/18/2014 10:10:09 PM(UTC-4)	To: 17745713150 Sam Boardman	How was work?		File System (3)		
1986	SMS Messages	Outgoing	5/19/2014	5/19/2014 8:29:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Where art thou?!		File System (3)		
1987	SMS Messages	Outgoing	5/21/2014	5/21/2014 10:47:36 AM(UTC-4)	To: 17745713150 Sam Boardman	Do you have 50 cents I can borrow for lunch		File System (3)		
1988	SMS Messages	Outgoing	5/21/2014	5/21/2014 11:14:25 AM(UTC-4)	To: 17745713150 Sam Boardman	Actually 75 sorry I only have 2 dollars		File System (3)		
1989	SMS Messages	Incoming	5/21/2014	5/21/2014 11:43:20 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah come to my French class next period.		File System (3)		
1990	SMS Messages	Outgoing	5/21/2014	5/21/2014 11:45:57 AM(UTC-4)	To: 7745713150 Sam Boardman	I'll swing by before my lunch when the bell rings for 3rd lunch		File System (3)		
1991	SMS Messages	Outgoing	5/21/2014	5/21/2014 11:46:21 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you		File System (3)		
1992	SMS Messages	Outgoing	5/21/2014	5/21/2014 12:46:24 PM(UTC-4)	To: 17745713150 Sam Boardman	I actually have to talk to you about things at some point		File System (3)		
1993	SMS Messages	Outgoing	5/21/2014	5/21/2014 3:31:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Is there any way I could maybe come over or something to study and help me with the math and we can study for history?		File System (3)		
1994	SMS Messages	Outgoing	5/21/2014	5/21/2014 4:39:21 PM(UTC-4)	To: 17745713150 Sam Boardman	And I wanna watch your gymnastics video and senior video!		File System (3)		
1995	SMS Messages	Outgoing	5/21/2014	5/21/2014 6:27:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Nvm I'm sorry		File System (3)		
1996	SMS Messages	Incoming	5/21/2014	5/21/2014 6:32:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi sory I just woke up. And I don't have the copyy of the gymnastics vid yet. And i dot even have my math stuff. I'm planning on playing catch up tomorrow in class to learn everything I havnt soaked in yet.		File System (3)		
1997	SMS Messages	Incoming	5/21/2014	5/21/2014 6:33:38 PM(UTC-4)	From: 7745713150 Sam Boardman	And history, I just read the section before the quiz. Today is my relax day		File System (3)		
1998	SMS Messages	Outgoing	5/21/2014	5/21/2014 6:39:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that sounds good and no don't be sorry it's no big deal, Im not really in the best mood to go over anyways anymore. And I cancelled with my therpist		File System (3)		
1999	SMS Messages	Outgoing	5/21/2014	5/21/2014 6:43:33 PM(UTC-4)	To: 17745713150 Sam Boardman	As in I'm not going to see her anymore		File System (3)		
2000	SMS Messages	Outgoing	5/21/2014	5/21/2014 8:00:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam Im sorry for bothering you but I really need you right now if you can, I haven't felt this way in a while and I'm scared		File System (3)		
2001	SMS Messages	Incoming	5/21/2014	5/21/2014 8:03:57 PM(UTC-4)	From: 7745713150 Sam Boardman	What's up		File System (3)		
2002	SMS Messages	Outgoing	5/21/2014	5/21/2014 8:28:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeahhh		File System (3)		
2003	SMS Messages	Incoming	5/21/2014	5/21/2014 8:30:06 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)		
2004	SMS Messages	Outgoing	5/21/2014	5/21/2014 8:37:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't know you were out with friends so I'm sorry I don't wanna bother you bye		File System (3)		
2005	SMS Messages	Incoming	5/21/2014	5/21/2014 8:38:58 PM(UTC-4)	From: 7745713150 Sam Boardman	What is it		File System (3)		
2006	SMS Messages	Outgoing	5/21/2014	5/21/2014 8:39:46 PM(UTC-4)	To: 7745713150 Sam Boardman	Nothing it's fine		File System (3)		
2007	SMS Messages	Outgoing	5/24/2014	5/24/2014 10:26:47 AM(UTC-4)	To: 17745713150 Sam Boardman	Hey Sam I really need to talk to you so when you get this whenever you can, please text me back. Have a good day at work!		File System (3)		
2008	SMS Messages	Incoming	5/24/2014	5/24/2014 2:28:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's up		File System (3)		
2009	SMS Messages	Outgoing	5/24/2014	5/24/2014 2:31:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I need your help again Sam		File System (3)		
2010	SMS Messages	Incoming	5/24/2014	5/24/2014 2:31:33 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)		
2011	SMS Messages	Outgoing	5/24/2014	5/24/2014 2:43:47 PM(UTC-4)	To: 7745713150 Sam Boardman	I need your help again. I'm on such a messed up eating pattern and I feel so lost and alone without your help, you're the only one that got thru to me and actually helped me. If you don't want to you tho it's okay I undertsnad because I don't want to make you sad. But I refuse to get any other help because I'm scared and every time I feel like I should I back out. I dnot have the therapist anymore because I didn't like her, there was no connection with her and i knew I wouldn't listen to her. My mom basically quit on me and said its up to me to do it because she's not gonna waste her money on help that I won't listen to and don't want. So I'm on my own but it doesn't feel right without you anymore, I don't feel like I can do it		File System (3)		
2012	SMS Messages	Incoming	5/24/2014	5/24/2014 2:52:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Just take all that I hve told u Michelle. You have the knowledge. You know what is right and wrong. I have helped u with that. It's not up to me though what you choose to do with the knowledge given to you.		File System (3)		
2013	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:12:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I know but I just need your support sometimes like I feel like I can't talk to you about it at all anymore		File System (3)		
2014	SMS Messages	Incoming	5/24/2014	5/24/2014 3:18:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I just can't always be therefor u so it's unfair. And I'm not gonna look over u and make sure u do everything. Cus when I do, u jut don't do it and get upset and I can't force u. Like milk,I'm not gonna stand over u and make sure u drink it when u don't want to. Like u ask for help from everyone but never take it. me, ur mom, therapist, and even like mrs.miller. No body can help you if u don't actually take the help. That's where I get frustrated.		File System (3)		
2015	SMS Messages	Incoming	5/24/2014	5/24/2014 3:19:32 PM(UTC-4)	From: 7745713150 Sam Boardman	So u know what to do. Big breakfast with multipul food groups. Even a mid morning snack, which I have started to do and it helps so much. And a lunch wih protein and carbs and actual dressing and milk. Like u know		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2016	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:37:00 PM(UTC-4)	To: 17745713150 Sam Boardman	I know u can't be there all the time I know your busy and stuff I get that, but sometimes when you can it would really help to talk and stuff because I get really overwhelmed and bad anxiety about it and you really help calm me down. I don't really binge anymore I haven't for a few days, I basically don't eat at all. I'm starting to restrict a lot. I've realized that I want your help Sam like I didn't realize how much you actually helped me and you're right I'm sorry that I didn't always do everything u said, that was really unfair to you and u didn't deserve that. But I'm starting to take a spin to not eating and I think your help would be really beneficial because without it, I don't eat and I think it's okay because you don't say anything. You don't have to force me to like drink milk and stuff because tbh I don't know if I'll get that at lunch anymore but I haven't even eaten lunch the past few days. Like just telling me to get a lunch would help. And I don't ask for help from just anyone I mean I've only really asked it from you. I told Maddie my issue bbut I didn't ask for help. My mom and therapists have been trying to help me for years but yeah I don't listen and ldk why. For some reason I've only listened to you because I hate disappointing and upsetting you. I always wanted to make u proud		File System (3)	
2017	SMS Messages	Incoming	5/24/2014	5/24/2014 3:40:55 PM(UTC-4)	From: 7745713150 Sam Boardman	I meen I can tell u to get lunch but u already knew that u should eat lunch, and u just said you don't think u would eat it anyways. So do u understand what in saying here?		File System (3)	
2018	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:47:14 PM(UTC-4)	To: 17745713150 Sam Boardman	No I mean I'd get a lunch But I wouldn't drink the milk yet like I need to ease into it again		File System (3)	
2019	SMS Messages	Incoming	5/24/2014	5/24/2014 3:49:09 PM(UTC-4)	From: 7745713150 Sam Boardman	I think u should have ur mom make u a lunch. Maybe u could try that. So u know what to eat and don't have to worry about choosing		File System (3)	
2020	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:50:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yyeah that's a good idea, I've noticed you started bringing your lunch		File System (3)	
2021	SMS Messages	Incoming	5/24/2014	5/24/2014 3:53:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I bring half a sandwich to eat before lunch and then I buy a salad with beans and a milk. It holds be over until lunch and makes me actually less bloated cus the salad is like air. And then I get and apple too usually and eat that at some point. Then I'm not hungry and can go right to work without binging or feeling hungry.		File System (3)	
2022	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:56:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats awesome good for you		File System (3)	
2023	SMS Messages	Incoming	5/24/2014	5/24/2014 3:56:32 PM(UTC-4)	From: 7745713150 Sam Boardman	And no, I realize that u can't slowly add stuff in, because by u slowly adding stuff in ur still starving yourself and eventually leads to binging. So no slowly goin into it. Cus you will still be hungry.		File System (3)	
2024	SMS Messages	Outgoing	5/24/2014	5/24/2014 3:56:56 PM(UTC-4)	To: 17745713150 Sam Boardman	So I just have to go in full force?		File System (3)	
2025	SMS Messages	Incoming	5/24/2014	5/24/2014 3:57:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Well you can't just add things in slowly cus ten ur body realized how hungry it is and then by te end of the day u want to bing		File System (3)	
2026	SMS Messages	Incoming	5/24/2014	5/24/2014 3:59:09 PM(UTC-4)	From: 7745713150 Sam Boardman	So you need to eat a big breakfast, bring a snack, get a good lunch, and then your body won't feel the need to binge on bad food when u get home.		File System (3)	
2027	SMS Messages	Incoming	5/24/2014	5/24/2014 4:01:23 PM(UTC-4)	From: 7745713150 Sam Boardman	So there is my help. Now I can't force u to do anything but if u wan to get better u will wake up and eat a good breakfast and pack a snack (especially if u have last lunch) and eat the chicken and milk and dressing. It's not my decision and u have told u what u should do. So I'm not gonna watch over u cus that doesn't help either of us		File System (3)	
2028	SMS Messages	Outgoing	5/24/2014	5/24/2014 4:04:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that makes sense, that's exactly what happens to me. See like you're helping me I didn't know any of this before. And yeah this is what I've been doing the past 2 weeks: I don't eat breakfast or lunch and then I get home and still don't eat anything g for the rest of the day. So then the next day I go all the way to lunch without eating and for lunch I get a salad. But then I feel bloated so I get home and binge because I feel bad that I ate something. And then the cycle repeats the next day (not eating at all) and I can't break it. I eat every other day		File System (3)	
2029	SMS Messages	Outgoing	5/24/2014	5/24/2014 4:06:41 PM(UTC-4)	To: 17745713150 Sam Boardman	I dnot know if we should go back to the chex		File System (3)	
2030	SMS Messages	Incoming	5/24/2014	5/24/2014 4:06:47 PM(UTC-4)	From: 7745713150 Sam Boardman	You know what to do		File System (3)	
2031	SMS Messages	Outgoing	5/24/2014	5/24/2014 4:08:30 PM(UTC-4)	To: 17745713150 Sam Boardman	And thank you for your help Sam this really made me feel better like I really needed this so thank you it means so much to me		File System (3)	
2032	SMS Messages	Outgoing	5/24/2014	5/24/2014 4:12:37 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry I haven't been myself lately and seem down a lot. Now u know why		File System (3)	
2033	SMS Messages	Outgoing	5/24/2014	5/24/2014 7:14:32 PM(UTC-4)	To: 17745713150 Sam Boardman	I relapsed and cut		File System (3)	
2034	SMS Messages	Outgoing	5/24/2014	5/24/2014 7:42:59 PM(UTC-4)	To: 17745713150 Sam Boardman	ldk what to do		File System (3)	
2035	SMS Messages	Outgoing	5/25/2014	5/25/2014 12:28:31 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm going to Walden today to check it out, I might be staying		File System (3)	
2036	SMS Messages	Incoming	5/25/2014	5/25/2014 1:14:42 PM(UTC-4)	From: 7745713150 Sam Boardman	I was working last night and then went out and worked at twist this morning. And good I think that would be good for u to see and give a chance		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2037	SMS Messages	Outgoing	5/25/2014	5/25/2014 1:17:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay don't worry about it, I knew you were probably working. And yeah I'm just kinda nervous tho because Idk if I'll end up staying		File System (3)		
2038	SMS Messages	Outgoing	5/25/2014	5/25/2014 1:26:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I might stay the night tonight to see what it would be like. I have the option because I'm not sick enough that I need medical attention. So I can stay the night if I want but idk if I should. It just upsets me to know that I'm here again when I told myself I'd never come back You know?		File System (3)		
2039	SMS Messages	Outgoing	5/25/2014	5/25/2014 1:56:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Should I stay?		File System (3)		
2040	SMS Messages	Incoming	5/25/2014	5/25/2014 2:12:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Well ask yourself ;has fighting this alone been working?		File System (3)		
2041	SMS Messages	Outgoing	5/25/2014	5/25/2014 2:13:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Not at all		File System (3)		
2042	SMS Messages	Incoming	5/25/2014	5/25/2014 2:13:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Then u have the answer		File System (3)		
2043	SMS Messages	Outgoing	5/25/2014	5/25/2014 2:18:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'm staying the night		File System (3)		
2044	SMS Messages	Outgoing	5/25/2014	5/25/2014 2:19:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you		File System (3)		
2045	SMS Messages	Outgoing	5/25/2014	5/25/2014 2:32:48 PM(UTC-4)	To: 17745713150 Sam Boardman	I might stay until Tuesday so I can go to different treatment classes. I'll let you know		File System (3)		
2046	SMS Messages	Outgoing	5/25/2014	5/25/2014 7:33:54 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm staying all day tomorrow too		File System (3)		
2047	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:09:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Just got back. Lots to tell you		File System (3)		
2048	SMS Messages	Incoming	5/26/2014	5/26/2014 5:10:52 PM(UTC-4)	From: 7745713150 Sam Boardman	How was it		File System (3)		
2049	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:17:14 PM(UTC-4)	To: 17745713150 Sam Boardman	It was good. I feel like I'm getting the help I needed to understand why I do what I do. I went to different therapy sessions that were based on finding out why I binge/starve and how it makes me feel and stuff		File System (3)		
2050	SMS Messages	Incoming	5/26/2014	5/26/2014 5:18:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm so happy for you! Like these people are like trained in the field as know how to help u better than anyone else		File System (3)		
2051	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:23:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you Sam it really means a lot. I was always afraid of how I'd be looked upon for getting help but I realize now that I've been running away from the solution to my problems. Getting help isn't a bad thing and its the first step to recovery.		File System (3)		
2052	SMS Messages	Incoming	5/26/2014	5/26/2014 5:24:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly. More importantly, getting help from people who know how to help you		File System (3)		
2053	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:26:44 PM(UTC-4)	To: 17745713150 Sam Boardman	You did help me and you did a good job of helping me I actually mentioned you to them. They gave me a lot of handouts and stuff and coping skills and they want me to work on a meal plan of things I will actually eat and follow. But Idk how to make that I'm not good with that kind of stuff		File System (3)		
2054	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:36:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Gettiny me to eat the things I put down is the hardest part		File System (3)		
2055	SMS Messages	Outgoing	5/26/2014	5/26/2014 5:51:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I hope it's okay I mentioned you I'm sorry...but it was all good things all good things haha (from frozen)		File System (3)		
2056	SMS Messages	Incoming	5/26/2014	5/26/2014 9:47:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah IDC.Sory I was at work. But good I'm happy u are accepting their help		File System (3)		
2057	SMS Messages	Outgoing	5/26/2014	5/26/2014 9:50:41 PM(UTC-4)	To: 17745713150 Sam Boardman	It's okay don't be sorry, and thank you, I'm gonna try my best. Hoeffully it works out. I have a schedule with them		File System (3)		
2058	SMS Messages	Outgoing	5/26/2014	5/26/2014 9:55:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Did you have a good day at work?		File System (3)		
2059	SMS Messages	Outgoing	5/27/2014	5/27/2014 6:47:14 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you bring me chex?		File System (3)		
2060	SMS Messages	Incoming	5/27/2014	5/27/2014 6:54:06 AM(UTC-4)	From: 7745713150 Sam Boardman	Did u not eat breakfast?		File System (3)		
2061	SMS Messages	Outgoing	5/27/2014	5/27/2014 6:58:17 AM(UTC-4)	To: 7745713150 Sam Boardman	No, I haven't had breakfast for the past 2 weeks and by you bringing in chex I'll eat it because I know I need to		File System (3)		
2062	SMS Messages	Incoming	5/27/2014	5/27/2014 7:00:03 AM(UTC-4)	From: 7745713150 Sam Boardman	That's something u need to talk to your mom about to make u a breakfast every morning so ull eat. I told u I'm nt looking over u and making sure u eat check, which isn't even a proper breakfast. It makes me uncomfortable. Have u left yet?		File System (3)		
2063	SMS Messages	Outgoing	5/27/2014	5/27/2014 7:04:08 AM(UTC-4)	To: 7745713150 Sam Boardman	I was gonna make eggs but we didn't have any. Shes gonna start to be on me about breakfast tho she just didn't get up this morning. And I know I'm sorry, I'll eat them in a class I don't have with you so you don't have to feel that way. And yeah I left like 20 mins ago		File System (3)		
2064	SMS Messages	Incoming	5/27/2014	5/27/2014 7:06:17 AM(UTC-4)	From: 7745713150 Sam Boardman	I'll bring them. they are corn chex cus we don't hae anything else. And eat them whenever.		File System (3)		
2065	SMS Messages	Outgoing	5/27/2014	5/27/2014 7:08:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you, I'm sorry this is the last time u have to do this I promise I'll have a proper breakfast at home every morning		File System (3)		
2066	SMS Messages	Outgoing	5/29/2014	5/29/2014 5:15:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey text me when you're out of work I need to tell you something		File System (3)		
2067	SMS Messages	Incoming	5/29/2014	5/29/2014 6:04:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what is it		File System (3)		
2068	SMS Messages	Outgoing	5/29/2014	5/29/2014 8:14:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Crap sorry I didn't notice it didn't send.... but so next week I think I'm gonna go into treatment at an eating disorder/ physciatric hospital for like 2-3 weeks		File System (3)		
2069	SMS Messages	Outgoing	5/29/2014	5/29/2014 9:09:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Probably for the rest if the school year		File System (3)		
2070	SMS Messages	Incoming	5/29/2014	5/29/2014 10:29:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Good that would be good for u. I have a feeling u won't end up going cus u always seem to say that, but I think it would be really helpful		File System (3)		
2071	SMS Messages	Outgoing	5/29/2014	5/29/2014 10:36:33 PM(UTC-4)	To: 17745713150 Sam Boardman	It's a 95% chance I'm going. I need to go, it's the right thing to do. Idk what to do about school tho especially finals and I have no idea what I'm supposed to tell people, its embarrassing		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2072	SMS Messages	Outgoing	5/29/2014	5/29/2014 10:42:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Like days when I binge and feel awful are the days I want to go. But on days I don't eat a lot and feel good, I feel like I'll be fine. That's why I get confused on what to do		File System (3)	
2073	SMS Messages	Outgoing	5/30/2014	5/30/2014 10:57:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Come to Rowe		File System (3)	
2074	SMS Messages	Outgoing	6/1/2014	6/1/2014 8:33:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so I talked to my mom and she said she thinks it's a good idea. She's gonna do all the planning and stuff tomorrow so I'll probably go Thursday or Friday		File System (3)	
2075	SMS Messages	Outgoing	6/1/2014	6/1/2014 8:43:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Just wanted to let you know		File System (3)	
2076	SMS Messages	Incoming	6/1/2014	6/1/2014 10:40:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Good! That would be good for u		File System (3)	
2077	SMS Messages	Outgoing	6/1/2014	6/1/2014 10:40:57 PM(UTC-4)	To: 17745713150 Sam Boardman	You think so?		File System (3)	
2078	SMS Messages	Incoming	6/1/2014	6/1/2014 10:41:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	
2079	SMS Messages	Outgoing	6/1/2014	6/1/2014 10:42:18 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm gonna miss the rest of the school year tho		File System (3)	
2080	SMS Messages	Incoming	6/1/2014	6/1/2014 10:43:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't think u would go before school ends. I have a feeling u won't go all tbh		File System (3)	
2081	SMS Messages	Outgoing	6/1/2014	6/1/2014 10:44:28 PM(UTC-4)	To: 17745713150 Sam Boardman	You don't believe me that I'm going?		File System (3)	
2082	SMS Messages	Outgoing	6/1/2014	6/1/2014 10:51:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you think I'm lying about all this		File System (3)	
2083	SMS Messages	Incoming	6/1/2014	6/1/2014 11:03:14 PM(UTC-4)	From: 7745713150 Sam Boardman	I just think u try to get attention sometimes from me with stuff like that		File System (3)	
2084	SMS Messages	Outgoing	6/1/2014	6/1/2014 11:05:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Why do u think that		File System (3)	
2085	SMS Messages	Incoming	6/1/2014	6/1/2014 11:08:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Like if I can't answer something u will like add to it to make it more dramatic. I just don't want u to try and get attention in a negative aspect. I know it's probably part of the sickness, and just how we are different in how we deal with situations		File System (3)	
2086	SMS Messages	Outgoing	6/1/2014	6/1/2014 11:14:21 PM(UTC-4)	To: 17745713150 Sam Boardman	I can see why you think that, I'm sorry I'll try not to do that anymore. I don't mean to be negative like that I don't wanna be, ill change. And so how would you deal with this situation?		File System (3)	
2087	SMS Messages	Outgoing	6/2/2014	6/2/2014 2:21:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you working?		File System (3)	
2088	SMS Messages	Outgoing	6/4/2014	6/4/2014 2:44:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Sammmmmm		File System (3)	
2089	SMS Messages	Incoming	6/4/2014	6/4/2014 3:19:53 PM(UTC-4)	From: 7745713150 Sam Boardman	My I		File System (3)	
2090	SMS Messages	Incoming	6/4/2014	6/4/2014 3:20:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Yo *		File System (3)	
2091	SMS Messages	Outgoing	6/4/2014	6/4/2014 3:22:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Wasssupp are u getting your car?!		File System (3)	
2092	SMS Messages	Incoming	6/4/2014	6/4/2014 3:23:13 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm going to visit them and test dive		File System (3)	
2093	SMS Messages	Incoming	6/4/2014	6/4/2014 3:23:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Drive		File System (3)	
2094	SMS Messages	Outgoing	6/4/2014	6/4/2014 3:25:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Awesome haha. Do u wanna like go out to dinner or something after and talk?		File System (3)	
2095	SMS Messages	Incoming	6/4/2014	6/4/2014 3:26:00 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't, lex is coming over for deca. What's up		File System (3)	
2096	SMS Messages	Outgoing	6/4/2014	6/4/2014 3:26:51 PM(UTC-4)	To: 7745713150 Sam Boardman	Ohhhh		File System (3)	
2097	SMS Messages	Outgoing	6/4/2014	6/4/2014 3:28:07 PM(UTC-4)	To: 17745713150 Sam Boardman	But okay so I have news		File System (3)	
2098	SMS Messages	Outgoing	6/4/2014	6/4/2014 6:24:17 PM(UTC-4)	To: 17745713150 Sam Boardman	I contacted McLean and the woman who works their gave me like an evaluation I had to do. She has to talk to the insurance company and stuff to make sure they cover the place and if they do, I'm in		File System (3)	
2099	SMS Messages	Incoming	6/4/2014	6/4/2014 6:42:52 PM(UTC-4)	From: 7745713150 Sam Boardman	That's good then! I'm so happy for u!		File System (3)	
2100	SMS Messages	Outgoing	6/4/2014	6/4/2014 8:06:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you :)		File System (3)	
2101	SMS Messages	Outgoing	6/4/2014	6/4/2014 8:09:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I told you I wasn't lying about this		File System (3)	
2102	SMS Messages	Outgoing	6/4/2014	6/4/2014 8:38:40 PM(UTC-4)	To: 17745713150 Sam Boardman	They just called back, its official I'm going on Monday at 9 am		File System (3)	
2103	SMS Messages	Incoming	6/4/2014	6/4/2014 10:10:07 PM(UTC-4)	From: 7745713150 Sam Boardman	That's very brave of you. How long are you staying? What will you be Doing?		File System (3)	
2104	SMS Messages	Outgoing	6/4/2014	6/4/2014 10:14:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you and well it depends on how long it takes to get better. I'm guessing 3-4 weeks, so I'll miss the rest of the school year which I'm kinda bummed out about. But I don't really know what its gonna be like which is why I'm kinda nervous, I mean I'm thinking it will be similar to when I stayed at Walden. Like there will be therepy sessions and classes on how to fix the behaviors and actions towards food and coping methods I can use when I get anxious about it		File System (3)	
2105	SMS Messages	Incoming	6/4/2014	6/4/2014 10:17:44 PM(UTC-4)	From: 7745713150 Sam Boardman	What do u doin your down time? Like do you have your phone? And like are u with other people?		File System (3)	
2106	SMS Messages	Outgoing	6/4/2014	6/4/2014 10:24:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Well they have visiting hours so maybe you can come visit if you want? And I'll probably draw and stuff and they have a gym so I'm hoping they will help motivate me again to start working out. And well they say you can use your phone if it doesn't have a camera so I'm just gonna like put tape on it or something because I need my phone haha. And yeah Im pretty sure there will be other people. The age range is 16-26 so I'll be able to relate to a lot of them I'm hoping so it can be therapeutic to talk about our stories. But being alone not knowing anyone is something I'm really scared about, it will take a while to adjust		File System (3)	
2107	SMS Messages	Incoming	6/4/2014	6/4/2014 10:35:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Is it far away? I can come visit if it isn't too far! And that's good, and everyone has similar issues and can be more understanding of you there. You are so friendly, I know ull do fine		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2108	SMS Messages	Incoming	6/4/2014	6/4/2014 10:38:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I just looked it up, Belmont ma		File System (3)	
2109	SMS Messages	Outgoing	6/4/2014	6/4/2014 10:42:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah Belmont, 44 mins away I think...I hope that's not too far. But yeah you're right. And Im happy to like help out other people too because I've had all the eating disorders haha so I can help out everyone struggling from each of them because I understand them all since I've been thru them. And I'm sure at least one other person is there for binge eating disorder too so it would be nice to talk with them about it. The therapists and physiatrists will help big time there I'm hoping too so I have good thoughts about it		File System (3)	
2110	SMS Messages	Incoming	6/4/2014	6/4/2014 10:46:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I can visit. And good, I'm so happy that ur moving in the right direction by getting help. Bedtime tho so GOODNIGHTT		File System (3)	
2111	SMS Messages	Outgoing	6/4/2014	6/4/2014 10:47:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm really gonna listen go them and stuff this time too which will help because when I went to Walden, I was so upset and shocked that I was even there because it was a total surprise, that I was like inconsolable and couldn't contain myself so I didn't get anything out of it. I was just looking forward to the day I could leave. So this time I'm gonna go in wanting help and wanting to get better, So I feel like I'll get good results and finally change my life for the better		File System (3)	
2112	SMS Messages	Outgoing	6/4/2014	6/4/2014 10:48:44 PM(UTC-4)	To: 17745713150 Sam Boardman	And yay okay I'm so happy you'll come visit! And thank you for supporting me thru all this Sam it really means so much to me. Okay goodnight sweet dreams		File System (3)	
2113	SMS Messages	Outgoing	6/5/2014	6/5/2014 12:56:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey where are you?		File System (3)	
2114	SMS Messages	Outgoing	6/5/2014	6/5/2014 9:41:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry for texting you but I was just wondering if you're gonna be in school tomorrow?		File System (3)	
2115	SMS Messages	Incoming	6/5/2014	6/5/2014 10:39:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Yupp		File System (3)	
2116	SMS Messages	Outgoing	6/5/2014	6/5/2014 10:39:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Good		File System (3)	
2117	SMS Messages	Outgoing	6/7/2014	6/7/2014 3:12:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that okay with you if I hang out with you and Lexie tomorrow after your walk?		File System (3)	
2118	SMS Messages	Outgoing	6/7/2014	6/7/2014 7:28:51 PM(UTC-4)	To: 17745713150 Sam Boardman	We don't have to go out to dinner, I'd rather help you guys edit your paper if you want. I really like editing		File System (3)	
2119	SMS Messages	Incoming	6/8/2014	6/8/2014 12:11:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi! I don't think we will be able to do dinner tonight cus we are in boston now and then we need to finish our manual and then Lexie has a grad party tonight with her dad. we can come visit soon tho!		File System (3)	
2120	SMS Messages	Outgoing	6/8/2014	6/8/2014 12:15:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay it's okay no worries, have fun on your walk it's a great day to have it! And yeah that sounds good thank you :) Im not sure if I can bring my phone tho		File System (3)	
2121	SMS Messages	Incoming	6/8/2014	6/8/2014 12:16:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u going to school tomorrow?		File System (3)	
2122	SMS Messages	Outgoing	6/8/2014	6/8/2014 12:17:11 PM(UTC-4)	To: 7745713150 Sam Boardman	No I leave at 7:30 tomorrow morning		File System (3)	
2123	SMS Messages	Outgoing	6/8/2014	6/8/2014 12:18:43 PM(UTC-4)	To: 17745713150 Sam Boardman	The only reason I may not be able to have my phone is because they don't allow cameras. So I'm gonna try to cover the camera with like nail polish and tape haha and I'll ask them if that's okay. If not I'll have to call I guess		File System (3)	
2124	SMS Messages	Incoming	6/8/2014	6/8/2014 12:22:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha okay sounds good!		File System (3)	
2125	SMS Messages	Outgoing	6/8/2014	6/8/2014 12:23:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay well I'll let you go so u can enjoy your walk. Can you text me later tho tonight?		File System (3)	
2126	SMS Messages	Incoming	6/8/2014	6/8/2014 3:13:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Lexie doesn't have te grad party so do u want to go still		File System (3)	
2127	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:28:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay but what time? because im going to my sister's game now so would it be easier if I just came over later and we can hang out for a bit? Ill help u with deca if u want		File System (3)	
2128	SMS Messages	Incoming	6/8/2014	6/8/2014 3:32:58 PM(UTC-4)	From: 7745713150 Sam Boardman	We are honestly deca fried, but we can meet u at ur sisters game and chill. Bring the phone! Tht will e good cus me and lex need a break from typing this haha		File System (3)	
2129	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:35:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Its in Swansea that's way too far for u to come haha you should of told me earlier I would of taken you :(when I get home I'll text you and we can chill and watch a movie or go kayaking or something does that sound okay?		File System (3)	
2130	SMS Messages	Incoming	6/8/2014	6/8/2014 3:38:04 PM(UTC-4)	From: 7745713150 Sam Boardman	It's a Sunday night, idk how kayaking is relevant haha. Can u not get dinner?		File System (3)	
2131	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:40:39 PM(UTC-4)	To: 7745713150 Sam Boardman	HAHA why does kayaking have to be based on a certain day? And well I can but idk what time you wanted to go because if your hungry at like 5 Or 6 I don't want u to wait for me		File System (3)	
2132	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:42:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Her games at 439		File System (3)	
2133	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:42:21 PM(UTC-4)	To: 17745713150 Sam Boardman	4:30 *		File System (3)	
2134	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:45:40 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll probably be home at like 6:30- 7		File System (3)	
2135	SMS Messages	Incoming	6/8/2014	6/8/2014 3:45:55 PM(UTC-4)	From: 7745713150 Sam Boardman	We ate a lot today so we won't even be hungry till later! So that's not a problem for us. We will eat later.		File System (3)	
2136	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:47:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha so I'll text u when I get home! Thank you! Are you gonna like dress up?		File System (3)	
2137	SMS Messages	Outgoing	6/8/2014	6/8/2014 3:50:59 PM(UTC-4)	To: 17745713150 Sam Boardman	And where we going?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2138	SMS Messages	Incoming	6/8/2014	6/8/2014 4:15:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Where do u want to go		File System (3)	
2139	SMS Messages	Outgoing	6/8/2014	6/8/2014 4:19:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Do u wanna go somewhere near you or me?		File System (3)	
2140	SMS Messages	Incoming	6/8/2014	6/8/2014 4:22:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u meeting us there?		File System (3)	
2141	SMS Messages	Outgoing	6/8/2014	6/8/2014 4:22:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I can if u want me to		File System (3)	
2142	SMS Messages	Outgoing	6/8/2014	6/8/2014 4:27:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Wanna go to Rancho?		File System (3)	
2143	SMS Messages	Incoming	6/8/2014	6/8/2014 4:44:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Does chillis work?		File System (3)	
2144	SMS Messages	Outgoing	6/8/2014	6/8/2014 4:44:40 PM(UTC-4)	To: 7745713150 Sam Boardman	Ummmmmmmmmmmmmmmmmmmmmmmmmmmm yeah		File System (3)	
2145	SMS Messages	Incoming	6/8/2014	6/8/2014 4:45:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok what time		File System (3)	
2146	SMS Messages	Outgoing	6/8/2014	6/8/2014 4:46:14 PM(UTC-4)	To: 7745713150 Sam Boardman	Am I meeting you there? Its the one in Planville right?		File System (3)	
2147	SMS Messages	Incoming	6/8/2014	6/8/2014 5:34:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah meet us there and we can drop u off after we are done!		File System (3)	
2148	SMS Messages	Outgoing	6/8/2014	6/8/2014 5:37:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good thank you for doing this Sam It really means a lot, I'm leaving in 10 so I'll probably get there at like 6:45		File System (3)	
2149	SMS Messages	Incoming	6/8/2014	6/8/2014 5:38:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay!		File System (3)	
2150	SMS Messages	Outgoing	6/8/2014	6/8/2014 5:38:48 PM(UTC-4)	To: 17745713150 Sam Boardman	What are you wearing haha		File System (3)	
2151	SMS Messages	Incoming	6/8/2014	6/8/2014 5:46:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Casual attire, I'm nt looking to get Dressed up I'm too lazy		File System (3)	
2152	SMS Messages	Outgoing	6/8/2014	6/8/2014 5:52:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay Yeah I'm coming straight from here and I'm wearing like gym shorts sorry		File System (3)	
2153	SMS Messages	Outgoing	6/8/2014	6/8/2014 5:59:29 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll be there by 7		File System (3)	
2154	SMS Messages	Incoming	6/8/2014	6/8/2014 6:06:12 PM(UTC-4)	From: 7745713150 Sam Boardman	So we will meat at 7		File System (3)	
2155	SMS Messages	Outgoing	6/8/2014	6/8/2014 6:17:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah we will meat 🍖🍷🍷 at 7 ☐☐		File System (3)	
2156	SMS Messages	Outgoing	6/8/2014	6/8/2014 6:50:01 PM(UTC-4)	To: 17745713150 Sam Boardman	When will u be there		File System (3)	
2157	SMS Messages	Incoming	6/8/2014	6/8/2014 6:51:46 PM(UTC-4)	From: 7745713150 Sam Boardman	On our way!		File System (3)	
2158	SMS Messages	Outgoing	6/8/2014	6/8/2014 6:53:10 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay let me know when you get there!		File System (3)	
2159	SMS Messages	Incoming	6/8/2014	6/8/2014 7:02:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Here!		File System (3)	
2160	SMS Messages	Outgoing	6/8/2014	6/8/2014 7:02:35 PM(UTC-4)	To: 7745713150 Sam Boardman	I'll be there in 2		File System (3)	
2161	SMS Messages	Outgoing	6/8/2014	6/8/2014 9:28:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Is it okay if I give my mom your number so she can call u when the phones ready so Lex can come get it?		File System (3)	
2162	SMS Messages	Incoming	6/8/2014	6/8/2014 9:29:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Yup!		File System (3)	
2163	SMS Messages	Outgoing	6/8/2014	6/8/2014 9:30:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thanks, she's calling Verizon tomorrow		File System (3)	
2164	SMS Messages	Outgoing	6/8/2014	6/8/2014 9:33:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much for tonight Sam, it really took my mind off it and I had a great time :)		File System (3)	
2165	SMS Messages	Incoming	6/8/2014	6/8/2014 9:36:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Aww no problem! And thank your mom for lex, that's so nice of her to do that		File System (3)	
2166	SMS Messages	Outgoing	6/8/2014	6/8/2014 9:39:02 PM(UTC-4)	To: 7745713150 Sam Boardman	You're like the only person I'm comfortable talking about all this with and who understands. Like it's not awkward at all with you and you actually care and I can't tell u how much that means to me		File System (3)	
2167	SMS Messages	Outgoing	6/8/2014	6/8/2014 9:39:25 PM(UTC-4)	To: 17745713150 Sam Boardman	And of course, she says anytime it's no big deal!		File System (3)	
2168	SMS Messages	Incoming	6/8/2014	6/8/2014 9:44:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw I'm happy u feel that way. I do care. Sometimes I can't always be there but I always care		File System (3)	
2169	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:04:23 PM(UTC-4)	To: 17745713150 Sam Boardman	I know you do Sam it's okay. You're like a star on a cloudy night. I don't always have to see you or hear from you to know that you're there for me and that you care		File System (3)	
2170	SMS Messages	Incoming	6/8/2014	6/8/2014 10:06:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha that was a cute comparison! Lex said to try and restart the phone and like clear everything, like I think u can reset it to factory mode		File System (3)	
2171	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:08:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha well it's a true comparison. And okay I'll try that in the morning. I tried something else and I thought I did it for like 34 seconds but then it didn't work		File System (3)	
2172	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:18:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Is she mad that it wasn't ready? I feel awful I didn't know Colie had a problem with it		File System (3)	
2173	SMS Messages	Incoming	6/8/2014	6/8/2014 10:21:44 PM(UTC-4)	From: 7745713150 Sam Boardman	No she's not mad! I meen she wanted a phone but it's no ones fault		File System (3)	
2174	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:23:53 PM(UTC-4)	To: 17745713150 Sam Boardman	It will probably be ready tomorrow if my mom takes it to Verizon! The latest would be Tuesday, so it's not that much longer		File System (3)	
2175	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:24:34 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have a quick question		File System (3)	
2176	SMS Messages	Incoming	6/8/2014	6/8/2014 10:25:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Go into settings and then general and then press reset		File System (3)	
2177	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:28:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Reset all settings?		File System (3)	
2178	SMS Messages	Incoming	6/8/2014	6/8/2014 10:29:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	
2179	SMS Messages	Incoming	6/8/2014	6/8/2014 10:29:36 PM(UTC-4)	From: 7745713150 Sam Boardman	And what was ur q		File System (3)	
2180	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:33:34 PM(UTC-4)	To: 17745713150 Sam Boardman	It didn't work but theres an option below it that says "erase all content and settings". Should I press that?		File System (3)	
2181	SMS Messages	Incoming	6/8/2014	6/8/2014 10:34:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	
2182	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:36:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay it's loading. But my question is that I'm starting to like write poems and just little doodles of words and stuff and I was wondering if maybe you'd wanna read some when you visit?		File System (3)	
2183	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:39:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I think I did it!!		File System (3)	
2184	SMS Messages	Incoming	6/8/2014	6/8/2014 10:41:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Good! I should have tried that earlier! And if u want me to, I think it would be a good thing for u to write		File System (3)	
2185	SMS Messages	Incoming	6/8/2014	6/8/2014 10:41:55 PM(UTC-4)	From: 7745713150 Sam Boardman	In ur spare time		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2186	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:43:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah it literally started the whole thing over like it's asking me what language I want it to be in haha. But yeah I do want you to and I think it would be too		File System (3)	
2187	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:44:55 PM(UTC-4)	To: 17745713150 Sam Boardman	When would you be able to visit with your work schedule tho?		File System (3)	
2188	SMS Messages	Incoming	6/8/2014	6/8/2014 10:47:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah that's good! Lexie can then put her number on it and stuff. And I think I could on Sunday. It's always up in the air with me tho as u know haha it's so hard to commit to things in the future		File System (3)	
2189	SMS Messages	Outgoing	6/8/2014	6/8/2014 10:49:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good so I did it right yay! But yeah haha I know. I can call you sometime this week and we can figure it out		File System (3)	
2190	SMS Messages	Incoming	6/8/2014	6/8/2014 11:07:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly. Goodnight tho, good luck tomorrow! Go in open minded and accept the help u are being given. U can do it		File System (3)	
2191	SMS Messages	Outgoing	6/8/2014	6/8/2014 11:12:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much Sam I really appreciate it. I don't think I'd be able to do this without you and the help and support you've given me so thank you for everything. Good night sweet dreams		File System (3)	
2192	SMS Messages	Outgoing	6/9/2014	6/9/2014 7:50:46 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm getting really nervous		File System (3)	
2193	SMS Messages	Outgoing	6/9/2014	6/9/2014 8:10:57 AM(UTC-4)	To: 17745713150 Sam Boardman	Tell Lex she can come get the phone anytime		File System (3)	
2194	SMS Messages	Incoming	6/9/2014	6/9/2014 8:49:01 AM(UTC-4)	From: 7745713150 Sam Boardman	You will be fine, have an open mind and let ur personality shine through		File System (3)	
2195	SMS Messages	Incoming	6/9/2014	6/9/2014 8:49:07 AM(UTC-4)	From: 7745713150 Sam Boardman	And I will		File System (3)	
2196	SMS Messages	Outgoing	6/9/2014	6/9/2014 8:51:15 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you that's good advice, I'll try my hardest. I don't think I can have my phone so I'll call you sometime this week to talk and stuff		File System (3)	
2197	SMS Messages	Incoming	6/9/2014	6/9/2014 8:56:26 AM(UTC-4)	From: 7745713150 Sam Boardman	Okay sounds good!		File System (3)	
2198	SMS Messages	Outgoing	6/9/2014	6/9/2014 9:00:16 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay! Have good days at school/ work haha and DRIVE SAFE ☐		File System (3)	
2199	SMS Messages	Incoming	6/9/2014	6/9/2014 9:06:30 AM(UTC-4)	From: 7745713150 Sam Boardman	Thank you girl		File System (3)	
2200	SMS Messages	Outgoing	6/9/2014	6/9/2014 9:08:54 AM(UTC-4)	To: 17745713150 Sam Boardman	Haukuna Matata :)		File System (3)	
2201	SMS Messages	Outgoing	6/9/2014	6/9/2014 9:10:27 AM(UTC-4)	To: 17745713150 Sam Boardman	That was really gay hahhaa		File System (3)	
2202	SMS Messages	Outgoing	6/19/2014	6/19/2014 7:08:41 PM(UTC-4)	To: 17745713150 Sam Boardman	So my mom brought my phone for visiting hours so I'll talk to you on here for a bit		File System (3)	
2203	SMS Messages	Incoming	6/19/2014	6/19/2014 7:56:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi, Lexie was just over for deca so I could text		File System (3)	
2204	SMS Messages	Outgoing	6/19/2014	6/19/2014 7:57:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay are you ready for it?		File System (3)	
2205	SMS Messages	Incoming	6/19/2014	6/19/2014 7:57:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Ya		File System (3)	
2206	SMS Messages	Outgoing	6/19/2014	6/19/2014 7:58:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Good you're gonna do great		File System (3)	
2207	SMS Messages	Incoming	6/19/2014	6/19/2014 8:00:08 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought u ment ready for what u had to tell me. I'm not really ready for my presentation		File System (3)	
2208	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:03:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh haha sorry. Yeah I meant with the presentation. You'll do fine I know you will, you have a great project and you know the information and your passionate about it which is awesome. Just be passionate, that's what Mr. Dow wants to see haha you got it.		File System (3)	
2209	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:23:22 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have 2 things to tell u but I can tell you tomorrow because I want u to study tonight		File System (3)	
2210	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:27:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that okay?		File System (3)	
2211	SMS Messages	Incoming	6/19/2014	6/19/2014 8:29:09 PM(UTC-4)	From: 7745713150 Sam Boardman	That might be easier		File System (3)	
2212	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:29:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh haha sorry. Yeah I meant with the presentation. You'll do fine I know you will, you have a great project and you know the information and your passionate about it which is awesome. Just be passionate, that's what Mr. Dow wants to see haha you got it.		File System (3)	
2213	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:30:25 PM(UTC-4)	To: 17745713150 Sam Boardman	And I have 2 things to tell u but I can tell you tomorrow because I want u to study tonight		File System (3)	
2214	SMS Messages	Outgoing	6/19/2014	6/19/2014 8:31:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Shit sorry idk why things are sending twice I have scrappy service on this phone. But okay yeah do u wanna text me when you can tomorrow ?		File System (3)	
2215	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:03:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't really know how to tell you tho		File System (3)	
2216	SMS Messages	Incoming	6/19/2014	6/19/2014 9:04:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Just tel me now, I gave up on studying		File System (3)	
2217	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:06:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Its about Alice		File System (3)	
2218	SMS Messages	Incoming	6/19/2014	6/19/2014 9:07:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay explain		File System (3)	
2219	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:08:13 PM(UTC-4)	To: 7745713150 Sam Boardman	Idk if I should just tell u in person		File System (3)	
2220	SMS Messages	Incoming	6/19/2014	6/19/2014 9:09:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok well do whatever u want		File System (3)	
2221	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:09:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I'm coming home Saturday so maybe we can do something?		File System (3)	
2222	SMS Messages	Incoming	6/19/2014	6/19/2014 9:10:35 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't this weekend		File System (3)	
2223	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:10:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh		File System (3)	
2224	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:12:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll just tell u now then		File System (3)	
2225	SMS Messages	Incoming	6/19/2014	6/19/2014 9:16:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok		File System (3)	
2226	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:17:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Do u want the whole story?		File System (3)	
2227	SMS Messages	Incoming	6/19/2014	6/19/2014 9:17:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Ya sure		File System (3)	
2228	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:22:45 PM(UTC-4)	To: 17745713150 Sam Boardman	You're the only one who's about to know this so promise me you won't tell anyone?		File System (3)	
2229	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:27:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I've never told anyone the full story		File System (3)	
2230	SMS Messages	Incoming	6/19/2014	6/19/2014 9:28:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes i promise, u can tell me		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2231	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:41:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you I trust you. So you probably know that we were best friends. Like really close did everything together that kinda thing. But it wasn't like a normal friendship. I thought it was a phase at first like I thought we were just really good friends. But we started talking like a relationship would, flirting and stuff. And it wasn't awkward like Idk it felt normal with her because she felt the same way. We liked each other and I knew I wasn't gay like I know I like guys Im straight. So I thought maybe I was bi but I realized I'm not because it's only her. I would never have feelings for another girl it was only her that I felt that way about, I've never liked another girl in that way besides her. So she really messed me up because for a while I was confused and if her mom never made us stop talking, we may have taken it further idk. So now u know how close we were, and then in the middle of it all, her mom told Alice to stop talking to me because I apparently "was getting Alice in trouble too much". How did I get her in trouble? Well strike one was when she slept over and we woke up my dad at like 12am playing ball outside and my dad jokingly told her mom about it but I guess she thought that was bad. So that was strike one. Strike 2 was when I slept over Alice's house and we woke up at 2am to get cereal and woke up her dad when he had to get up early to work. So that was apparently wicked bad. And then strike 3 was when she accidentally called me at like 2am and I missed the call so I called back but I called her home phone instead of her cell and her mom picked up and found out it was me and then she also found out Alice called me first after Alice lied and said she didn't. So those 3 things were apparently so bad that her mom made us stop talking that stupid bitch. And we were on the same team so at softball whenever her mom was around we couldn't be near each other and it just got so hard for us that Alice made a fake fbok account and we chatted on		File System (3)	
2232	SMS Messages	Incoming	6/19/2014	6/19/2014 9:46:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I think I already knew that. I don't remember how tho. Do u still feel that way about her?		File System (3)	
2233	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:47:43 PM(UTC-4)	To: 17745713150 Sam Boardman	There secretly for a while until her sneaky ass mom caught us so that was basically crossing the line. So now her mom really made us stop all contact and stuff and hovered over us at games to make sure we had no interaction and that was so hard because like we were so close and stuff. And this was when I was still dealing with anorexia kinda like Alice helped me recover so I got even more depressed and she got depressed because we couldn't talk and I tried helping her thru the fake fbok account and stuff but when that got taken away I only could talk to her at games which was almost impossible. I avoided every team situation where she was around because I didn't want her to get in trouble. So she stared having fun again and stuff with the team and I had to sit alone and watch. And then she made new friends and basically blocked me out of her life and avoided me because she knew her mom was never ginna let us talk again		File System (3)	
2234	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:51:12 PM(UTC-4)	To: 17745713150 Sam Boardman	And she never apologized like she just left me. She blocked me on all social media sites and if I try to text her She won't answer and its just frustrating because of everything we've been thru and stuff....how did you know that??		File System (3)	
2235	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:52:07 PM(UTC-4)	To: 17745713150 Sam Boardman	And kinda yeah idk		File System (3)	
2236	SMS Messages	Incoming	6/19/2014	6/19/2014 9:54:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Her mom probably just was afraid and didn't want her daughter to be different. That's really hard, but maybe for Alice that was just a phase, you know? Like maybe it's better for her to not talk to u because she's not interested in girls anymore and her mom might have like brain washed her. And idk who told me that tho, but it's nothing u need to hide. I don't care of people are bi. My friend Kemba is bi and it made no difference in our friendship		File System (3)	
2237	SMS Messages	Outgoing	6/19/2014	6/19/2014 9:59:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's what I think. It just makes me mad tho like she should let her like whoever she wants. And yeah I think it was a phase for her because I mean we started to kinda be friends again and shed tell me about guys she liked but then we stopped because it just wasn't the same. And she said really mean things to me and stuff because she was trying to deny the fact that she liked me but it was really obvious in our convos and actions...like what we did		File System (3)	
2238	SMS Messages	Incoming	6/19/2014	6/19/2014 10:02:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Why what would she say? Are u sure she felt the same way? And do u still think about her like now?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2239	SMS Messages	Outgoing	6/19/2014	6/19/2014 10:09:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm 100% sure she felt the same way. I can show u conversations if u want sometime idc. We said things that weren't what "just friends" would say to each other and did things that "just friends" wouldn't do... and yeah I do think about her. Like a lot and its hard because I know she's moved on but I haven't. Like there's a quote that says "never give up on something you can't go a day without thinking about" but I need to give up. Its not even that I would want what we had like be the relationship type that we were, I just wanna be some kinda friend again. At least say hi and catch up you know? But I know she would never want that. This is weird but I even check her Twitter to make sure she's okay haha. Not that I can even do anything but idk, I'm just watching her life thru pictures now and its really hard for me		File System (3)	
2240	SMS Messages	Incoming	6/19/2014	6/19/2014 10:20:40 PM(UTC-4)	From: 7745713150 Sam Boardman	I think you want somethig that is in the past. And even if u were to talk to her, it wouldn't be the same. Like how when couples break up and you like cry over what you lost, but in reality, all the good times are in the past. If it was ment to be, it would be, ya know? You both were very different people back then and of course things would be different now. I see how it's hard tho. U havnt felt that way about other girls tho? Like do u think ur bi now?		File System (3)	
2241	SMS Messages	Outgoing	6/19/2014	6/19/2014 10:28:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right I just don't know how to move on from it. I talked with my therapist today about it. And yeah that's what's sad I know it won't be the same. I like never cry about things but I cry over her. I cried telling my therapist about her today. Idk why she has such a big impact on me she just does. And I hate myself so much Sam because I didn't even cry at my Grammie funeral when everyone else was and I loved my Grammie so much I just couldn't cry. But then the next day I cried because I was mad that Alice didn't come to the wake when she knew she died. Its that kinda thing that I don't understand. And she was the reason I quit softball because I felt like I couldn't play if she wasn't on my team anymore. And that was a huge mistake because I miss it so much. I let her take control of my life basically. I grew apart from a lot of people because I was always with her When people would ask to hang out. And I think she's a big reason why I am the way I am because I'm so afraid of losing people that mean so much to me. Im not as confident as I used to be I'm a lot different. And no I haven't I don't think so. I mean besides Lea Michele haha but no I never liked another girl. Idk if I'm bi tho like I really don't know because liking Alice was more than a phase for me if I still have these feelings for her you know?		File System (3)	
2242	SMS Messages	Outgoing	6/19/2014	6/19/2014 10:30:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you gonna tell her any of this? Please don't she will kill me		File System (3)	
2243	SMS Messages	Outgoing	6/19/2014	6/19/2014 10:49:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I was afraid to tell you this because I didn't know what you'd think but I might as well...Like we even kissed and stuff so that's kinda how I know it was obvious too. That's also why I guess im confused if I'm bi. But at the same time I don't think I am because I wouldn't think of kissing and stuff with another girl I just wouldn't do that, I don't think about girls like that at all. I think about guys when it comes to that		File System (3)	
2244	SMS Messages	Outgoing	6/20/2014	6/20/2014 6:29:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
2245	SMS Messages	Outgoing	6/20/2014	6/20/2014 10:13:00 PM(UTC-4)	To: 17745713150 Sam Boardman	I shouldn't have told you that I'm sorry		File System (3)	
2246	SMS Messages	Incoming	6/20/2014	6/20/2014 10:49:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi I fell asleep last night! And I was out all day and then worked. It's not like I would intentionally not answer. I read it when I was getting ready for school and forgot to answer		File System (3)	
2247	SMS Messages	Outgoing	6/20/2014	6/20/2014 10:53:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey yeah I figured you were busy and couldn't get around to answer its okay. I just reread it and kinda freaked out because I didn't know what you thought and I didn't know if I should have told you that but I trust you I just idk I kept that a secret because I was scared		File System (3)	
2248	SMS Messages	Incoming	6/20/2014	6/20/2014 10:54:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes u can trust me. It's a good thig to get off your chest. What did r therapist have to say		File System (3)	
2249	SMS Messages	Outgoing	6/20/2014	6/20/2014 10:57:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I just told her about like the whole situation of us not being able to talk and how hard it was because we were best friends. I didn't tell her that we liked each other because I'm like ashamed I guess. You're the only one I've told about that		File System (3)	
2250	SMS Messages	Incoming	6/20/2014	6/20/2014 11:04:45 PM(UTC-4)	From: 7745713150 Sam Boardman	There's nothing to be ashamed about. It's more normal than u think. I knew we didn't really get to talk but I'm falling asleep. Il talk to u tomorrow! Goodnight!		File System (3)	
2251	SMS Messages	Outgoing	6/20/2014	6/20/2014 11:09:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha yeah I know it's late. But yeah text me tomorrow when you can! Thank you for helping me figure this all out and for listening I can't thank you enough. good night sweet dreams!		File System (3)	
2252	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:31:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2253	SMS Messages	Incoming	6/22/2014	6/22/2014 7:32:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's up		File System (3)	
2254	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:35:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Nothing you?		File System (3)	
2255	SMS Messages	Incoming	6/22/2014	6/22/2014 7:37:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Just trying to study, u basically have given up		File System (3)	
2256	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:38:11 PM(UTC-4)	To: 17745713150 Sam Boardman	What final are you studying for?		File System (3)	
2257	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:49:37 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanted to talk but if you need to study then I want you to study		File System (3)	
2258	SMS Messages	Incoming	6/22/2014	6/22/2014 7:50:14 PM(UTC-4)	From: 7745713150 Sam Boardman	What is it		File System (3)	
2259	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:50:55 PM(UTC-4)	To: 7745713150 Sam Boardman	Just like what we were talking about the other day		File System (3)	
2260	SMS Messages	Incoming	6/22/2014	6/22/2014 7:53:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Like what		File System (3)	
2261	SMS Messages	Outgoing	6/22/2014	6/22/2014 7:58:24 PM(UTC-4)	To: 17745713150 Sam Boardman	ldk I'm just confused		File System (3)	
2262	SMS Messages	Incoming	6/22/2014	6/22/2014 8:05:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Explain		File System (3)	
2263	SMS Messages	Outgoing	6/22/2014	6/22/2014 8:11:56 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't know if I'm bi or not like I don't think I am because I only felt that way with Alice, but then again I've never had another friendship like the one me and Alice had so I wouldn't know		File System (3)	
2264	SMS Messages	Incoming	6/22/2014	6/22/2014 8:28:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Well you will know when u get those feelings again. For now, it doesn't even matter, you know? Like just see what happens. U don't have to like girls just cus u might be bi, like maybe u will realize u are when u meet someone else like that		File System (3)	
2265	SMS Messages	Outgoing	6/22/2014	6/22/2014 8:36:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right thank you. Like I'm almost dating Conrad again so theres that haha. I see him in my life forever like I know we will probably get married which is weird and way too soon to say because I'm gonna meet so many other people and we probably won't get married but right now I see it that way so I know I like guys too because I see myself with one. But yeah I guess I'm just scared if I have another relationship like the one I had with Alice and that girl is actually gay or bi. I'm scared of what would happen. Like me and Alice kissed and stuff and it didn't feel weird so that's also why I'm confused		File System (3)	
2266	SMS Messages	Incoming	6/22/2014	6/22/2014 8:40:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Who is Conrad anyways? Like when was the last one you saw him. And don't be scared. I have a feig tht if u meet the right person, u will know and won't be scared		File System (3)	
2267	SMS Messages	Outgoing	6/22/2014	6/22/2014 8:51:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you Sam, that's true because like I wasn't scared with Alice like I liked her and she liked me and I wasn't afraid of having a relationship with her so your right. And he's my ex, we dated on and off for like 2 years and he's cheated on me in the past and didn't treat me very nice which is why none of my friends like him but I forgive him. Hes suicidal and has severe depression and social anxiety which is the bad part but I'm the only one he has and he needs me. I mean it's not helping that I'm kinda going thru my own stuff but if I leave him he will probably kill himself and it would be all my fault. I'm keeping him alive basically. Like I love him because of everything we've been thru and stuff and that's not gonna change, but sometimes idk how to handle his needs and stuff like he tells me all these thoughts he has and I literally get so scared. If he kills himself I'll be a mess		File System (3)	
2268	SMS Messages	Outgoing	6/22/2014	6/22/2014 8:54:37 PM(UTC-4)	To: 17745713150 Sam Boardman	And last time I saw him was in August. But he's apologized for not hanging out as much as we should and stuff and said he wants to hangout a lot more. He wants to hangout tomorrow		File System (3)	
2269	SMS Messages	Outgoing	6/22/2014	6/22/2014 9:37:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry for saying so much about him that wasn't necessary sorry but Sam I guess I'm just scared that you think of me differently now like I don't want our friendship to be affected or anything		File System (3)	
2270	SMS Messages	Incoming	6/22/2014	6/22/2014 9:43:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I think that u talking to Conrad isn't good for you. that's just me tho. And I don't see how Ivan have a relationship with someone u havnt really even talked to in person. Like do u think it would be weird if u saw him?		File System (3)	
2271	SMS Messages	Outgoing	6/22/2014	6/22/2014 9:47:51 PM(UTC-4)	To: 17745713150 Sam Boardman	I know it's not good for me but idk how to stop you know? Especially bc if I don't talk to him, Im gonna be responsible for what happens to him. And I mean we talk on the phone a lot but yeah in person is way different but when we do hangout it's not that weird but yeah it is a little. He used to always wanna have sex like he'd pressure me, that's kinda why we didn't hangout that much because I wasn't ready		File System (3)	
2272	SMS Messages	Incoming	6/22/2014	6/22/2014 9:49:21 PM(UTC-4)	From: 7745713150 Sam Boardman	How many times have u like met him?		File System (3)	
2273	SMS Messages	Outgoing	6/22/2014	6/22/2014 11:02:57 PM(UTC-4)	To: 17745713150 Sam Boardman	But thank you for this talk tonight I really appreciate your help. Good night, and good luck on finals tomorrow you'll do great!! And I have a question so when you can answer just text me		File System (3)	
2274	SMS Messages	Outgoing	6/25/2014	6/25/2014 12:10:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey do you want to hangout on Friday?		File System (3)	
2275	SMS Messages	Outgoing	6/25/2014	6/25/2014 9:38:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you still work at Twists during the day?		File System (3)	
2276	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:00:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg...☹️ haha thanks for sending me that		File System (3)	
2277	SMS Messages	Incoming	6/25/2014	6/25/2014 10:02:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Yup! If they are gonna try and make me work like everyday, ima say something. I'll see how it goes		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2278	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:05:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I would too that is ruthless! Not slightly ruthless, very. So are you gonna try to change it or do you mean like you don't want this to become a weekly pattern?		File System (3)	
2279	SMS Messages	Incoming	6/25/2014	6/25/2014 10:08:13 PM(UTC-4)	From: 7745713150 Sam Boardman	If they put me on too much next week then I'm gonna tell them I can't do that		File System (3)	
2280	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:11:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Good because yeah thats way too much		File System (3)	
2281	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:13:40 PM(UTC-4)	To: 17745713150 Sam Boardman	I have a surprise for you haha		File System (3)	
2282	SMS Messages	Incoming	6/25/2014	6/25/2014 10:15:09 PM(UTC-4)	From: 7745713150 Sam Boardman	What? And how are u doing, like has your eating rutine improved since you got back?		File System (3)	
2283	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:23:50 PM(UTC-4)	To: 17745713150 Sam Boardman	If I told you it wouldn't be a surprise ha. And thank you for asking, but honestly I'm still kinda having a hard time. Proobably because I wasn't there long enough which is why I might go back. But I'm trying to prevent that and use all the stuff I learned to help me, but ever since that lady told me I was overweight, I've been really anxious around food. Like Im really healthy conscious and try not to eat as much and I'm joining a new gym tomorrow. But my binges have gotten a little better, Im able to stay away from a lot of the junk which is good. I learned that after I eat, I need to sit there for 10 mins to really let myself feel full instead of just eating more without thinking it thru. And I need to leave my house a lot after I eat and stay busy or else I'll lose control. I have a hard time with that part		File System (3)	
2284	SMS Messages	Incoming	6/25/2014	6/25/2014 10:29:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha iv mentioned that to u before, like it's easier for me when I wake up, eat breakfast, to gym, lunch, twist all day, dinner, black cow. (Snacks in between obvi, can't resist the twist specials). U jut gotta stay occupied. And if that lady sayig that ur overweight makes u anxious jut remember the best way to lose weight is to eat healthy and not to starve because that never gets anywhere		File System (3)	
2285	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:36:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know which is why I'm mad I didn't listen to you before because you were absolutely right, not that I ever doubted you, I was just stubborn because of the disorder. But yeah I found that works so I need to try hard everyday to stay occupied. Hahah yeah those twist specials sound delicious. And I know starving makes it worse, I need to understand that. I have an outpatient nutritionist now who I really like. She gave me a good meal plan, I just have to follow it. Eating breakfast is the hardest part for me, I haven't been eating it lately. But I also have a therapist too who I don't really like I kinda a want to change to a new one. This would be my 7th one haha but if the connections not there, you need to switch to find it or else it won't help because you won't open up		File System (3)	
2286	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:44:16 PM(UTC-4)	To: 17745713150 Sam Boardman	And especially now that I have more to open up about, I need to find someone I'm comfortable talking about things with so they can help me figure things out. I have appointments with both of them tomorrow		File System (3)	
2287	SMS Messages	Incoming	6/25/2014	6/25/2014 10:51:44 PM(UTC-4)	From: 7745713150 Sam Boardman	make sure ur telling them that you arnt eating breakfast so they can help! I'm going to bed tho, goodnight!		File System (3)	
2288	SMS Messages	Outgoing	6/25/2014	6/25/2014 10:55:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Already planning on it haha. But okay and I have 2 questions I have to ask you! I'll ask you tomorrow? Good night I hope you had a good day!		File System (3)	
2289	SMS Messages	Incoming	6/26/2014	6/26/2014 9:20:35 AM(UTC-4)	From: 7745713150 Sam Boardman	k/ ! _____ S	Yes	File System (3)	
2290	SMS Messages	Incoming	6/26/2014	6/26/2014 9:20:36 AM(UTC-4)	From: 7745713150 Sam Boardman	Yay!! I'm so happy for u!!		File System (3)	
2291	SMS Messages	Outgoing	6/26/2014	6/26/2014 9:25:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha thank you ☐		File System (3)	
2292	SMS Messages	Outgoing	6/26/2014	6/26/2014 9:31:13 AM(UTC-4)	To: 17745713150 Sam Boardman	This is kinda weird haha but what time is your lunch break on Saturday? Don't ask why		File System (3)	
2293	SMS Messages	Outgoing	6/26/2014	6/26/2014 8:15:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam can I call you?		File System (3)	
2294	SMS Messages	Incoming	6/26/2014	6/26/2014 10:43:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Hi I'm sorry, I can't really talk		File System (3)	
2295	SMS Messages	Outgoing	6/26/2014	6/26/2014 10:45:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Don't be sorry, its okay		File System (3)	
2296	SMS Messages	Outgoing	6/27/2014	6/27/2014 10:12:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you working at the cow tomorrow night?		File System (3)	
2297	SMS Messages	Outgoing	6/27/2014	6/27/2014 10:22:25 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm jw because I might go haha I've never been before		File System (3)	
2298	SMS Messages	Outgoing	7/1/2014	7/1/2014 1:09:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey do you wanna hangout ?		File System (3)	
2299	SMS Messages	Incoming	7/1/2014	7/1/2014 1:20:22 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't today I'm at te beachhhh but wanna tomorrow		File System (3)	
2300	SMS Messages	Outgoing	7/1/2014	7/1/2014 1:25:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh fun ha it's okay. And yeah if I don't have appointments I have to check		File System (3)	
2301	SMS Messages	Outgoing	7/1/2014	7/1/2014 1:37:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you interested in being in a parade in a fire truck?		File System (3)	
2302	SMS Messages	Incoming	7/1/2014	7/1/2014 1:38:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes!?		File System (3)	
2303	SMS Messages	Incoming	7/1/2014	7/1/2014 1:38:54 PM(UTC-4)	From: 7745713150 Sam Boardman	And we should go to twist and get lunch		File System (3)	
2304	SMS Messages	Outgoing	7/1/2014	7/1/2014 1:42:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahha well my twin uncles are firemen and every year they are in the Walpole parade for the 4th, they drive the trucks and they always ask me and Colie if we want to ride in them in the parade...so I was wondering if you wanna come with me?! AND YEAH THAT SOUNDS GREAT!		File System (3)	
2305	SMS Messages	Outgoing	7/1/2014	7/1/2014 3:09:03 PM(UTC-4)	To: 17745713150 Sam Boardman	This is Thursday		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2306	SMS Messages	Incoming	7/1/2014	7/1/2014 4:14:16 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm goin to the cape for the third and workin on the fourthly		File System (3)	
2307	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:29:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh so nvm then		File System (3)	
2308	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:32:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Where are you working on the fourth?		File System (3)	
2309	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:37:19 PM(UTC-4)	To: 17745713150 Sam Boardman	We can hangout tomorrow. Do you wanna stay the night and camp out in a tent in the backyard hahaha? Lexie can come too		File System (3)	
2310	SMS Messages	Incoming	7/1/2014	7/1/2014 4:47:51 PM(UTC-4)	From: 7745713150 Sam Boardman	The black cow ☺ Abd I'm workin the next two nights so that I'll be off on the third		File System (3)	
2311	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:49:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Gotcha, well would you wanna do that another time?		File System (3)	
2312	SMS Messages	Incoming	7/1/2014	7/1/2014 4:54:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess i love camping! (Even in a backyard)		File System (3)	
2313	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:55:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay yay! And I have a fire pit and pool so we can make smores and swim and stuff!		File System (3)	
2314	SMS Messages	Outgoing	7/1/2014	7/1/2014 4:57:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanna make it the full camping experience...backyard edition		File System (3)	
2315	SMS Messages	Incoming	7/1/2014	7/1/2014 4:58:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Ya that sounds fun!		File System (3)	
2316	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:01:05 PM(UTC-4)	To: 17745713150 Sam Boardman	So tomorrow, you still wanna do something ?		File System (3)	
2317	SMS Messages	Incoming	7/1/2014	7/1/2014 5:01:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha yes! Not gonna lie, I'm pretty boss at toasting mellows by the fire		File System (3)	
2318	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:03:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha well I like mine when they catch on fire so to me I'm FLAMEtastic ;)		File System (3)	
2319	SMS Messages	Incoming	7/1/2014	7/1/2014 5:04:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Ull see, you will love it		File System (3)	
2320	SMS Messages	Incoming	7/1/2014	7/1/2014 5:04:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes me Nikki u and lex are gettin lunch. Nikki is like obsessed with twist, it literally has THE BEST lunches around and they are healthy too and all organic		File System (3)	
2321	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:08:04 PM(UTC-4)	To: 17745713150 Sam Boardman	You really want me to go with you guys? And haha yes that's my type of restaurant! I've always wanted to go and like surprise you but I didn't know if you'd like that		File System (3)	
2322	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:08:33 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm still loling at my little pun haha		File System (3)	
2323	SMS Messages	Incoming	7/1/2014	7/1/2014 5:16:16 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha ohh Michelle,too punny. And yeah I mean it's kinda far from ur house but we can always meet half way or somethin		File System (3)	
2324	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:17:09 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't live that far away from Nikki tho		File System (3)	
2325	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:17:20 PM(UTC-4)	To: 17745713150 Sam Boardman	And good one☐		File System (3)	
2326	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:28:40 PM(UTC-4)	To: 17745713150 Sam Boardman	I owe you like \$15 for gas anyways		File System (3)	
2327	SMS Messages	Incoming	7/1/2014	7/1/2014 5:29:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Noo I don't need gas money haha. And yeah maybe Nikki can get u or something idk yet tho		File System (3)	
2328	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:30:24 PM(UTC-4)	To: 17745713150 Sam Boardman	You don't know what yet?		File System (3)	
2329	SMS Messages	Incoming	7/1/2014	7/1/2014 5:32:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Like who's driving and stuff		File System (3)	
2330	SMS Messages	Outgoing	7/1/2014	7/1/2014 5:32:43 PM(UTC-4)	To: 7745713150 Sam Boardman	Oh okay well if it makes it easier, I can get dropped off at nikkis I don't mind		File System (3)	
2331	SMS Messages	Outgoing	7/1/2014	7/1/2014 10:20:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so what's the plan?		File System (3)	
2332	SMS Messages	Incoming	7/1/2014	7/1/2014 10:31:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Someone just asked me to cover them Tomoorw at twist ☺ I kinda have to, and even if I didn't, I can't show up to eat there after I said I couldn't work		File System (3)	
2333	SMS Messages	Outgoing	7/1/2014	7/1/2014 10:35:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay yeah I understand that		File System (3)	
2334	SMS Messages	Incoming	7/1/2014	7/1/2014 10:36:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't even want to work		File System (3)	
2335	SMS Messages	Outgoing	7/1/2014	7/1/2014 10:37:04 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want you to either☐		File System (3)	
2336	SMS Messages	Outgoing	7/1/2014	7/1/2014 10:37:21 PM(UTC-4)	To: 17745713150 Sam Boardman	What time is your shift?		File System (3)	
2337	SMS Messages	Outgoing	7/1/2014	7/1/2014 11:05:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you answer this honestly: Do you think that I'll ever get over my struggle with eating disorders? Its been 4 years and I'm just afraid I'm gonna be this way my whole life		File System (3)	
2338	SMS Messages	Incoming	7/1/2014	7/1/2014 11:11:10 PM(UTC-4)	From: 7745713150 Sam Boardman	I think that it's something that will always be there, like thinking about food, but somethig that will be better. Like idk if I or people think that I'm over my issues with food, cus I'm not. I over analyze everything and constantly plan my meals and what to eat and stuff. But it doest controll me anymore. I think that's something that will get to u gradually		File System (3)	
2339	SMS Messages	Outgoing	7/1/2014	7/1/2014 11:16:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah, thank you that was very honest and helpful. I'm happy I'm not alone with this, like I'm happy you understand. I do the same things you do Sam, I over analyze and plan out my meals and everything too. But it does control me, and that's what will take time to get over. But I want you to know that I understand you, like people can say they understand and try to help but I really do understand what goes thru your mind, and if you ever wanna talk about it, I'm always here for you		File System (3)	
2340	SMS Messages	Incoming	7/1/2014	7/1/2014 11:24:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank u. And yeah like I think to just gets easier as u go. Like I don't binge nearly at all anymore, or like 1 or two times a week. I binged more before cus my body always craved food even if I thought I was full. I learned a couple tricks for binging too, like now I know I can't eat any carbs after dinner (like chips or cereal or granola) cus I will binge on them. Always would.		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2341	SMS Messages	Outgoing	7/1/2014	7/1/2014 11:36:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Always, and yeah I hope you're right about getting easier, I have hope it just gets hard when bad days happen. And I'm so proud and happy for you Sam I really am. Eating disorders are extremely hard to break, I would know haha. And especially how you overcame it in a relatively short time, it's amazing. I'm so happy you didn't get sucked into it for too long, because that's when the damage really hits and it can seem impossible to break. But you're right about your body craving the food, It was so hungry from you starving yourself that it was begging for a binge. When you binge next time and its hard for you, you can let me know I'll be glad to help you. I'm good with words and advice, but I don't listen to what I say myself. I'm happy you found out those tricks! I have the same problem actually haha I can't eat any of that after dinner either because I'll binge too. I learned a lot of tricks and things about myself at McLean that I can and can't do around food too, which is kinda helping me. I just have to act upon it.		File System (3)	
2342	SMS Messages	Incoming	7/1/2014	7/1/2014 11:51:00 PM(UTC-4)	From: 7745713150 Sam Boardman	If u call two years a short time haha. It was binge eatin before it was anything. But if u can listen to ur own advice ud be on a good foot. Goodnight tho!		File System (3)	
2343	SMS Messages	Outgoing	7/1/2014	7/1/2014 11:57:16 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't know it was 2 years I'm sorry. I'm stupid for saying that. I didn't know you binged before becoming anorexic basically. I'm sorry I didn't realize that but it still doesn't make me any less proud of you. I'm always here to help you when you need it. And yeah I wish haha but it will never happen. Good night, and btw I might stop by twists for lunch tomorrow anyways		File System (3)	
2344	SMS Messages	Outgoing	7/6/2014	7/6/2014 9:55:44 AM(UTC-4)	To: 17745713150 Sam Boardman	Thursday?		File System (3)	
2345	SMS Messages	Incoming	7/6/2014	7/6/2014 10:13:59 AM(UTC-4)	From: 7745713150 Sam Boardman	Does Monday work?		File System (3)	
2346	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:14:25 AM(UTC-4)	To: 17745713150 Sam Boardman	Like tomorrow Monday?		File System (3)	
2347	SMS Messages	Incoming	7/6/2014	7/6/2014 10:14:55 AM(UTC-4)	From: 7745713150 Sam Boardman	Yess!		File System (3)	
2348	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:16:50 AM(UTC-4)	To: 17745713150 Sam Boardman	ldk if I can tomorrow I have to coach a camp from 8 to 3:30		File System (3)	
2349	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:27:50 AM(UTC-4)	To: 17745713150 Sam Boardman	I think Thursday is my free day but I can try to switch it if you want		File System (3)	
2350	SMS Messages	Incoming	7/6/2014	7/6/2014 10:47:04 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah we wouldn't be hanging until after that anyways		File System (3)	
2351	SMS Messages	Incoming	7/6/2014	7/6/2014 10:47:52 AM(UTC-4)	From: 7745713150 Sam Boardman	So there's no need to switch it		File System (3)	
2352	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:49:00 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay, what did you wanna do?		File System (3)	
2353	SMS Messages	Incoming	7/6/2014	7/6/2014 10:50:06 AM(UTC-4)	From: 7745713150 Sam Boardman	I thought u were Talking about the camping thing		File System (3)	
2354	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:57:48 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah we can do that! But like this is gonna sound stupid and pathetic but I don't think I'm gonna be at my best tomorrow, which is why I kinda wanted to do it Wednesday(I'm working half day) or Thursday, and I have a surprise I want to do earlier in the day		File System (3)	
2355	SMS Messages	Incoming	7/6/2014	7/6/2014 11:00:12 AM(UTC-4)	From: 7745713150 Sam Boardman	What do u meen ur best? Do u think u have to like not eat to hang with us?		File System (3)	
2356	SMS Messages	Outgoing	7/6/2014	7/6/2014 11:04:39 AM(UTC-4)	To: 17745713150 Sam Boardman	I had a bad last couple days with binging. And when I binge I don't feel at my best, like myself, for a day or 2 after. I won't get to have a good time because I'll be body conscious the whole time. I know how wrong and stupid that sounds but I can't help it		File System (3)	
2357	SMS Messages	Outgoing	7/6/2014	7/6/2014 11:36:00 AM(UTC-4)	To: 17745713150 Sam Boardman	Its not like I won't eat but I don't want to be off of a binge, I wanna be able to have the best time I can and have fun and be myself. This binging needs to stop because it prevents me from doing that. I'm sorry for being so pathetic		File System (3)	
2358	SMS Messages	Outgoing	7/6/2014	7/6/2014 5:33:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
2359	SMS Messages	Incoming	7/6/2014	7/6/2014 7:04:52 PM(UTC-4)	From: 7745713150 Sam Boardman	R u going to the fire works?		File System (3)	
2360	SMS Messages	Incoming	7/6/2014	7/6/2014 7:08:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Sorry I was at the beach with no service		File System (3)	
2361	SMS Messages	Outgoing	7/6/2014	7/6/2014 7:13:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Walpole? Well I was gonna but they got cancelled Thursday, and I was gonna go today but I'm about to go kayaking haha, which we will be doing when you come over apart of the camping experience		File System (3)	
2362	SMS Messages	Outgoing	7/6/2014	7/6/2014 7:16:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Maybe I'll go after. They're at 9 so maybe. Are you gonna be there?		File System (3)	
2363	SMS Messages	Incoming	7/6/2014	7/6/2014 7:17:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah me and lex are going		File System (3)	
2364	SMS Messages	Outgoing	7/6/2014	7/6/2014 7:18:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I might go and meet my cousin, ill let you know		File System (3)	
2365	SMS Messages	Outgoing	7/6/2014	7/6/2014 7:41:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you want me to come?		File System (3)	
2366	SMS Messages	Outgoing	7/6/2014	7/6/2014 9:02:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't think I can make it in time		File System (3)	
2367	SMS Messages	Incoming	7/6/2014	7/6/2014 9:03:14 PM(UTC-4)	From: 7745713150 Sam Boardman	It's ok		File System (3)	
2368	SMS Messages	Outgoing	7/6/2014	7/6/2014 9:10:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I was dressed all slutty with my hair down too haha	Yes	File System (3)	
2369	SMS Messages	Outgoing	7/6/2014	7/6/2014 9:16:55 PM(UTC-4)	To: 17745713150 Sam Boardman	So what day are you coming over	Yes	File System (3)	
2370	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:17:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I call you?	Yes	File System (3)	
2371	SMS Messages	Incoming	7/6/2014	7/6/2014 10:18:31 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not home	Yes	File System (3)	
2372	SMS Messages	Incoming	7/6/2014	7/6/2014 10:18:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I won't be home till after 12	Yes	File System (3)	
2373	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:21:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Well what dayyyyyyy	Yes	File System (3)	
2374	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:28:12 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry Im just planning my schedule and I need to know so I can chose the day I don't have to work the next morning		File System (3)	
2375	SMS Messages	Incoming	7/6/2014	7/6/2014 10:38:10 PM(UTC-4)	From: 7745713150 Sam Boardman	That's my work schedule		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2376	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:41:26 PM(UTC-4)	To: 17745713150 Sam Boardman	What time is close		File System (3)		
2377	SMS Messages	Incoming	7/6/2014	7/6/2014 10:43:32 PM(UTC-4)	From: 7745713150 Sam Boardman	10		File System (3)		
2378	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:44:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohhhh is this the cow?		File System (3)		
2379	SMS Messages	Outgoing	7/6/2014	7/6/2014 10:47:19 PM(UTC-4)	To: 17745713150 Sam Boardman	So how about Wednesday?		File System (3)		
2380	SMS Messages	Incoming	7/6/2014	7/6/2014 10:47:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah		File System (3)		
2381	SMS Messages	Incoming	7/6/2014	7/6/2014 11:00:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah lex works on Wednesday till 7 but we can afterthought		File System (3)		
2382	SMS Messages	Outgoing	7/6/2014	7/6/2014 11:00:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good		File System (3)		
2383	SMS Messages	Outgoing	7/6/2014	7/6/2014 11:03:27 PM(UTC-4)	To: 17745713150 Sam Boardman	You're gonna sleep over right ?		File System (3)		
2384	SMS Messages	Outgoing	7/6/2014	7/6/2014 11:16:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Like you still wanna camp out? Haha		File System (3)		
2385	SMS Messages	Outgoing	7/7/2014	7/7/2014 5:29:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I'm sorry I've just been having a really hard time the past week and I was gonna stop today but I just lost control and I feel gross and ashamed and just not myself at all		File System (3)		
2386	SMS Messages	Outgoing	7/7/2014	7/7/2014 7:03:23 PM(UTC-4)	To: 17745713150 Sam Boardman	I still want you guys to come over, I just don't know how I'm gonna feel		File System (3)		
2387	SMS Messages	Outgoing	7/7/2014	7/7/2014 9:26:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam		File System (3)		
2388	SMS Messages	Incoming	7/7/2014	7/7/2014 9:27:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Iv been busy I'm sorry		File System (3)		
2389	SMS Messages	Outgoing	7/7/2014	7/7/2014 9:27:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay		File System (3)		
2390	SMS Messages	Incoming	7/7/2014	7/7/2014 9:34:27 PM(UTC-4)	From: 7745713150 Sam Boardman	If u don't want to hang I understand		File System (3)		
2391	SMS Messages	Outgoing	7/7/2014	7/7/2014 9:45:15 PM(UTC-4)	To: 17745713150 Sam Boardman	No I do though I really do, I miss you guys. Its just so exhausting and stupid that my issue is holding me back from everything. I thought I was getting better but I'm not		File System (3)		
2392	SMS Messages	Outgoing	7/7/2014	7/7/2014 9:47:21 PM(UTC-4)	To: 17745713150 Sam Boardman	If you don't want to hang then you can tell me		File System (3)		
2393	SMS Messages	Outgoing	7/7/2014	7/7/2014 10:03:38 PM(UTC-4)	To: 17745713150 Sam Boardman	I want to tho Sam, like I need to. You and Lex are the only people who actually help me forget I have a problem, and you don't know how much that means to me		File System (3)		
2394	SMS Messages	Outgoing	7/8/2014	7/8/2014 12:30:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes or no my mom wants to know		File System (3)		
2395	SMS Messages	Outgoing	7/8/2014	7/8/2014 12:54:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I do want to, I'm sorry if I made it seem like I didn't		File System (3)		
2396	SMS Messages	Incoming	7/8/2014	7/8/2014 1:10:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Tomorrow? Yea we can		File System (3)		
2397	SMS Messages	Outgoing	7/8/2014	7/8/2014 1:17:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you still want to?		File System (3)		
2398	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:08:50 PM(UTC-4)	To: 17745713150 Sam Boardman	What time 7 right? Is Lexie still coming too?		File System (3)		
2399	SMS Messages	Incoming	7/8/2014	7/8/2014 4:16:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Like 7:30 and yess		File System (3)		
2400	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:20:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay camping out right?		File System (3)		
2401	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:20:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Like should I set up the tent or do you wanna help do that haha		File System (3)		
2402	SMS Messages	Incoming	7/8/2014	7/8/2014 4:22:06 PM(UTC-4)	From: 7745713150 Sam Boardman	We can, doesn't matter tho		File System (3)		
2403	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:26:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're gonna help haha I have no idea how to sent up a tent. Bring a sleeping bag if you can, if you don't have one that sucks		File System (3)		
2404	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:30:32 PM(UTC-4)	To: 17745713150 Sam Boardman	JK I have extras if you're need it, but I forgot I have an appointment Thursday morning at 10:30 so yeah. And you can bring a bathing suit if you want to go swimming		File System (3)		
2405	SMS Messages	Outgoing	7/8/2014	7/8/2014 4:46:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Don't eat dinner before you come either haha I have a surprise! And DO YOU WANNA GO POOL HOPPING!?		File System (3)		
2406	SMS Messages	Incoming	7/9/2014	7/9/2014 12:42:44 PM(UTC-4)	From: 7745713150 Sam Boardman	WOOPS I forgot to answer this. Probs won't go swimming tbh, especially since I know ur not comfortable with that. I will brin a sleeping bag tho haha. And I won't eat dinner, aha I'll eat a late lunch to keep me full. I'm literally hungry all the time so no worries there. Iv worked up such an appetite like it's ridiculous how much more I eat now. As long as it's gluten free 😊		File System (3)		
2407	SMS Messages	Outgoing	7/9/2014	7/9/2014 12:44:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Brb therapist appointment at 1 sorry I'll answer when I get back haha		File System (3)		
2408	SMS Messages	Incoming	7/9/2014	7/9/2014 12:44:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Np!		File System (3)		
2409	SMS Messages	Outgoing	7/9/2014	7/9/2014 2:05:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey back. Thank you for respecting the fact that Im not comfortable with swimming, but you can go if you want tho! I was just gonna go in a shirt or something I don't mind. But haha why are you hungry a lot more now? but Yes I know I told my mom you were gluten free haha		File System (3)		
2410	SMS Messages	Incoming	7/9/2014	7/9/2014 2:17:30 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't like swimming much unless I'm at the beach. I love swimming at te beach. And just cus I'm more active and like have put on more weigh in muscle. Like I'm just more in shape I think haha.		File System (3)		
2411	SMS Messages	Outgoing	7/9/2014	7/9/2014 2:20:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Would you wanna go pool hopping tho? That's always a good time haha. And we'll that's awesome, do you run a lot and lift at the gym?		File System (3)		
2412	SMS Messages	Outgoing	7/9/2014	7/9/2014 2:41:03 PM(UTC-4)	To: 17745713150 Sam Boardman	So what kind of food are you in the mood for?		File System (3)		
2413	SMS Messages	Outgoing	7/9/2014	7/9/2014 2:41:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Haaha because i have to get gluten free stuff		File System (3)		
2414	SMS Messages	Incoming	7/9/2014	7/9/2014 3:44:01 PM(UTC-4)	From: 7745713150 Sam Boardman	No u dont		File System (3)		
2415	SMS Messages	Incoming	7/9/2014	7/9/2014 3:44:11 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't at all		File System (3)		
2416	SMS Messages	Incoming	7/9/2014	7/9/2014 3:44:28 PM(UTC-4)	From: 7745713150 Sam Boardman	We don't even buy that much gluten free stuff		File System (3)		
2417	SMS Messages	Incoming	7/9/2014	7/9/2014 3:45:07 PM(UTC-4)	From: 7745713150 Sam Boardman	I just don't eat chips and pasta and that stuff usually		File System (3)		
2418	SMS Messages	Incoming	7/9/2014	7/9/2014 3:46:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Like if it were a BBQ I would just have the meat for example		File System (3)		
2419	SMS Messages	Incoming	7/9/2014	7/9/2014 3:46:44 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't need to buy anything		File System (3)		
2420	SMS Messages	Incoming	7/9/2014	7/9/2014 4:19:42 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not even sure if we can make it for dinner time cus she gets out at 7 and we won't get there till 8.		File System (3)		
2421	SMS Messages	Outgoing	7/9/2014	7/9/2014 4:30:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I was cleaning haha but okay that's fine		File System (3)		
2422	SMS Messages	Outgoing	7/9/2014	7/9/2014 4:35:55 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't find the tent ☐		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2423	SMS Messages	Outgoing	7/9/2014	7/9/2014 4:37:36 PM(UTC-4)	To: 17745713150 Sam Boardman	I wanted to go kayaking but 8 may be too late		File System (3)	
2424	SMS Messages	Incoming	7/9/2014	7/9/2014 5:02:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle it's ok like we don't need a tent or anything, don't worry. Like u don't have to get anything ready or anything like that		File System (3)	
2425	SMS Messages	Outgoing	7/9/2014	7/9/2014 5:07:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah sorry haha. I freak out about stupid shit		File System (3)	
2426	SMS Messages	Outgoing	7/9/2014	7/9/2014 6:24:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I feel really good today :)		File System (3)	
2427	SMS Messages	Incoming	7/9/2014	7/9/2014 6:25:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Did u eat		File System (3)	
2428	SMS Messages	Outgoing	7/9/2014	7/9/2014 6:26:28 PM(UTC-4)	To: 17745713150 Sam Boardman	A little bit		File System (3)	
2429	SMS Messages	Outgoing	7/9/2014	7/9/2014 6:36:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm trying to stick to my meal plan but I haven't been doing that good		File System (3)	
2430	SMS Messages	Incoming	7/9/2014	7/9/2014 6:37:30 PM(UTC-4)	From: 7745713150 Sam Boardman	What have u eaten today		File System (3)	
2431	SMS Messages	Outgoing	7/9/2014	7/9/2014 6:38:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Grapes		File System (3)	
2432	SMS Messages	Incoming	7/9/2014	7/9/2014 6:40:39 PM(UTC-4)	From: 7745713150 Sam Boardman	It's hard for me to talk to u when ur like this tbh. Like u say u feel good but I can tell when u Havnt eaten and ur not the same. U know ur not breaking the cycle by doing this		File System (3)	
2433	SMS Messages	Outgoing	7/9/2014	7/9/2014 6:47:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I'm sorry I just feel awful when I eat and I wanted to feel good today. Im gonna try my best to be in a good mood and stuff I'm not even really that hungry. I'm increasing my therepy tho and I have a nutritionist appointment tomorrow at 10:30		File System (3)	
2434	SMS Messages	Incoming	7/9/2014	7/9/2014 7:14:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u eating dinner after we get there?		File System (3)	
2435	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:16:09 PM(UTC-4)	To: 17745713150 Sam Boardman	No I was a gonna have something now		File System (3)	
2436	SMS Messages	Incoming	7/9/2014	7/9/2014 7:16:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Did ur mom make u dinner?		File System (3)	
2437	SMS Messages	Incoming	7/9/2014	7/9/2014 7:17:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Lexies dad made steaks so she said she's eating now		File System (3)	
2438	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:19:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Yum steak okay and no she didn't, she doesn't make dinner a lot in the summer. I was just gonna make something		File System (3)	
2439	SMS Messages	Incoming	7/9/2014	7/9/2014 7:27:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Well do u want to eat when I get there and I can make u somethin?		File System (3)	
2440	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:27:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you okay with doing that? That would really help		File System (3)	
2441	SMS Messages	Incoming	7/9/2014	7/9/2014 7:30:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sure I can do that, I just don't want it It to be a force cus that makes me uncomfortable. Like if ur not going to eat and make me uncomfortable then I don't think it's a good idea that I come		File System (3)	
2442	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:32:53 PM(UTC-4)	To: 17745713150 Sam Boardman	No I'll eat what you make I promise. I hate that like my issue affects whether or not you'd wanna hangout with me. I'm just so done with being this way. It shouldn't be like this and I'm really really sorry that I have such a problem Sam		File System (3)	
2443	SMS Messages	Incoming	7/9/2014	7/9/2014 7:34:12 PM(UTC-4)	From: 7745713150 Sam Boardman	U should have a snack now if ur hungry, I'm not gonna be there till like 8:15.		File System (3)	
2444	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:36:05 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't really do snacks, they lead to binges		File System (3)	
2445	SMS Messages	Incoming	7/9/2014	7/9/2014 7:44:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand		File System (3)	
2446	SMS Messages	Outgoing	7/9/2014	7/9/2014 7:50:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah, ,the struggles real		File System (3)	
2447	SMS Messages	Incoming	7/9/2014	7/9/2014 8:13:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Almost there?		File System (3)	
2448	SMS Messages	Incoming	7/9/2014	7/9/2014 8:13:38 PM(UTC-4)	From: 7745713150 Sam Boardman	!*		File System (3)	
2449	SMS Messages	Outgoing	7/9/2014	7/9/2014 8:13:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Haaha okay		File System (3)	
2450	SMS Messages	Incoming	7/10/2014	7/10/2014 10:17:25 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm so proud of u for drinking the milk. And the rest of the breakfast with too. It's easier to like be with u when it's not all about eating and we can just hang and u can eat what's infront of u		File System (3)	
2451	SMS Messages	Outgoing	7/10/2014	7/10/2014 10:31:25 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much Sam it really means alot to me that you're proud, I tried hard. It really helped that you made it for me and were so comforting and supportive so thank you so much for that. And yeah I agree, you made it like fun haha it wasn't forceful or anything like it was nice. Chiptole was kinda harder but that's just because I read nutrition facts for it online and I was anxious haha. But I hope you and Lex had a good time, and I hope that you wanna hangout again soon! It really made me happy that you guys came, i didn't think about food or my issue or anything for a while and I haven't been able to do that in a really long time so thank you for making me seem normal		File System (3)	
2452	SMS Messages	Incoming	7/10/2014	7/10/2014 10:34:06 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy to hear that. We had fun too. We can hang out again no problem		File System (3)	
2453	SMS Messages	Outgoing	7/10/2014	7/10/2014 11:23:08 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay yay awesome, and I'm happy you had fun!		File System (3)	
2454	SMS Messages	Outgoing	7/10/2014	7/10/2014 3:01:21 PM(UTC-4)	To: 17745713150 Sam Boardman	He's missing like they don't know where he is		File System (3)	
2455	SMS Messages	Incoming	7/10/2014	7/10/2014 3:02:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Conrad?		File System (3)	
2456	SMS Messages	Outgoing	7/10/2014	7/10/2014 3:02:06 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah		File System (3)	
2457	SMS Messages	Incoming	7/10/2014	7/10/2014 3:02:41 PM(UTC-4)	From: 7745713150 Sam Boardman	How did u find that out?!		File System (3)	
2458	SMS Messages	Outgoing	7/10/2014	7/10/2014 3:04:08 PM(UTC-4)	To: 7745713150 Sam Boardman	I texted his mom because I was getting really worried like he always texts me in the morning and he didn't and he stopped answering last night, so I asked her if he was okay and she said they've been looking for him the past few hours and they can't find him		File System (3)	
2459	SMS Messages	Incoming	7/10/2014	7/10/2014 3:06:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Does he have his car? Don't worry too much about it yet, worrying won't get anywhere. For all you know he could hae gone out and his phone died. It's ok he will be ok		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2460	SMS Messages	Outgoing	7/10/2014	7/10/2014 3:09:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I think so, I mean last night he called me in his truck and he was getting something at the store. But yeah you're right I just don't get why he wouldn't be home by now. His mom and sister are giving me updates		File System (3)	
2461	SMS Messages	Incoming	7/10/2014	7/10/2014 3:12:45 PM(UTC-4)	From: 7745713150 Sam Boardman	He probably would have told u if he wasn't planning on coming back, ya know? Don't worry yet		File System (3)	
2462	SMS Messages	Outgoing	7/10/2014	7/10/2014 3:14:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true he would of, and okay I'm trying to stay calm		File System (3)	
2463	SMS Messages	Outgoing	7/10/2014	7/10/2014 5:30:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Is there any way a portable generator can kill you somehow? Because he said he was getting that and some other tools at the store, he said he needed to replace the generator at work and fix stuff. I didn't really think anything of it, but he didn't go to work today so idk why he would of got that stuff		File System (3)	
2464	SMS Messages	Outgoing	7/10/2014	7/10/2014 9:43:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Still nothing, they still haven't found him		File System (3)	
2465	SMS Messages	Outgoing	7/10/2014	7/10/2014 10:55:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Its all my fault		File System (3)	
2466	SMS Messages	Incoming	7/10/2014	7/10/2014 11:01:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Did they call the police?		File System (3)	
2467	SMS Messages	Outgoing	7/10/2014	7/10/2014 11:09:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I talked to his mom at like 9 and she said they are still looking. But I think they are soon because it's been 24 hours and that's when u can report a missing person, and his mom said she was gonna call me if she finds him and she hasn't yet		File System (3)	
2468	SMS Messages	Incoming	7/11/2014	7/11/2014 3:55:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey did they find him?		File System (3)	
2469	SMS Messages	Outgoing	7/11/2014	7/11/2014 4:28:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey sorry I was cleaning up camp but thank you for asking but no they haven't yet		File System (3)	
2470	SMS Messages	Outgoing	7/11/2014	7/11/2014 4:58:05 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm losing hope, I think he really did it		File System (3)	
2471	SMS Messages	Outgoing	7/11/2014	7/11/2014 9:22:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Still haven't found him. I'm a mess		File System (3)	
2472	SMS Messages	Outgoing	7/11/2014	7/11/2014 10:34:37 PM(UTC-4)	To: 17745713150 Sam Boardman	I just don't understand. We were supposed to hang out tonight and he knew that. We were gonna come visit u at the cow, I don't understand why he didn't tell me what he was doing and why he isn't answering me or anyone or why he hasn't come home yet. I don't know what to do		File System (3)	
2473	SMS Messages	Incoming	7/11/2014	7/11/2014 10:59:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Did the police get involved yet?		File System (3)	
2474	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:02:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I haven't asked yet I've just been a mess. I assume they are, ill find out tomorrow		File System (3)	
2475	SMS Messages	Incoming	7/11/2014	7/11/2014 11:05:17 PM(UTC-4)	From: 7745713150 Sam Boardman	It would have been on the news by now. I don't even know what to say Michelle. I'm just sorry that this is happening. Just think positive and remember that if he was planning on not coming back then he would tell u		File System (3)	
2476	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:11:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm confused why it isn't yet either. I'm gonna talk to his mom tomorrow morning and I'll let you know. But don't be sorry, its my fault I mean I should of did something. I just didn't think he was serious because he always says stuff and I just didn't think anything of it. But yeah I want to believe that, he told me he wouldn't do anything without telling me. Just incase something did happen, I'm thankful that our last words were I love you		File System (3)	
2477	SMS Messages	Incoming	7/11/2014	7/11/2014 11:13:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't blame urself for anything. Clearly he needs help for an issue that u have no control over.		File System (3)	
2478	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:16:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I was supposed to save him he needed me. I let him down, I should of knew what he was saying was suspicious and I should of called his mom or someone. I could of prevented this		File System (3)	
2479	SMS Messages	Incoming	7/11/2014	7/11/2014 11:17:07 PM(UTC-4)	From: 7745713150 Sam Boardman	That's like blaming me for u having food issues or cutting		File System (3)	
2480	SMS Messages	Incoming	7/11/2014	7/11/2014 11:17:14 PM(UTC-4)	From: 7745713150 Sam Boardman	It's not ur fault		File System (3)	
2481	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:23:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that how you feel sometimes?		File System (3)	
2482	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:27:05 PM(UTC-4)	To: 17745713150 Sam Boardman	But yeah you have a point		File System (3)	
2483	SMS Messages	Incoming	7/11/2014	7/11/2014 11:29:00 PM(UTC-4)	From: 7745713150 Sam Boardman	No I don't blame myself at all. I would tell u tht I couldn't give u the help u needed, just like u can't help him		File System (3)	
2484	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:35:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good, I wouldn't forgive myself if u thought that. I know I can't help him no matter how many times I try, but I could have prevented him from missing, which could end up being his death		File System (3)	
2485	SMS Messages	Incoming	7/11/2014	7/11/2014 11:36:39 PM(UTC-4)	From: 7745713150 Sam Boardman	U can give him support and tell him the right choices, but only e can make the decisions. Haha again, just like when I helped u		File System (3)	
2486	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:41:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Exactly how you helped me. The help you gave me at breakfast the other day was awesome and just what I needed, and I feel like if I can help him in small steps like that, then he has a good chance of getting better. But I feel like it's too late now		File System (3)	
2487	SMS Messages	Outgoing	7/11/2014	7/11/2014 11:46:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you think he did it?		File System (3)	
2488	SMS Messages	Outgoing	7/12/2014	7/12/2014 1:31:06 PM(UTC-4)	To: 17745713150 Sam Boardman	His mom hasn't answered back yet		File System (3)	
2489	SMS Messages	Outgoing	7/12/2014	7/12/2014 8:02:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam he just called me and there was a loud noise like a motor and I heard moaning like someone was in pain and he wouldn't answer when I said his name I stayed on the phone for like 20 mins and that's all I heard		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2490	SMS Messages	Outgoing	7/12/2014	7/12/2014 8:25:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I think he just killed himself		File System (3)		
2491	SMS Messages	Outgoing	7/12/2014	7/12/2014 9:48:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm so fucking stupid! The generator he got the other day, I think that was the noise I heard. I just looked it up, they emit carbon monoxide. I think he poisoned himself with it and its all my fault because I should of knew he was gonna do that and I should of stopped him. I keep trying to call and there's no answer. I think he did it. I don't even no what to do right now		File System (3)		
2492	SMS Messages	Incoming	7/13/2014	7/13/2014 1:36:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm working I'm sory u couldn't answer!		File System (3)		
2493	SMS Messages	Incoming	7/13/2014	7/13/2014 1:37:23 PM(UTC-4)	From: 7745713150 Sam Boardman	He didn't kill himself		File System (3)		
2494	SMS Messages	Outgoing	7/13/2014	7/13/2014 1:41:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh sorry I didn't know you had work today, but it's okay. And his mom called me this morning, I'm leaving to go help look for him. How do you know he didn't?		File System (3)		
2495	SMS Messages	Outgoing	7/13/2014	7/13/2014 3:35:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Can We do something tonight to get my mind off it		File System (3)		
2496	SMS Messages	Outgoing	7/13/2014	7/13/2014 5:48:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Or do u have the cow?		File System (3)		
2497	SMS Messages	Outgoing	7/13/2014	7/13/2014 6:39:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Just talked to his mom. His dad called her and said police found his truck with caution tape around it. The dad was calling in when we were talking with the news so I'll let you know when she calls me back. Doesn't look good		File System (3)		
2498	SMS Messages	Outgoing	7/13/2014	7/13/2014 7:01:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Just talked to his sister. He's dead, he committed suicide		File System (3)		
2499	SMS Messages	Incoming	7/13/2014	7/13/2014 10:04:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I'm sorry. I honestly don't know what to say.		File System (3)		
2500	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:04:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't either		File System (3)		
2501	SMS Messages	Incoming	7/13/2014	7/13/2014 10:06:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Is it for sure		File System (3)		
2502	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:07:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah, his sister called me and told me		File System (3)		
2503	SMS Messages	Incoming	7/13/2014	7/13/2014 10:08:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Did they find him		File System (3)		
2504	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:09:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Police found him in his truck, he died from carbon monoxide poisoning from the generator. He died while talking to me on the phone		File System (3)		
2505	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:35:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Is there any way you can come over ?		File System (3)		
2506	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:45:16 PM(UTC-4)	To: 17745713150 Sam Boardman	I honestly don't know what to do I can't believe this		File System (3)		
2507	SMS Messages	Outgoing	7/13/2014	7/13/2014 10:49:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I call you?		File System (3)		
2508	SMS Messages	Incoming	7/13/2014	7/13/2014 11:16:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not home ☹		File System (3)		
2509	SMS Messages	Outgoing	7/13/2014	7/13/2014 11:17:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay it's okay		File System (3)		
2510	SMS Messages	Outgoing	7/13/2014	7/13/2014 11:20:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you working tomorrow		File System (3)		
2511	SMS Messages	Outgoing	7/13/2014	7/13/2014 11:45:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I like can't even function		File System (3)		
2512	SMS Messages	Incoming	7/14/2014	7/14/2014 10:30:16 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm home now and I can talk. How are u doing. Michelle i don't even know what to say. Don't at all blame urself for any of it		File System (3)		
2513	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:39:53 AM(UTC-4)	To: 17745713150 Sam Boardman	I dont know how I'm supposed to get thru this, I can't function I haven't eaten, I just completely shut down. I do blame myself, it's my fault. I was talking to him while he killed himself, I heard him cry in pain. I should of known I should of did something		File System (3)		
2514	SMS Messages	Incoming	7/14/2014	7/14/2014 10:46:10 AM(UTC-4)	From: 7745713150 Sam Boardman	It's not ur fault tho, he was in a bad state of mind and u can't change that. If u stopped him this time then there would have been a next time. And it's normal to be upset. It will get better. It may take time but that's ok. U have a lot of people that care about u that will help u through this		File System (3)		
2515	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:48:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah, thank you Sam it really means a lot to me		File System (3)		
2516	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:50:33 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you do something today or no?		File System (3)		
2517	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:58:46 AM(UTC-4)	To: 17745713150 Sam Boardman	I understand if you can't I just would really like to see you if you can		File System (3)		
2518	SMS Messages	Incoming	7/14/2014	7/14/2014 11:03:12 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes I can, what were u thinkin		File System (3)		
2519	SMS Messages	Outgoing	7/14/2014	7/14/2014 11:05:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you, and idk just chill or something, maybe use the kayaks, that's always relaxing		File System (3)		
2520	SMS Messages	Incoming	7/14/2014	7/14/2014 11:14:37 AM(UTC-4)	From: 7745713150 Sam Boardman	AHH I literally jut got called in to work from 1-5:30. I should have told them I can't. But I can do something after!!		File System (3)		
2521	SMS Messages	Incoming	7/14/2014	7/14/2014 11:15:08 AM(UTC-4)	From: 7745713150 Sam Boardman	I can come over after work and we can go kayaking		File System (3)		
2522	SMS Messages	Outgoing	7/14/2014	7/14/2014 11:15:28 AM(UTC-4)	To: 17745713150 Sam Boardman	No it's okay don't worry about it! That sounds perfect thank you so much Sam		File System (3)		
2523	SMS Messages	Incoming	7/14/2014	7/14/2014 11:16:30 AM(UTC-4)	From: 7745713150 Sam Boardman	Of coursee!		File System (3)		
2524	SMS Messages	Outgoing	7/14/2014	7/14/2014 11:18:21 AM(UTC-4)	To: 17745713150 Sam Boardman	Have a good day at work, let me know when you're on your way later		File System (3)		
2525	SMS Messages	Incoming	7/14/2014	7/14/2014 5:56:18 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm out of work now so I can come soon		File System (3)		
2526	SMS Messages	Incoming	7/14/2014	7/14/2014 5:56:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Have u eaten dinner yet?		File System (3)		
2527	SMS Messages	Outgoing	7/14/2014	7/14/2014 5:57:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay do you still want to come? And no I havent		File System (3)		
2528	SMS Messages	Incoming	7/14/2014	7/14/2014 6:03:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes I do! And we can get food if u want. Or I can make something for u		File System (3)		
2529	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:06:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good and well do you want something to eat?		File System (3)		
2530	SMS Messages	Incoming	7/14/2014	7/14/2014 6:06:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I havnt eaten yet		File System (3)		
2531	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:08:14 PM(UTC-4)	To: 7745713150 Sam Boardman	Do you wanna make something at your house and bring it over? Because I don't have gluten free stuff for dinner I don't think and I don't really feel like going out I'm sorry		File System (3)		
2532	SMS Messages	Incoming	7/14/2014	7/14/2014 6:09:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes I can do that!		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2533	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:09:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome, let me know when you're on your way		File System (3)	
2534	SMS Messages	Incoming	7/14/2014	7/14/2014 6:11:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Can I still make u somethig at ur house?		File System (3)	
2535	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:12:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes please, I'm sorry I haven't really had an appetite		File System (3)	
2536	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:20:14 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't want to disappoint you so I'm just letting you know that		File System (3)	
2537	SMS Messages	Incoming	7/14/2014	7/14/2014 6:27:34 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm on my way		File System (3)	
2538	SMS Messages	Outgoing	7/14/2014	7/14/2014 6:28:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
2539	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:14:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Text me when you get home so I know you made it stately		File System (3)	
2540	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:15:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Safely*		File System (3)	
2541	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:19:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh and I didn't even ask, are you posting my drawing or did u just wanna take a picture of it haha		File System (3)	
2542	SMS Messages	Incoming	7/14/2014	7/14/2014 10:23:36 PM(UTC-4)	From: 7745713150 Sam Boardman	HOME! And I wasn't sure, do u want me to?		File System (3)	
2543	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:24:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Good thank you! And you can if you want to, I like when you do tho it makes me happy		File System (3)	
2544	SMS Messages	Incoming	7/14/2014	7/14/2014 10:25:40 PM(UTC-4)	From: 7745713150 Sam Boardman	I totally forgot to say thank to your mom, I feel so bad. Can u tell her I say thank you!? And I will! I want to		File System (3)	
2545	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:31:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I just did and she said you're more than welcome anytime. She really likes you ha like Sam my mom gets vibes from people and can tell if they are a good friend or not, and she said that she really likes you and said u need to come over more often haha, she said you're a very sweet and beautiful girl that helps me get on the right path, which is true. And yay okay thank you. Send me a pic of the post		File System (3)	
2546	SMS Messages	Incoming	7/14/2014	7/14/2014 10:46:27 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy she thinks that, it makes me happy when parents like me haha. I feel like less of a pain. And here ya go, I cut off the pic so u can see the caption		File System (3)	
2547	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:53:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Well good because you'll never be a pain here don't worry. And did you send it? I didn't get it		File System (3)	
2548	SMS Messages	Incoming	7/14/2014	7/14/2014 10:55:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Not gonna lie, just forgot to send it haha		File System (3)	
2549	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:55:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha it happens		File System (3)	
2550	SMS Messages	Outgoing	7/14/2014	7/14/2014 10:59:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww I love that, it's beautiful thank you so much Sam it really makes me happy and means a lot ☺		File System (3)	
2551	SMS Messages	Incoming	7/14/2014	7/14/2014 11:13:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Ur drawing and meaning is what is beautiful. I would never hve thought of something like that. Goodnight Michelle, thank you for having me		File System (3)	
2552	SMS Messages	Outgoing	7/14/2014	7/14/2014 11:22:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I love to draw/write meaningful things, so for you to say that really means a lot. I'm happy you appreciate it, thank you so much for tonight. You really helped make me smile and laugh which I didn't think I'd be able to do. Thank you for being the person I can talk to about this and share Conrads real reasons behind his suicide, and for looking thru the fbook posts with me. It was nice having someone by my side. It really meant so much to me that you came over, I'll let you know when the wake and funeral is tomorrow when I find out. Thank you for everything and for being so supportive, good night		File System (3)	
2553	SMS Messages	Outgoing	7/15/2014	7/15/2014 9:02:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm having such a hard day and that fucking girl Samantha Lodato is messaging me on fbook and I said we were dating and stuff and she just told me that Conrad kissed her like a week ago and she sent me screen shots of what they said saying it was from the 21st when I know it wasn't because I made her prove it and in those messages where the date could be seen, Conrad said he didn't wanna hook up and didn't even remember who the she was...and I'm just so pissed off like she's fucking lying to me just to make me feel bad and like he didn't love me		File System (3)	
2554	SMS Messages	Incoming	7/15/2014	7/15/2014 9:14:43 PM(UTC-4)	From: 7745713150 Sam Boardman	WTF?!?! She's honestly probably jealous, like why the fuck would she say tht?! It clearly isn't true. I wann punch her		File System (3)	
2555	SMS Messages	Outgoing	7/15/2014	7/15/2014 9:21:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know! She is jealous I can easily tell she is. And it gets better, I was like "I'm sorry but I don't believe that. I'm going thru a very hard time, I lost my boyfriend who I loved very much and for you to be doing this is really disrespectful" and then she said "okay bye" and then blocked me! Like okay Lodato...I wanna punch her too. And to begin the conversation she messaged me saying "did he really die"....and I was like bitch stop		File System (3)	
2556	SMS Messages	Incoming	7/15/2014	7/15/2014 9:32:54 PM(UTC-4)	From: 7745713150 Sam Boardman	If she was that important in any sence she obviously would hae known he died! OMG I love what u said to her, u handled that so nicely. That bitch needs to know her limits		File System (3)	
2557	SMS Messages	Outgoing	7/15/2014	7/15/2014 9:38:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah she does and exactly she was like "I sent him a message and it said it was seen so did he really die"? I was like seriously....I need to show you the conversation sometime its like sadly funny if that makes sense. But thank you haha I was trying to handle it mature		File System (3)	
2558	SMS Messages	Outgoing	7/15/2014	7/15/2014 9:53:55 PM(UTC-4)	To: 17745713150 Sam Boardman	I still don't know the days of the services yet but I'll let you know as soon as I find out		File System (3)	
2559	SMS Messages	Outgoing	7/16/2014	7/16/2014 3:04:22 PM(UTC-4)	To: 17745713150 Sam Boardman	The wake is Friday from 4-8, and the funeral is Saturday at 11		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2560	SMS Messages	Outgoing	7/16/2014	7/16/2014 3:09:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you come to the wake with me and then sleepover and we can go to the funeral?		File System (3)	
2561	SMS Messages	Incoming	7/16/2014	7/16/2014 4:37:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess I will try! I have a shift on Saturday at 2 that I can't change cus I'm covering for the person. So I can still go to the funeral. I don't really know how Long funerals are but I can probs push my shift back untill 3		File System (3)	
2562	SMS Messages	Incoming	7/16/2014	7/16/2014 4:38:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Ad then I have a Friday night shift at the cow that I can try and get a cover for		File System (3)	
2563	SMS Messages	Outgoing	7/16/2014	7/16/2014 4:45:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay and the funeral should last like 2 hours I think so yeah you would be able to be back by 3 if that's okay. And yeah see if you can get that Friday shift covered, I bet you can since you've never asked for a cover before		File System (3)	
2564	SMS Messages	Outgoing	7/16/2014	7/16/2014 4:48:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for doing this it means so much to me		File System (3)	
2565	SMS Messages	Incoming	7/16/2014	7/16/2014 4:57:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Np. And haha I always cover people at twist, not the cow. The cow is always a chalange cus no one wants to give up their night to take a shift		File System (3)	
2566	SMS Messages	Outgoing	7/16/2014	7/16/2014 5:01:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I can see why it's a challenge, but I mean if u say you're going to a wake then someone will take it right?		File System (3)	
2567	SMS Messages	Incoming	7/16/2014	7/16/2014 5:03:51 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm hoping so. Just talked to my boss at twist and I pushed my shift back untill 3!		File System (3)	
2568	SMS Messages	Outgoing	7/16/2014	7/16/2014 5:05:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome thank you!		File System (3)	
2569	SMS Messages	Incoming	7/16/2014	7/16/2014 5:07:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Np! I know right off the bat that some of the boys from the cow won't be able to cover because their band is playing at the cow that night. I'm trying tho!		File System (3)	
2570	SMS Messages	Outgoing	7/16/2014	7/16/2014 5:10:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh cool ha I'm surprised you aren't in the band haha. But yeah ask the girls, but if you can't find one could you talk to your boss?		File System (3)	
2571	SMS Messages	Incoming	7/16/2014	7/16/2014 5:37:08 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm going in to work now with the girls so i will talk to them. I'll let u know		File System (3)	
2572	SMS Messages	Outgoing	7/16/2014	7/16/2014 5:37:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you, FIND THE ENVELOPE!		File System (3)	
2573	SMS Messages	Incoming	7/16/2014	7/16/2014 5:55:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I WILL GIRL		File System (3)	
2574	SMS Messages	Outgoing	7/16/2014	7/16/2014 5:59:36 PM(UTC-4)	To: 17745713150 Sam Boardman	GOOD		File System (3)	
2575	SMS Messages	Outgoing	7/16/2014	7/16/2014 10:49:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Did you get a shift?		File System (3)	
2576	SMS Messages	Incoming	7/16/2014	7/16/2014 10:51:18 PM(UTC-4)	From: 7745713150 Sam Boardman	I talked to the three people that arnt on and all three said they can't but one said they might be about to		File System (3)	
2577	SMS Messages	Outgoing	7/16/2014	7/16/2014 10:52:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay		File System (3)	
2578	SMS Messages	Outgoing	7/16/2014	7/16/2014 10:55:53 PM(UTC-4)	To: 17745713150 Sam Boardman	What time is the shift anyways 6?		File System (3)	
2579	SMS Messages	Outgoing	7/16/2014	7/16/2014 10:57:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Hopefully she'll pull thru because I really want you to be there		File System (3)	
2580	SMS Messages	Incoming	7/16/2014	7/16/2014 11:04:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah it's at 6. I'm going to the beach too on Friday and I already said I could drive but that is during the day and i could be at ur house by 4:30		File System (3)	
2581	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:06:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that would be fine but do you still want to go because if you don't want to you don't have to		File System (3)	
2582	SMS Messages	Incoming	7/16/2014	7/16/2014 11:07:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle iv asked three people and I'm trying to figure it out. If I didn't wan to go then I would tell u. I told u I would try my hardest tho and I am		File System (3)	
2583	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:08:16 PM(UTC-4)	To: 17745713150 Sam Boardman	No I know and thank you for trying so hard, I just didn't wanna ruin your fun day a the beach that's why I asked		File System (3)	
2584	SMS Messages	Incoming	7/16/2014	7/16/2014 11:09:02 PM(UTC-4)	From: 7745713150 Sam Boardman	I still am going to the beach regardless, I'm just gonna leave early		File System (3)	
2585	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:11:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but Im just gonna apologize in advance because you're gonna have this really fin day and then you have to come with me to a wake and I just feel bad		File System (3)	
2586	SMS Messages	Incoming	7/16/2014	7/16/2014 11:18:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't feel bad!		File System (3)	
2587	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:21:22 PM(UTC-4)	To: 17745713150 Sam Boardman	I do tho, but did you find the envelope?		File System (3)	
2588	SMS Messages	Incoming	7/16/2014	7/16/2014 11:22:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes! I found it like right before we left haha		File System (3)	
2589	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:24:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yay good! Where was it?		File System (3)	
2590	SMS Messages	Incoming	7/16/2014	7/16/2014 11:28:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Tucked way under one of the back tables. I was like walking by and then I got this sudden instinct to check there, and it was there		File System (3)	
2591	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:28:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha i guess you have a 6th sense or something		File System (3)	
2592	SMS Messages	Outgoing	7/16/2014	7/16/2014 11:35:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me know if you get the shift covered when you find out, good night Sam thank you for everything		File System (3)	
2593	SMS Messages	Incoming	7/16/2014	7/16/2014 11:38:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Goodnight! I will		File System (3)	
2594	SMS Messages	Incoming	7/17/2014	7/17/2014 5:43:04 PM(UTC-4)	From: 7745713150 Sam Boardman	No one can work. I'll ask my boss/ the owner about it when I go on		File System (3)	
2595	SMS Messages	Incoming	7/17/2014	7/17/2014 5:43:08 PM(UTC-4)	From: 7745713150 Sam Boardman	In *		File System (3)	
2596	SMS Messages	Outgoing	7/17/2014	7/17/2014 5:45:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Ugh okay well yeah if you don't mind doing that, that would be great. Let me know		File System (3)	
2597	SMS Messages	Incoming	7/17/2014	7/17/2014 10:29:02 PM(UTC-4)	From: 7745713150 Sam Boardman	No one can cover. Francesca said she can cancel her date/ reservation in Boston with her boyfriend who she hasn't seen in two weeks but I said not I do that. I can push my shift to like 7 if we wanna go at like 4		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2598	SMS Messages	Incoming	7/17/2014	7/17/2014 10:33:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Where is it?		File System (3)		
2599	SMS Messages	Outgoing	7/17/2014	7/17/2014 10:34:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah no of course I don't want her to cancel those plans either it's okay. If you can push your shift to 7 that would be great, the wake is from 4 to 8 so yeah we can get the for 4 and be home by 6. Its in Mattapoisett, like 45 mins away		File System (3)		
2600	SMS Messages	Outgoing	7/17/2014	7/17/2014 10:43:31 PM(UTC-4)	To: 17745713150 Sam Boardman	So could you get here by like 3?		File System (3)		
2601	SMS Messages	Incoming	7/17/2014	7/17/2014 10:46:02 PM(UTC-4)	From: 7745713150 Sam Boardman	My gps says 1 hour ☹ Michelle I don't think I can make it. Honestly I would drive all tht way and rush home and I don't even know if I can push my shift to 7. I can come to the funeral with u the next day, and if u want I can come right from my shift to ur house to sleep over.		File System (3)		
2602	SMS Messages	Outgoing	7/17/2014	7/17/2014 10:53:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay I understand, you wouldn't be driving tho I mean you'd come with me. I wouldn't make you drive all the way there. If you can't push it back to 7 and feel rushed then I understand no worries, but yeah I do really want you to come to the funeral with me and sleepover that would be great, because tomorrow nights gonna be hard and I'd really like it if you were there		File System (3)		
2603	SMS Messages	Outgoing	7/17/2014	7/17/2014 11:04:46 PM(UTC-4)	To: 17745713150 Sam Boardman	He was cremated so it will be easier since we don't have to go bury him. I may be getting some of his ashes tho which is nice		File System (3)		
2604	SMS Messages	Incoming	7/17/2014	7/17/2014 11:05:23 PM(UTC-4)	From: 7745713150 Sam Boardman	It just is too far, and from millis it is 1 hour and 15 mins, plus driving back l ur house to get my car which adds another 20 mins. Like if I had to work at 6 we would have to leave the wake at 4:25, right after we got there. It's just too much for me and isn't going to work. lv tried to get work off as I told u, but I can't. So do u want me to come sleep over after my shift		File System (3)		
2605	SMS Messages	Outgoing	7/17/2014	7/17/2014 11:08:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I understand its okay. I know it wouldn't work it's too rushed and I don't want to put you thru that stress, no worries at all. But thank you so much for trying to get a cover and stuff, i really appreciate it more than you'll know. You're an amazing friend. And yes please I do want you to		File System (3)		
2606	SMS Messages	Incoming	7/17/2014	7/17/2014 11:11:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I can do that! As long as ur moms ok with me showing up at ur house at 10:45 haha		File System (3)		
2607	SMS Messages	Outgoing	7/17/2014	7/17/2014 11:13:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha Sam she wouldnt care if you showed up at midnight, she likes you remember? Its all good		File System (3)		
2608	SMS Messages	Incoming	7/17/2014	7/17/2014 11:19:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Ahah alright good! I'll see u then! I'm goin to bed now tho, so goodnight michelleeee		File System (3)		
2609	SMS Messages	Outgoing	7/17/2014	7/17/2014 11:23:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay well thank you so much, for everything. I just want you to know how much your support and efforts mean to me. Good night Sammm haha		File System (3)		
2610	SMS Messages	Outgoing	7/18/2014	7/18/2014 9:21:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam bad news. There's a stalker following us he followed us all day, We contacted police and everything. So my mom doesn't feel comfortable sleeping at our house tonight so we have to go sleep at the Murray's. I'm so sorry for this. But so you can come over tomorrow morning at 7 instead. I know it's early I'm sorry. But then I know you have work at 3 so after work tomorrow night can you sleepover instead?		File System (3)		
2611	SMS Messages	Outgoing	7/18/2014	7/18/2014 9:49:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Nvm you can come at 8, 7s too early		File System (3)		
2612	SMS Messages	Incoming	7/18/2014	7/18/2014 10:28:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Oh my god, alright. Wait I'll text u in like a minute I'm at work still		File System (3)		
2613	SMS Messages	Outgoing	7/18/2014	7/18/2014 10:30:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)		
2614	SMS Messages	Incoming	7/18/2014	7/18/2014 10:43:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Do u know who it is?!		File System (3)		
2615	SMS Messages	Outgoing	7/18/2014	7/18/2014 10:45:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Nope no idea. We got the license plate (we think we copied it right) and reported it to police so they're on the look out. We'll tell you the story tomorrow it's really creepy		File System (3)		
2616	SMS Messages	Outgoing	7/18/2014	7/18/2014 10:50:45 PM(UTC-4)	To: 17745713150 Sam Boardman	I was so upset this happened tho because I really wanted you to sleepover. I'm so sorry for this. Can you get here by 8 tomorrow morning?		File System (3)		
2617	SMS Messages	Incoming	7/18/2014	7/18/2014 10:54:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah wtf I wanna hear. And haha it's no big deal, we would be going to sleep by the time I got there anyways. And yup I can		File System (3)		
2618	SMS Messages	Outgoing	7/18/2014	7/18/2014 10:56:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah we will tell you all about it, my mom's very into telling the story. But yeah that's true, can you sleepover tomorrow instead? And okay great		File System (3)		
2619	SMS Messages	Incoming	7/18/2014	7/18/2014 11:03:32 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know yet about tomorrow but yeah probably		File System (3)		
2620	SMS Messages	Outgoing	7/18/2014	7/18/2014 11:05:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you, we can talk about that tomorrow. But how was work? How was the band? Any envelopes?		File System (3)		
2621	SMS Messages	Outgoing	7/18/2014	7/18/2014 11:20:30 PM(UTC-4)	To: 17745713150 Sam Boardman	And text me tomorrow when you're on your way over		File System (3)		
2622	SMS Messages	Incoming	7/18/2014	7/18/2014 11:25:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Work was good. The band was amazing, everyone loved them. The girls won the challenge! So no more envelopes. I'll talk to u tomorrow, goodnight!		File System (3)		
2623	SMS Messages	Incoming	7/18/2014	7/18/2014 11:26:42 PM(UTC-4)	From: 7745713150 Sam Boardman	If the thing starts at 11 can I just get to ur house at like 9:45?		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2624	SMS Messages	Outgoing	7/18/2014	7/18/2014 11:28:40 PM(UTC-4)	To: 17745713150 Sam Boardman	That's awesome! Tell me about it tomorrow, goodnight sweet dreams. Is 9:30 okay? Because we are gonna leave at like 9:45		File System (3)	
2625	SMS Messages	Incoming	7/18/2014	7/18/2014 11:29:27 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah 9:30 is good		File System (3)	
2626	SMS Messages	Outgoing	7/18/2014	7/18/2014 11:30:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good		File System (3)	
2627	SMS Messages	Outgoing	7/19/2014	7/19/2014 6:58:51 AM(UTC-4)	To: 17745713150 Sam Boardman	Hey can you get here at 9:15? My mom wants to leave early because she thinks there's gonna be traffic heading to the cape		File System (3)	
2628	SMS Messages	Incoming	7/19/2014	7/19/2014 8:29:10 AM(UTC-4)	From: 7745713150 Sam Boardman	I'll try		File System (3)	
2629	SMS Messages	Incoming	7/19/2014	7/19/2014 8:29:18 AM(UTC-4)	From: 7745713150 Sam Boardman	My car got egged		File System (3)	
2630	SMS Messages	Outgoing	7/19/2014	7/19/2014 8:57:49 AM(UTC-4)	To: 17745713150 Sam Boardman	What? By who?		File System (3)	
2631	SMS Messages	Outgoing	7/19/2014	7/19/2014 2:50:32 PM(UTC-4)	To: 17745713150 Sam Boardman	You home safe?		File System (3)	
2632	SMS Messages	Incoming	7/19/2014	7/19/2014 3:00:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Work nowwww		File System (3)	
2633	SMS Messages	Outgoing	7/19/2014	7/19/2014 3:01:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good, have a good shift ☐		File System (3)	
2634	SMS Messages	Outgoing	7/19/2014	7/19/2014 8:24:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey I just wanted to say thank you for coming with me today. I wouldn't have wanted anyone else there with me than you, that's why I asked you. It really meant so much to me that you came, and also thank you for wearing the necklace I got you. Its funny because it went well with like the whole theme of the funeral because the family is all about boats and the ocean. But whenever you wear it I just feel so happy. Thank you for making me smile today thru the tears, you're such an incredible friend Sam and I'm so lucky and thankful that I have you in my life		File System (3)	
2635	SMS Messages	Incoming	7/19/2014	7/19/2014 9:04:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw Michelle I was happy to go. I wanted to. And OMG I didn't even think about how it matched cus the anchor, so true tho. It matched my outfit too haha. I'm happy that I can make a difference for u, I love having a friend who really cares		File System (3)	
2636	SMS Messages	Outgoing	7/19/2014	7/19/2014 9:15:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you that means so much that you wanted to come. And yeah haha it looked pretty with your outfit. But you really do make a difference in my life Sam, and I really do care about you. I just want you to know that you're appreciated, I know people may not tell you that enough, but you deserve to know that		File System (3)	
2637	SMS Messages	Outgoing	7/19/2014	7/19/2014 9:34:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Tonight's kind of a hard night, it's been a week today and I'm just thinking about last Saturday when he did it		File System (3)	
2638	SMS Messages	Incoming	7/19/2014	7/19/2014 11:06:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank you Michelle. And it's ok to be upset still. Its normal. It's gonna take time and he won't be forgotten. Just always look at the bright side and know that he no longer is suffering every day. And now u don't have to worry about him being in pain. He loves you so much and he didn't want to hurt u. He was just unable to see all the meaning in his life		File System (3)	
2639	SMS Messages	Outgoing	7/19/2014	7/19/2014 11:25:31 PM(UTC-4)	To: 17745713150 Sam Boardman	No need to thank me. But yeah I just don't think I'll be able to get over this for a while, it's all I think about you know? One of the hardest parts is feeling like I'm gonna forget everything. And I don't want to. I can still hear his voice so clearly, I don't get why he left me like this. But you're right, he's not in pain anymore. He's happy at peace which is all he wanted. I just wish that his happiness didnt have to be achieved in this way. He had so much potential and I wish I did something more to show him that		File System (3)	
2640	SMS Messages	Incoming	7/19/2014	7/19/2014 11:36:33 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't think u will forgot. And u don't need to forget. With time, u will learn to remember it happened but to also remember that u can't put ur life on pause. U will learn to put u an ur life first, and to live in the moment. Sometimes I sound like te most selfish person when I say this, but it is important to put urself first and realize that although his life ended a lot before it needed to, u still hve a whole bright future in front of u that u can put ur focus on. Your life is what u make it, and you have the character to make it amazing.		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2641	SMS Messages	Outgoing	7/19/2014	7/19/2014 11:54:12 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I can't put my life on pause but I honestly dont know what I'm supposed to do. I know this is gonna sound weird and pathetic and so stupid because I have my whole life ahead of me and I'm so young, but like I had it all planned out. He was gonna graduate Fitchburg and then when I graduated the college I'm going to, we would live happily ever after on the ocean somewhere, with our son Conrad the 4th. He knew too I didn't have to tell him. Now it's gonna be something different, maybe something better, but I just don't think that that's possible. He was my person. But no you don't sound selfish because you're right, I still have to live the life I have, and its gonna be so hard to live it without him, but I know I have you and everyone and that's what's keeping me going right now. And the fact that I told him I would be strong for him and live my life to the fullest for him, because he wants that for me. He told me he wants me to overcome my eating disorder and move forward and have a happy life. I need to honor him and do that, I just haven't figured out how yet. You really believe in me that much?		File System (3)	
2642	SMS Messages	Incoming	7/20/2014	7/20/2014 12:04:02 AM(UTC-4)	From: 7745713150 Sam Boardman	Things change, a don't always go the way u think. Who knows how it would have been in that time. It's nice to believe that everything will be like a fairy tale. In that sence, we often like to hold on to all the good and forget anything bad. I guess we will never know how it would have actualy turned out, but don't u think for a second that just cus he is gone, u can't have ur happily ever after. U and him have history, which I understand. But u can make history with friends and eventually a special boy. You have so many years ahead of u. You are still young and beautiful and so smart and talented. Of course I believe in u.		File System (3)	
2643	SMS Messages	Outgoing	7/20/2014	7/20/2014 12:20:04 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I guess it's kinda stupid that I had that planned out because things and people do change, I've learned that the hard way. ldk if we would of had a fairy tale ending, and I won't ever know now, but it's comforting to believe we could of. Because I know he wanted that he told me all the time. We knew how it was supposed to end but things are different now and I have to accept that he's gone, and yeah maybe I won't get to have our happily ever after, but I can start a path to a new one. I just have to believe that I can. Thank you so much Sam I really don't have the words to thank you enough for everything you're saying. I didn't know you thought that way about me and so it's really nice to know that. And to know you believe in me, it really means so much. You're one of the most beautiful and smartest girls I've ever met. You're going far in life I know that for certain. You're so special Sam you literally inspire me every day. You're such a bright light and an amazing talent. But I think the main reason why this is so hard for me is because I haven't been honest about something and its driving me insane. I need to tell you		File System (3)	
2644	SMS Messages	Incoming	7/20/2014	7/20/2014 12:30:13 AM(UTC-4)	From: 7745713150 Sam Boardman	U have a whole lot of people supporting you and believing in you, you just have to believe in yourself with anything u do. I'm always here for you and want you to live the best life u can live. And I don't even know what to say to that, thank you Michelle. I know for a fact that not that many people would think that about me. Sometime I take a while to get to truly know. Nt many people get that far under my layers I feel. And what is it		File System (3)	
2645	SMS Messages	Outgoing	7/20/2014	7/20/2014 12:48:48 AM(UTC-4)	To: 17745713150 Sam Boardman	I'm so thankful for and overwhelmed by everyone's support and belief in me, i feel it's my job not to let everyone down. My whole life I've never believed in myself with anything I did. But I'm being completely honest when I say this, you're the first/only person who ever made me believe in myself Sam. You gave me confidence for the first time in my life, and that's one reason why you make such a difference for me. Because of you, I'm not afraid anymore to take risks or to challenge myself. And for Conrads death, I know that with time, I will eventually find it in me to believe that I can still have a happy and amazing life. Because I know thru it all, I have you to lift me up if I start to sink. You're my anchor remember? ☐ I'm always gonna be here for you too Sam, and I'll make sure you have the best life you can have. And of course, I'm always gonna be here to remind you how special and important you are		File System (3)	
2646	SMS Messages	Outgoing	7/20/2014	7/20/2014 12:50:23 AM(UTC-4)	To: 17745713150 Sam Boardman	You deserve that		File System (3)	
2647	SMS Messages	Outgoing	7/20/2014	7/20/2014 12:54:57 AM(UTC-4)	To: 17745713150 Sam Boardman	And I'll tell you later today because it's really late and I want you to get some sleep, I didn't even realize it was this late I'm sorry		File System (3)	
2648	SMS Messages	Incoming	7/20/2014	7/20/2014 6:28:18 AM(UTC-4)	From: 7745713150 Sam Boardman	I fell asleep last night I'm horrible, I'm sorry. I'm glad u have been able to find ur inner confidence. I have work but only till 12. I'll talk to u later		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2649	SMS Messages	Outgoing	7/20/2014	7/20/2014 9:51:14 AM(UTC-4)	To: 17745713150 Sam Boardman	No it's okay don't be sorry it was late! You're not horrible no worries. But thank you, I mean it comes and goes, but when you're around to remind me of what I can do then it gets boosted. But okay just text me after work		File System (3)	
2650	SMS Messages	Incoming	7/20/2014	7/20/2014 1:00:57 PM(UTC-4)	From: 7745713150 Sam Boardman	We were up really late last night haha. Getting up for work at 7 wasn't ideal. I'm out tho now early. What did u have to tell me		File System (3)	
2651	SMS Messages	Outgoing	7/20/2014	7/20/2014 1:09:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know I lost track of time, sorry for keeping you up when you had work so early. But it's good that you got out at 12 today haha. And something relating to Conrad		File System (3)	
2652	SMS Messages	Incoming	7/20/2014	7/20/2014 1:12:10 PM(UTC-4)	From: 7745713150 Sam Boardman	I always lose track of time cus I get home and just like puts around on the internet. Always too lazy to get ready for bed. And what is it		File System (3)	
2653	SMS Messages	Outgoing	7/20/2014	7/20/2014 1:26:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I do the same thing. And that night, I knew he was gonna do it. And a part of me thought he wasn't going to like always but when he stopped talking to me on the phone like I knew he did it. And a couple days before leading up to it, I guess I kind of let him do it. I started giving up because whatever I said I knew i couldn't change his mind. So we talked about it and about how I'll take care of his family when he's gone and all that. Like to him it seemed like I was okay with him dying but I wasn't like I didn't think he was actually gonna do it you know? Like I said stuff to make him realize how stupid he was being and tried to convince him not to but I think I just made it easier for him. I knew he was in that kmart parking lot, I knew he was gonna use the generator to inhale carbon monoxide I knew it all. But I didn't think he would actually go thru with it or that it would work. And that's why I feel like it's all my fault because I knew what he was doing but I didn't call anyone to stop him		File System (3)	
2654	SMS Messages	Incoming	7/20/2014	7/20/2014 1:31:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Even if u knew he was gonna do it, stopping him this time would just meen he would be doing it next time. Maybe that was a good think that u made it easier for him. He was gonna do it regardless so at least he died knowing that u knew it was coming and that it wouldn't catch u completly off guard.		File System (3)	
2655	SMS Messages	Outgoing	7/20/2014	7/20/2014 1:39:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true I didn't even think about it that way. Its just hard because like I was the only one that knew and like I said yesterday, everyone talks about how they wish he had someone to talk to and told what he was feeling to, and I was that person. So I'll always feel guilty about it, like I'm the reason everyone was in that church yesterday, but you're right like he was just gonna do it another time and I am thankful for talking about everything we did knowing he was gonna die. Its just, do you think I'm a bad person for doing what I did?		File System (3)	
2656	SMS Messages	Incoming	7/20/2014	7/20/2014 1:41:49 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't think ur a bad person at all. I think u saw he was gona, and instead of bein mad at him right before he died, u wanted him to leave on a good note. I think it's ok because u knew he was gong to at one point or another and u knew that u needed to accept tht		File System (3)	
2657	SMS Messages	Outgoing	7/20/2014	7/20/2014 1:50:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay that's good to hear thank you. And yeah that's exactly what I wanted. I didn't wanna be mad at him anymore because I knew he was gonna do it, so I knew yelling at him wouldn't help. I wanted him to die knowing I accepted it and that I loved him. I was the last person he talked to so I feel special that I had that moment with him. Its harder to accept it now that it actually happened, but I know he's finally happy. I told him it was okay to do it because he was miserable and I knew he would always be in pain and I just couldn't stand to see him like that anymore, I told him he'd be free and happy in heaven. I wanted him to leave knowing he wasn't selfish for doing it		File System (3)	
2658	SMS Messages	Outgoing	7/20/2014	7/20/2014 2:07:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you think he's happy up there?		File System (3)	
2659	SMS Messages	Incoming	7/20/2014	7/20/2014 2:12:49 PM(UTC-4)	From: 7745713150 Sam Boardman	I think what u did is justifiable (if tht is a word). Like there was good reason behind it. I think that now his soul is at peace and worry free. I do not in any way want to justify suicide tho, I want u to know that too		File System (3)	
2660	SMS Messages	Outgoing	7/20/2014	7/20/2014 2:22:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah maybe it was and there were good reasons for it, but I truly don't believe that I'll ever be able to forgive myself for what I did. I know you don't justify suicide, I don't justify suicide either, and maybe it seems like I do now but I don't at all. I've experienced what it feels like to lose someone you love from it and its horrible, and no one deserves to go thru the tragic pain that follows. I just have to find a reason to try to forgive myself for what I did or else it will be hard to move on		File System (3)	
2661	SMS Messages	Outgoing	7/20/2014	7/20/2014 2:25:42 PM(UTC-4)	To: 17745713150 Sam Boardman	But thank you for thinking he's at peace, because that's what I'm worried about. I don't want to think he's still suffering and that he did this for nothing		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2662	SMS Messages	Outgoing	7/20/2014	7/20/2014 2:50:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I just got off the phone with his mom. She found a letter he wrote to me and she read it to me and it was so beautiful Sam why did he have to go you know, like why just why. She's keeping it for me and said that I can come over this week and take home some of his things and I just don't understand why it had to be him. He was the greatest man I ever knew and I literally lived every day feeling like the luckiest girl in the world when I had him. I'm sorry for talking about this and stuff I know it's annoying and I need to stop so I'm sorry for bothering you about all this		File System (3)	
2663	SMS Messages	Incoming	7/20/2014	7/20/2014 3:01:35 PM(UTC-4)	From: 7745713150 Sam Boardman	In so happy to read that first text, cus honestly I don't know what I would do if u left me like that. Or anyone. It's nice to know that someone shares my opinion on that. And he is not suffering. From what I hear, he was a great soul, and will continue to be a great soul. And that's so nice Michelle. I bet it was beautiful. That's so nice of his mom too. She probably is realizing how important u are to him		File System (3)	
2664	SMS Messages	Outgoing	7/20/2014	7/20/2014 3:22:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I'd be lying if I said I haven't thought about it the first few days, because I felt so at fault I didn't know what to do. But I know that I can't because I don't want to nor can't leave you feeling an ounce of what I feel for what happened to Conrad. You don't deserve to be put thru that and you mean so much to me and I care about you so much and I would never leave you like that I promise. And I can't do that to everyone, and I know that Conrad wouldn't want that either. He wants me to live my life, and that's what I'm gonna try my best to do for him, because I know that's what he would have wanted. He was a great soul, and I'm so happy that you got to hear about how amazing he really was. When I get the letter I'll show you it. It was funny because his mom was like "it's hard to read because his writing is like chicken scratch" haha. And yeah she said that he only wrote me a letter, and said that I was the most important person in his life. I felt bad when she said that because Conrad told me all the time how he loved her and how she was so important and amazing to him. I wish he wrote her one, but I'm so happy and grateful that he chose me to write to and that I was that special to him		File System (3)	
2665	SMS Messages	Incoming	7/20/2014	7/20/2014 4:07:45 PM(UTC-4)	From: 7745713150 Sam Boardman	You are so right. He wants u to be happy, and u the potential and mental state to life a more happy life than he was able to. And I can't wait to read it. His mom probably wished he left her something, but was honestly probably happy that her sons presence on this earth was shared with another person and that although he was depressed, he did have some light in his life, which was u		File System (3)	
2666	SMS Messages	Outgoing	7/20/2014	7/20/2014 4:25:06 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm grateful that you believe in me and think that way, thank you Sam. And I'm happy you wanna read it, I'll probably go over Wednesday so I'll have it soon. It means so much to me that you just said that. Conrad was very special to me and to know that I was a light in his dark times is uplifting because he was my bright light. And to know that you think that I was that light for him, it really makes me feel better so thank you so much Sam. Its comforting to know I was his person as well. I made something that I want you to see		File System (3)	
2667	SMS Messages	Outgoing	7/20/2014	7/20/2014 4:39:21 PM(UTC-4)	To: 17745713150 Sam Boardman	P.s. I think it's great how the account world fitness just favorited your tweet..		File System (3)	
2668	SMS Messages	Incoming	7/20/2014	7/20/2014 5:30:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly, you are an amazing person and Conrad didn't fail to see that. And I KNOW haha like wtf how did that account find me?! But what did u make?		File System (3)	
2669	SMS Messages	Outgoing	7/20/2014	7/20/2014 5:46:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Well thank you it really means a lot, you're an amazing person too Sam, anyone can see that. And hahaha idk how they found you i was wondering that too but I thought that was wicked funny haha. And I'll send you it		File System (3)	
2670	SMS Messages	Incoming	7/20/2014	7/20/2014 6:02:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah now I have a stalker haha. And send!!		File System (3)	
2671	SMS Messages	Outgoing	7/20/2014	7/20/2014 6:03:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I just did and HAHA yeah you better watch your back at the gym now...maybe he egged your car		File System (3)	
2672	SMS Messages	Outgoing	7/20/2014	7/20/2014 7:47:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Did you get it?		File System (3)	
2673	SMS Messages	Incoming	7/21/2014	7/21/2014 11:41:21 AM(UTC-4)	From: 7745713150 Sam Boardman	Hi I'm sorry, iv been with my friend Jamie and didn't get to answer. No I didn't get it!		File System (3)	
2674	SMS Messages	Outgoing	7/21/2014	7/21/2014 11:45:09 AM(UTC-4)	To: 17745713150 Sam Boardman	Jamie Margarita ☐haha. And its okay I figured you were busy or at work or something. But I'll try sending it again!		File System (3)	
2675	SMS Messages	Outgoing	7/21/2014	7/21/2014 11:54:17 AM(UTC-4)	To: 17745713150 Sam Boardman	I sent it		File System (3)	
2676	SMS Messages	Outgoing	7/21/2014	7/21/2014 5:46:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry for probably being the main reason for that ☐		File System (3)	
2677	SMS Messages	Incoming	7/21/2014	7/21/2014 10:15:22 PM(UTC-4)	From: 7745713150 Sam Boardman	OMG I love that picture! U made that?! And haha no not at all. Like I just have been up all night every night and like not relaxing		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2678	SMS Messages	Outgoing	7/21/2014	7/21/2014 10:20:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I made it :) Im gonna hang it up in my room, it will be easier to talk to him that way too. And oh well good bc I thought it was because of the whole thing with Conrad. But I'm sorry, if you've been thinking about stuff or somethings bothering you, you can tell me about it. I've been doing the same thing		File System (3)	
2679	SMS Messages	Incoming	7/21/2014	7/21/2014 10:25:16 PM(UTC-4)	From: 7745713150 Sam Boardman	You have the most amazing creativity. And no haha nothin is bothering me at all		File System (3)	
2680	SMS Messages	Outgoing	7/21/2014	7/21/2014 10:29:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha thank you. I like doing stuff like that, something that means something, as you know I can only do stuff with meaning and connection. But okay good, if there ever is tho I want u to know u can talk to me about it. But Sam I'm kinda freaking out about something		File System (3)	
2681	SMS Messages	Incoming	7/21/2014	7/21/2014 10:34:32 PM(UTC-4)	From: 7745713150 Sam Boardman	It came out beautifully. And I know exactly what u mean. That's why it will be important to pursue a career that ur passionate about so u will strive. And what's wrong?		File System (3)	
2682	SMS Messages	Outgoing	7/21/2014	7/21/2014 10:42:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you it means so much to me. And yeah I never thought about doing something with writing and drawing until I drew those things for you and how much you loved them, and your reaction to the ballerina drawing. And I've written some poems the past month and stuff and I just love writing too and I never really thought about doing something like that because I always felt like it was nerdy and stupid. But what you just said speaks to me bc I am passionate about it so I know I'll do good. Thank you for recognizing that		File System (3)	
2683	SMS Messages	Outgoing	7/21/2014	7/21/2014 10:45:22 PM(UTC-4)	To: 17745713150 Sam Boardman	And I just got off the phone with Conrads mom about 20 mins ago and she told me that detectives had to come and go thru his things and stuff, Its something they have to do with suicides and homicides. And she said they have to go thru his phone and see if anyone encouraged him do it on texts and stuff...Sam they read my messages with him, I'm done. His family will hate me and I could go to jail		File System (3)	
2684	SMS Messages	Incoming	7/21/2014	7/21/2014 11:03:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't worry about it Michelle. They will see tht u were his closest friend and tht u were there for him and loved him. They will see how he was gonna do it despite what others said. Additionally, they wouldn't tell his family if u were to encourage unless it was like really bad like bullying, Which it was the opposite of		File System (3)	
2685	SMS Messages	Outgoing	7/21/2014	7/21/2014 11:08:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's what I'm hoping like I hope they see that he had his mind set on it. Like it may seem like I wanted him to but I didn't at all you know I loved him like I read this thing online where it said if u agree with the person, then it makes them realize how stupid they're being and they'll stop but it didn't work and I just idk I hope that the cops don't see it that way like I didn't bully him at all or anything. So you don't think they'll tell his family?		File System (3)	
2686	SMS Messages	Outgoing	7/21/2014	7/21/2014 11:13:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Time out from this and please go on YouTube and type in "if a cat said hey instead of meow". I needed a good laugh and I'm sure you could use one too		File System (3)	
2687	SMS Messages	Incoming	7/21/2014	7/21/2014 11:21:05 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHA I can't believe I just took time out of my day to watch that, so bizzar. And Michelle the cops wouldn't do anything to u, especially when his family knows how important u were		File System (3)	
2688	SMS Messages	Outgoing	7/21/2014	7/21/2014 11:24:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha but it was so worth that 27 seconds wasn't it ☐ and okay I trust you, and that's true I just don't want his mom to hate me and stuff and not give me the letter or take home some of his things because that's really important to me		File System (3)	
2689	SMS Messages	Outgoing	7/22/2014	7/22/2014 3:54:45 PM(UTC-4)	To: 17745713150 Sam Boardman	I've had bad binge days the past few days		File System (3)	
2690	SMS Messages	Outgoing	7/22/2014	7/22/2014 8:01:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I know we haven't really talked about that in a while		File System (3)	
2691	SMS Messages	Incoming	7/22/2014	7/22/2014 10:51:29 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't really know what u want me to say. U know all the tricks that uv been taught. Make sure u eat eating big healthy meals to fill u up		File System (3)	
2692	SMS Messages	Outgoing	7/22/2014	7/22/2014 10:57:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm sorry		File System (3)	
2693	SMS Messages	Outgoing	7/22/2014	7/22/2014 11:04:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Something that I realized was that Conrad is now watching over me and can see what I do. And this may sound stupid but I feel like he'd be disappointed when I let myself binge, and I can hear him tell me to stop. So I need to stop for him, I don't want him to see me like that. He's letting me know it's okay and I can do it		File System (3)	
2694	SMS Messages	Incoming	7/22/2014	7/22/2014 11:05:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Why are u sorry?		File System (3)	
2695	SMS Messages	Incoming	7/22/2014	7/22/2014 11:06:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand what u mean. He wants you To get better. He would want you to try 100% and stick to the meal plan and live a normal lif		File System (3)	
2696	SMS Messages	Outgoing	7/22/2014	7/22/2014 11:12:09 PM(UTC-4)	To: 17745713150 Sam Boardman	For telling you that because I know you don't know what to say. But yeah he told me he wants me to get better and live normally around food and he said that he knows I can beat it. I just need to try harder, I let myself go the past few days. I just emotionally ate.		File System (3)	

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#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2697	SMS Messages	Outgoing	7/22/2014	7/22/2014 11:21:13 PM(UTC-4)	To: 17745713150 Sam Boardman	And just knowing he's watching over me now, I feel disgusted and embarrassed. So I feel like it's my priority to stop now for him and for you and everyone. But especially for myself. I can't let food take over my life anymore. No more binging. I'm making that promise to myself. Anyways, how was your day?		File System (3)	
2698	SMS Messages	Outgoing	7/23/2014	7/23/2014 11:16:37 AM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna hang Friday? Maybe have a sleepover and Lexie too		File System (3)	
2699	SMS Messages	Incoming	7/23/2014	7/23/2014 5:29:01 PM(UTC-4)	From: 7745713150 Sam Boardman	I cantttt I have work at 6 the next morning and work Friday nighttt		File System (3)	
2700	SMS Messages	Outgoing	7/23/2014	7/23/2014 5:54:43 PM(UTC-4)	To: 17745713150 Sam Boardman	What about tomorrow		File System (3)	
2701	SMS Messages	Outgoing	7/23/2014	7/23/2014 6:01:33 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm going to nh Sunday to Friday so I didn't know if we could do something before I leave		File System (3)	
2702	SMS Messages	Outgoing	7/25/2014	7/25/2014 9:22:23 AM(UTC-4)	To: 17745713150 Sam Boardman	SAM I HAVE A REALLY GOOD IDEA AND I WANT YOU TO HELP BE A PART OF IT I NEED TO TELL YOU ALL ABOUT IT		File System (3)	
2703	SMS Messages	Incoming	7/25/2014	7/25/2014 10:31:36 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm at work tell me later!		File System (3)	
2704	SMS Messages	Outgoing	7/25/2014	7/25/2014 10:36:29 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay text me after work, have a good day!		File System (3)	
2705	SMS Messages	Incoming	7/25/2014	7/25/2014 4:45:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what's ur idea?		File System (3)	
2706	SMS Messages	Outgoing	7/25/2014	7/25/2014 4:49:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey, wait do u have the cow tonight?		File System (3)	
2707	SMS Messages	Incoming	7/25/2014	7/25/2014 4:57:00 PM(UTC-4)	From: 7745713150 Sam Boardman	No		File System (3)	
2708	SMS Messages	Incoming	7/25/2014	7/25/2014 4:57:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought I did but I don't		File System (3)	
2709	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:04:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay		File System (3)	
2710	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:04:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Well that's good		File System (3)	
2711	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:08:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you tomorrow?		File System (3)	
2712	SMS Messages	Incoming	7/25/2014	7/25/2014 5:13:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Tomorrow I open at twist and them I'm going to Keith urban		File System (3)	
2713	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:15:57 PM(UTC-4)	To: 17745713150 Sam Boardman	That's awesome, who you going with?		File System (3)	
2714	SMS Messages	Incoming	7/25/2014	7/25/2014 5:17:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Just me and lex. Haha it's too complicated to plan a group		File System (3)	
2715	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:21:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah that's true. Well you'll have a good time ha		File System (3)	
2716	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:26:08 PM(UTC-4)	To: 17745713150 Sam Boardman	So the idea haha		File System (3)	
2717	SMS Messages	Incoming	7/25/2014	7/25/2014 5:38:51 PM(UTC-4)	From: 7745713150 Sam Boardman	What is it		File System (3)	
2718	SMS Messages	Outgoing	7/25/2014	7/25/2014 5:52:16 PM(UTC-4)	To: 17745713150 Sam Boardman	So I wanna organize a baseball/softball tournament in honor of Conrad because he loved the Red Sox and played baseball and stuff like you heard about. I know people always usually do walks and stuff to raise awareness and remember someone, but I wanna do like a baseball tournament. And it will be in his honor, I came up with the name "Homers for Conrad". And the money will go to a suicide prevention awareness organization I found. And for every homerun hit, I was thinking maybe some money will go to the scholarship they made in his honor. That will be a cool little addition. What do you think?		File System (3)	
2719	SMS Messages	Incoming	7/25/2014	7/25/2014 5:54:55 PM(UTC-4)	From: 7745713150 Sam Boardman	YES YES YES THATS AWESOME!		File System (3)	
2720	SMS Messages	Outgoing	7/25/2014	7/25/2014 6:02:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha you think so? I did some research and I found a ball field complex in fairhaven that's pretty nice, but there's an even nicer one in the town 13 mins next to it. They both have 4 fields which is good. So I was thinking we could hold one there for people that knew him in his town and community and friends on Saturday September 13. His birthday is September 12, so I think it would be a nice way to celebrate it the day after. And then the following weekend the 20th, we could host one at the PAL here in Plainville which is where I played and everyone plays. It also has 4 fields, and people from around here like friends and our community and just anyone who wants to play can play		File System (3)	
2721	SMS Messages	Outgoing	7/25/2014	7/25/2014 6:15:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Because that way we can raise double		File System (3)	
2722	SMS Messages	Incoming	7/25/2014	7/25/2014 10:01:38 PM(UTC-4)	From: 7745713150 Sam Boardman	That's an amazing idea Michelle, I think that is so nice that u are doing something to help others in honor of him. I think it might be Difficult to make it open to the public tho, epecially at the pal where no one really knows him. But honestly that sounds amazing		File System (3)	
2723	SMS Messages	Outgoing	7/25/2014	7/25/2014 10:15:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you it really means a lot, and yeah I really want to help others like I don't want any other family or people do experience the loss of a loved one to suicide, so I'm gonna do everything I can to help prevent it. And well everyone knows me around here like I feel like people will do it, especially because it's something fun to do and everyone will have a good time. But yeah idk it's a good point. I want you to help me with it tho, like it can be something fun we can do together. If you want?		File System (3)	
2724	SMS Messages	Outgoing	7/26/2014	7/26/2014 2:45:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me know haha. And have fun at the concert tonight!		File System (3)	
2725	SMS Messages	Incoming	7/27/2014	7/27/2014 10:31:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey I'm sorry iv been so busy. Havnt catches a break. Havnt Been home at all and just really busy as usual		File System (3)	
2726	SMS Messages	Outgoing	7/27/2014	7/27/2014 10:36:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey it's okay you don't have to be sorry, I understand no worries, thank you for letting me know though		File System (3)	
2727	SMS Messages	Incoming	7/27/2014	7/27/2014 10:37:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course		File System (3)	
2728	SMS Messages	Outgoing	7/27/2014	7/27/2014 10:37:52 PM(UTC-4)	To: 17745713150 Sam Boardman	How are you?		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2729	SMS Messages	Incoming	7/27/2014	7/27/2014 10:44:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Pretty good. The concert was awesome. How have u been?		File System (3)		
2730	SMS Messages	Outgoing	7/27/2014	7/27/2014 10:46:41 PM(UTC-4)	To: 17745713150 Sam Boardman	That's good! I'm happy to hear that, I'm glad you had a fun time. And im doing okay thanks, I'm in New Hampshire with the fam til Thursday haha. And whenever you get the chance, I kinda have to talk to you about something		File System (3)		
2731	SMS Messages	Incoming	7/27/2014	7/27/2014 10:47:49 PM(UTC-4)	From: 7745713150 Sam Boardman	That's good. Vacation time wit the fam will do u good. and what		File System (3)		
2732	SMS Messages	Outgoing	7/27/2014	7/27/2014 10:52:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah its nice to get away for a bit, lots of kayaking time haha. But can I tell you tomorrow? because I'm about to fall asleep I'm sorry		File System (3)		
2733	SMS Messages	Incoming	7/27/2014	7/27/2014 10:57:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sure. Goodnight sleep tight!		File System (3)		
2734	SMS Messages	Outgoing	7/27/2014	7/27/2014 10:58:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you, goodnight Sam sweet dreams!		File System (3)		
2735	SMS Messages	Outgoing	7/28/2014	7/28/2014 5:54:18 PM(UTC-4)	To: 17745713150 Sam Boardman	You working at the cow tonight?		File System (3)		
2736	SMS Messages	Outgoing	7/28/2014	7/28/2014 6:04:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Probably should of told you earlier haha		File System (3)		
2737	SMS Messages	Incoming	7/28/2014	7/28/2014 6:15:55 PM(UTC-4)	From: 7745713150 Sam Boardman	No I'm out with the black cow girls for our victory dinner		File System (3)		
2738	SMS Messages	Outgoing	7/28/2014	7/28/2014 6:16:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohhh awesome haha where'd you guys go?		File System (3)		
2739	SMS Messages	Outgoing	7/30/2014	7/30/2014 3:31:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)		
2740	SMS Messages	Outgoing	7/31/2014	7/31/2014 6:46:47 PM(UTC-4)	To: 17745713150 Sam Boardman	We just hit a deer		File System (3)		
2741	SMS Messages	Outgoing	7/31/2014	7/31/2014 6:57:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm freaking out		File System (3)		
2742	SMS Messages	Incoming	7/31/2014	7/31/2014 7:16:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey is everyone ok?		File System (3)		
2743	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:20:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah everyone's good thanks I just was freaked out by it		File System (3)		
2744	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:22:27 PM(UTC-4)	To: 17745713150 Sam Boardman	I feel so bad :(File System (3)		
2745	SMS Messages	Incoming	7/31/2014	7/31/2014 7:23:57 PM(UTC-4)	From: 7745713150 Sam Boardman	It's ok, it happens. My dad hit one before. Ur lucky everyone is ok and it didn't ruin ur car		File System (3)		
2746	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:26:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah true. Was your dad okay? And well it did ruin the car there's a bad dent near the headlight and the hood is kinda messed up		File System (3)		
2747	SMS Messages	Incoming	7/31/2014	7/31/2014 7:30:20 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah he was good. Hey at least it didn't fly through ur windshield! But that sucks. How was New Hampshire?		File System (3)		
2748	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:36:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Good and yeah that's what we're saying ha and its good it wasn't like a moose or something because that would of been bad haha. But yeah it's like \$500 to fix it. And well we are still here but leaving tomorrow. Its been pretty fun. I'll take a picture later and show you where our house is, I'm gonna bring friends up sometime it's awesome up here		File System (3)		
2749	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:37:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Because the house is right on the lake so we have kayaks and a jetski and its so fun to chill up here so I'll bring you sometime definitely haha		File System (3)		
2750	SMS Messages	Incoming	7/31/2014	7/31/2014 7:42:44 PM(UTC-4)	From: 7745713150 Sam Boardman	That sounds like fun! Outdoor adventures haha. Are u on lake winni?		File System (3)		
2751	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:44:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha always and no lake Osipee. And its fun because there's these 2 camps up the street and we like kayak up the lake to them and make friends haha		File System (3)		
2752	SMS Messages	Incoming	7/31/2014	7/31/2014 7:47:35 PM(UTC-4)	From: 7745713150 Sam Boardman	What camps?! I literally always went to sleep away camp in nh haha. Such an adventurous child. Haha I hope you are not bein a predator towards little children!		File System (3)		
2753	SMS Messages	Outgoing	7/31/2014	7/31/2014 7:54:52 PM(UTC-4)	To: 17745713150 Sam Boardman	DUDE I wish I knew you then I would of went haha I always wanted to go to one! They're called Camp Cody and Camp Calumet but Camp Cody is the one to go to haha . They had a huge soccer game yesterday like the whole camp was cheering everyone on it was awesome. And I think they're ages like 14 to 18 so there's no like little children! But if there was I'd so be a predator towards them you know it		File System (3)		
2754	SMS Messages	Incoming	7/31/2014	7/31/2014 8:07:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sleep away camp was undoubtably a highlight of my childhood. That sounds like so much fun, shoulda had ur mom sign u up on the spot haha.		File System (3)		
2755	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:11:52 PM(UTC-4)	To: 17745713150 Sam Boardman	What camp did you go to? And I bet it was haha I can easily see why. But yeah I so should of, but it's still fun sneaking in and meeting people. And there's a private little beach like 4 houses down from us so we like go there at night and stuff it's the best. Seriously next summer we will come up here		File System (3)		
2756	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:20:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Only if you want haha		File System (3)		
2757	SMS Messages	Incoming	7/31/2014	7/31/2014 8:24:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't remember the name of it. All I know is it was a catholic camp and I'm not catholic and they forced me to do prayers. Other than that it was a great time haha. And of course!		File System (3)		
2758	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:29:34 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHAHAHAHAHA idk why but I thought that was wicked funny haha I know you aren't Catholic remember at Conrads mass? Haha. But okay yay!		File System (3)		
2759	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:34:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Speaking of Conrad, I felt him with me yesterday when I was kayaking on the water		File System (3)		
2760	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:41:03 PM(UTC-4)	To: 17745713150 Sam Boardman	I know that's kinda weird to say		File System (3)		
2761	SMS Messages	Incoming	7/31/2014	7/31/2014 8:41:58 PM(UTC-4)	From: 7745713150 Sam Boardman	No not at all. The water brought u two together. He can give u support		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2762	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:48:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah the water is always gonna give me a certain feeling now, but yeah he will. I talk to him a lot that's good right?		File System (3)	
2763	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:50:17 PM(UTC-4)	To: 17745713150 Sam Boardman	His mom loved the idea by the way		File System (3)	
2764	SMS Messages	Outgoing	7/31/2014	7/31/2014 8:53:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I just gotta start planning it all but I think it's gonna happen which I'm siked about		File System (3)	
2765	SMS Messages	Incoming	8/1/2014	8/1/2014 2:24:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey sorry i was sleeping an then worked this morning. Did u visit his house?		File System (3)	
2766	SMS Messages	Outgoing	8/1/2014	8/1/2014 2:58:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Whose house?		File System (3)	
2767	SMS Messages	Outgoing	8/1/2014	8/1/2014 2:59:00 PM(UTC-4)	To: 17745713150 Sam Boardman	And its okay no worries		File System (3)	
2768	SMS Messages	Incoming	8/1/2014	8/1/2014 3:14:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Oh I thought u ment Conrad's house! That is so cute OMG!		File System (3)	
2769	SMS Messages	Outgoing	8/1/2014	8/1/2014 3:15:19 PM(UTC-4)	To: 17745713150 Sam Boardman	No haha that's the house we go to! Thanks haha it's so fun you'll love it		File System (3)	
2770	SMS Messages	Outgoing	8/1/2014	8/1/2014 3:20:43 PM(UTC-4)	To: 17745713150 Sam Boardman	How was work? Did you get another \$100 tip? Haha that's insane		File System (3)	
2771	SMS Messages	Outgoing	8/1/2014	8/1/2014 3:59:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I tell you the thing that I was gonna tell you a few days ago?		File System (3)	
2772	SMS Messages	Incoming	8/1/2014	8/1/2014 4:06:14 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't make tips at twist. I wishh. and yeah sure		File System (3)	
2773	SMS Messages	Outgoing	8/1/2014	8/1/2014 4:10:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Someone gave you a \$100 tip at the cow?! That's sick!		File System (3)	
2774	SMS Messages	Outgoing	8/1/2014	8/1/2014 4:12:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Another reason to work there next year not twists haha		File System (3)	
2775	SMS Messages	Outgoing	8/1/2014	8/1/2014 4:18:58 PM(UTC-4)	To: 17745713150 Sam Boardman	And well its about Alice		File System (3)	
2776	SMS Messages	Incoming	8/1/2014	8/1/2014 4:26:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Hash ik right? And what		File System (3)	
2777	SMS Messages	Outgoing	8/1/2014	8/1/2014 4:28:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah and I think I do still have feelings for her		File System (3)	
2778	SMS Messages	Incoming	8/1/2014	8/1/2014 4:49:17 PM(UTC-4)	From: 7745713150 Sam Boardman	I think we already knew that tho. But what u need to realize is tht u have feelings for the old her. You Don't hve feelings for who she is today		File System (3)	
2779	SMS Messages	Outgoing	8/1/2014	8/1/2014 4:54:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Well we talked about it but I was confused if I still liked her or not and yeah what you said is true, but idk how to realize that. I think about her a lot and like about what we had and stuff		File System (3)	
2780	SMS Messages	Incoming	8/1/2014	8/1/2014 4:59:08 PM(UTC-4)	From: 7745713150 Sam Boardman	It's like me and Kyle. I miss how he was when we were freshmen and the relationship we had, but I know that it's nothing like that now. I hate his guts now haha. U don't even know Alice at all anymore		File System (3)	
2781	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:06:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're right you're so right. I don't know her anymore and I really wish I did but I don't and I have to realize that we won't ever be the same. I wish I hated her like you do Kyle ha, that would make things so much easier. But I can never stop thinking about her. I'm hanging on to what we had and what she used to be, but shes a different person now and things are different		File System (3)	
2782	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:08:34 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm just still in love with the old her		File System (3)	
2783	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:22:17 PM(UTC-4)	To: 17745713150 Sam Boardman	And I don't know if it's just for her ethier anymore		File System (3)	
2784	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:25:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm starting to realize that too		File System (3)	
2785	SMS Messages	Incoming	8/1/2014	8/1/2014 5:28:18 PM(UTC-4)	From: 7745713150 Sam Boardman	What do u meen		File System (3)	
2786	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:31:48 PM(UTC-4)	To: 17745713150 Sam Boardman	ldk like she's not the only girl I could like		File System (3)	
2787	SMS Messages	Incoming	8/1/2014	8/1/2014 5:34:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Well who else do I like		File System (3)	
2788	SMS Messages	Incoming	8/1/2014	8/1/2014 5:34:34 PM(UTC-4)	From: 7745713150 Sam Boardman	U*		File System (3)	
2789	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:39:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Not really anyone right now girl or boy, idk if I will be able to like another guy for a while because it's still hard dealing with Conrad, but I told you before that I may be bi for just Alice. But I can see myself liking another girl so I don't think it's just for her		File System (3)	
2790	SMS Messages	Incoming	8/1/2014	8/1/2014 5:49:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Here I hve work but I'll answer after		File System (3)	
2791	SMS Messages	Outgoing	8/1/2014	8/1/2014 5:50:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good, have a good shift!		File System (3)	
2792	SMS Messages	Incoming	8/1/2014	8/1/2014 10:33:36 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm home. And only time will tell I guess		File System (3)	
2793	SMS Messages	Outgoing	8/1/2014	8/1/2014 11:50:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey sorry are you still awake??		File System (3)	
2794	SMS Messages	Outgoing	8/1/2014	8/1/2014 11:51:06 PM(UTC-4)	To: 17745713150 Sam Boardman	What do you mean?		File System (3)	
2795	SMS Messages	Outgoing	8/2/2014	8/2/2014 11:31:29 AM(UTC-4)	To: 17745713150 Sam Boardman	Its kinda something I'm dealing with now		File System (3)	
2796	SMS Messages	Outgoing	8/3/2014	8/3/2014 5:47:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so Lexie said she's gonna help me plan the baseball tournament for Conrad. Do you wanna help too? We are gonna go check out the fields and go to his house to get the letter and stuff this week and I want you to come too. Whats your work schedule?		File System (3)	
2797	SMS Messages	Incoming	8/3/2014	8/3/2014 10:45:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes of course! I'm working almost every night, but I'm off at twist all week untill Friday		File System (3)	
2798	SMS Messages	Outgoing	8/3/2014	8/3/2014 10:50:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome thank you! And alright that's good, I'm waiting for his mom to reply with a day that works for her as well, but I'm thinking Wednesday or Thursday		File System (3)	
2799	SMS Messages	Outgoing	8/3/2014	8/3/2014 10:54:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Thanks for wanting to help me plan the tournament, it's a lot to do alone so it's really great to have some help		File System (3)	
2800	SMS Messages	Incoming	8/3/2014	8/3/2014 10:55:46 PM(UTC-4)	From: 7745713150 Sam Boardman	You really have to get the word out about it tho cus like people on ur old soft ball team will play but I don't know who else will, especially when no one around here knew him. We will have to use our marketing and advertisement skill		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2801	SMS Messages	Outgoing	8/3/2014	8/3/2014 10:58:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah and I know you're good at that and our deca skills will help. And you're right, that's why I wanna get this thing going this week. We will visit the fields and stuff and start planning it out		File System (3)		
2802	SMS Messages	Outgoing	8/3/2014	8/3/2014 11:00:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Most important we have to contact the field directors to ask if we can use the fields that day		File System (3)		
2803	SMS Messages	Incoming	8/3/2014	8/3/2014 11:02:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah. It might be hard to schedule that, it would probably have to be during the week		File System (3)		
2804	SMS Messages	Outgoing	8/3/2014	8/3/2014 11:06:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I'm hoping that we can get it since we are doing it a little over a month in advanced so they know. I just hope nothing's already planned but I don't think there is. We just have to claim the spot before it's too late, I think we'll be fine		File System (3)		
2805	SMS Messages	Incoming	8/3/2014	8/3/2014 11:20:18 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah, it will be good cus it's In advance. Bed tho, Im going to six flags tomorrow! Goodnight!		File System (3)		
2806	SMS Messages	Outgoing	8/3/2014	8/3/2014 11:21:32 PM(UTC-4)	To: 17745713150 Sam Boardman	That's fun I'm jealous haha, have a good time and be safe!! Good night		File System (3)		
2807	SMS Messages	Outgoing	8/4/2014	8/4/2014 10:02:41 AM(UTC-4)	To: 17745713150 Sam Boardman	Does Wednesday work?		File System (3)		
2808	SMS Messages	Incoming	8/4/2014	8/4/2014 10:19:20 AM(UTC-4)	From: 7745713150 Sam Boardman	Yess I have work at 6 but I can def hang before that		File System (3)		
2809	SMS Messages	Outgoing	8/4/2014	8/4/2014 10:25:24 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay awesome! The detective still has the letter so his mom said she may not have that by Wednesday but we can still go to get some of his things. You're okay with going to his house right?		File System (3)		
2810	SMS Messages	Incoming	8/4/2014	8/4/2014 10:28:37 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes. Either me or lex can probs drive		File System (3)		
2811	SMS Messages	Outgoing	8/4/2014	8/4/2014 10:32:30 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you. Who are you going to 6 flags with?		File System (3)		
2812	SMS Messages	Incoming	8/4/2014	8/4/2014 10:45:39 AM(UTC-4)	From: 7745713150 Sam Boardman	My work crew. The boss is treating us		File System (3)		
2813	SMS Messages	Outgoing	8/4/2014	8/4/2014 10:51:14 AM(UTC-4)	To: 17745713150 Sam Boardman	Holy shit you have the best work		File System (3)		
2814	SMS Messages	Outgoing	8/4/2014	8/4/2014 11:51:47 AM(UTC-4)	To: 17745713150 Sam Boardman	Lexie works Wednesday		File System (3)		
2815	SMS Messages	Incoming	8/4/2014	8/4/2014 12:15:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Kk we can anyday		File System (3)		
2816	SMS Messages	Outgoing	8/4/2014	8/4/2014 12:28:38 PM(UTC-4)	To: 7745713150 Sam Boardman	I still want to Wednesday		File System (3)		
2817	SMS Messages	Outgoing	8/4/2014	8/4/2014 4:37:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you know Allie Ethier?		File System (3)		
2818	SMS Messages	Incoming	8/4/2014	8/4/2014 6:15:48 PM(UTC-4)	From: 7745713150 Sam Boardman	No		File System (3)		
2819	SMS Messages	Outgoing	8/4/2014	8/4/2014 6:20:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh		File System (3)		
2820	SMS Messages	Outgoing	8/4/2014	8/4/2014 6:27:00 PM(UTC-4)	To: 17745713150 Sam Boardman	She coaches with me at the camp I work at and I think I kinda like her but idk		File System (3)		
2821	SMS Messages	Outgoing	8/5/2014	8/5/2014 12:14:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I think I do		File System (3)		
2822	SMS Messages	Outgoing	8/5/2014	8/5/2014 4:14:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Are we still hanging tomorrow		File System (3)		
2823	SMS Messages	Incoming	8/5/2014	8/5/2014 4:30:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Lexie can't tomorrow		File System (3)		
2824	SMS Messages	Incoming	8/5/2014	8/5/2014 4:30:54 PM(UTC-4)	From: 7745713150 Sam Boardman	So let's just hang a day we all can!		File System (3)		
2825	SMS Messages	Outgoing	8/5/2014	8/5/2014 4:33:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha well what day works?		File System (3)		
2826	SMS Messages	Outgoing	8/5/2014	8/5/2014 4:38:08 PM(UTC-4)	To: 17745713150 Sam Boardman	And I'm sorry for telling you about that girl if it was awkward		File System (3)		
2827	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:20:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Can we talk about it tho?		File System (3)		
2828	SMS Messages	Incoming	8/5/2014	8/5/2014 5:21:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Thursday works!		File System (3)		
2829	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:26:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll see if I can!		File System (3)		
2830	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:29:20 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm nervous that I feel this way towards her		File System (3)		
2831	SMS Messages	Incoming	8/5/2014	8/5/2014 5:39:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know that much about that topic so idk. Don't jump to conclusions but don't ignore ur feelings		File System (3)		
2832	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:41:55 PM(UTC-4)	To: 17745713150 Sam Boardman	What do you mean don't jump to conclusions?		File System (3)		
2833	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:46:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I haven't felt this way about a girl since Alice		File System (3)		
2834	SMS Messages	Incoming	8/5/2014	8/5/2014 5:47:00 PM(UTC-4)	From: 7745713150 Sam Boardman	How long have u known her?		File System (3)		
2835	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:48:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Since the beginning of July		File System (3)		
2836	SMS Messages	Incoming	8/5/2014	8/5/2014 5:49:57 PM(UTC-4)	From: 7745713150 Sam Boardman	If ur confused about how u feel still then I wouldn't try and take any action		File System (3)		
2837	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:52:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I mean i think I do like her but idk if she feels the same so I don't wanna ruin it or push anything		File System (3)		
2838	SMS Messages	Incoming	8/5/2014	8/5/2014 5:53:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah		File System (3)		
2839	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:54:16 PM(UTC-4)	To: 17745713150 Sam Boardman	I feel like she won't		File System (3)		
2840	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:55:51 PM(UTC-4)	To: 17745713150 Sam Boardman	So I'm setting myself up to get hurt		File System (3)		
2841	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:58:56 PM(UTC-4)	To: 17745713150 Sam Boardman	But we do talk alot		File System (3)		
2842	SMS Messages	Outgoing	8/5/2014	8/5/2014 5:59:15 PM(UTC-4)	To: 17745713150 Sam Boardman	And we hung out all day today		File System (3)		
2843	SMS Messages	Incoming	8/5/2014	8/5/2014 6:06:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Well don't u hang out cus u both do everyday pe?		File System (3)		
2844	SMS Messages	Outgoing	8/5/2014	8/5/2014 6:10:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Well yes haha but today we coached every activity together and went on a hike and walked to get lunch together		File System (3)		
2845	SMS Messages	Outgoing	8/5/2014	8/5/2014 6:14:19 PM(UTC-4)	To: 17745713150 Sam Boardman	And she wants me to go to her basketball game Thursday night		File System (3)		
2846	SMS Messages	Outgoing	8/5/2014	8/5/2014 6:28:02 PM(UTC-4)	To: 17745713150 Sam Boardman	But idk if I should go or not. Like this is why it's hard and I don't wanna get too attached yet because idk if she's just straight and would never feel the same way. But then again me and Alice were both straight before we had something so idk		File System (3)		
2847	SMS Messages	Outgoing	8/5/2014	8/5/2014 10:17:30 PM(UTC-4)	To: 17745713150 Sam Boardman	So Thursday I have to work at EPE until 12 but I can hang after that, is that okay?		File System (3)		
2848	SMS Messages	Outgoing	8/5/2014	8/5/2014 10:38:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait Sam, Lexie is working on Thursday too. And sorry I've sent you like 10 messages in a row haha I'm sorry		File System (3)		
2849	SMS Messages	Incoming	8/5/2014	8/5/2014 10:58:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I have work fri-Sunday		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2850	SMS Messages	Outgoing	8/5/2014	8/5/2014 10:59:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Monday? My birthday haha		File System (3)	
2851	SMS Messages	Incoming	8/5/2014	8/5/2014 11:00:43 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't usually work Mondays so probably		File System (3)	
2852	SMS Messages	Outgoing	8/5/2014	8/5/2014 11:01:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay perfect		File System (3)	
2853	SMS Messages	Outgoing	8/8/2014	8/8/2014 3:53:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Have you gotten nominated to do the ice bucket challenge yet?		File System (3)	
2854	SMS Messages	Incoming	8/8/2014	8/8/2014 5:07:09 PM(UTC-4)	From: 7745713150 Sam Boardman	No, should I be scared?		File System (3)	
2855	SMS Messages	Incoming	8/8/2014	8/8/2014 5:08:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Wait FUCK Lexie did		File System (3)	
2856	SMS Messages	Outgoing	8/8/2014	8/8/2014 5:11:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Ha oh Lexie did it to you?		File System (3)	
2857	SMS Messages	Incoming	8/8/2014	8/8/2014 5:12:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah fuck		File System (3)	
2858	SMS Messages	Outgoing	8/8/2014	8/8/2014 5:14:02 PM(UTC-4)	To: 17745713150 Sam Boardman	☐ I was gonna nominate you haha Mike Travis nominated me for some reason		File System (3)	
2859	SMS Messages	Outgoing	8/8/2014	8/8/2014 5:16:38 PM(UTC-4)	To: 17745713150 Sam Boardman	You up for a second one? lol		File System (3)	
2860	SMS Messages	Incoming	8/8/2014	8/8/2014 5:17:39 PM(UTC-4)	From: 7745713150 Sam Boardman	NOPE		File System (3)	
2861	SMS Messages	Incoming	8/8/2014	8/8/2014 5:17:49 PM(UTC-4)	From: 7745713150 Sam Boardman	haha once is enough		File System (3)	
2862	SMS Messages	Outgoing	8/8/2014	8/8/2014 5:18:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha fine		File System (3)	
2863	SMS Messages	Outgoing	8/8/2014	8/8/2014 6:36:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I nominated Allie ☐		File System (3)	
2864	SMS Messages	Outgoing	8/9/2014	8/9/2014 3:44:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Are we hanging Monday ?		File System (3)	
2865	SMS Messages	Incoming	8/9/2014	8/9/2014 3:49:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes!		File System (3)	
2866	SMS Messages	Outgoing	8/9/2014	8/9/2014 3:49:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Yay!		File System (3)	
2867	SMS Messages	Incoming	8/9/2014	8/9/2014 3:50:29 PM(UTC-4)	From: 7745713150 Sam Boardman	What's the plan		File System (3)	
2868	SMS Messages	Incoming	8/9/2014	8/9/2014 3:50:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't work at all		File System (3)	
2869	SMS Messages	Outgoing	8/9/2014	8/9/2014 3:51:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yes that's good! Do you work Tuesday?		File System (3)	
2870	SMS Messages	Incoming	8/9/2014	8/9/2014 3:51:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Not till night		File System (3)	
2871	SMS Messages	Outgoing	8/9/2014	8/9/2014 3:52:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna have a sleepover		File System (3)	
2872	SMS Messages	Incoming	8/9/2014	8/9/2014 4:00:53 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah we can probs do that		File System (3)	
2873	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:02:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Good haha it's my birthday Monday		File System (3)	
2874	SMS Messages	Incoming	8/9/2014	8/9/2014 4:06:21 PM(UTC-4)	From: 7745713150 Sam Boardman	I know! We can celebrate, shal I make a cake?		File System (3)	
2875	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:11:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah! And you can if you want to!		File System (3)	
2876	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:25:35 PM(UTC-4)	To: 17745713150 Sam Boardman	I'll have some just for you haha		File System (3)	
2877	SMS Messages	Incoming	8/9/2014	8/9/2014 4:26:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay!		File System (3)	
2878	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:26:35 PM(UTC-4)	To: 17745713150 Sam Boardman	What kind		File System (3)	
2879	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:29:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Actually just surprise me haha		File System (3)	
2880	SMS Messages	Incoming	8/9/2014	8/9/2014 4:31:11 PM(UTC-4)	From: 7745713150 Sam Boardman	I was plannin on it		File System (3)	
2881	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:33:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Gruel		File System (3)	
2882	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:34:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Grool* that's better		File System (3)	
2883	SMS Messages	Incoming	8/9/2014	8/9/2014 4:36:00 PM(UTC-4)	From: 7745713150 Sam Boardman	U speaking English!?!? Haha. And did u want to go to matapoisette that day?		File System (3)	
2884	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:38:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Grool from Mean Girls haha remember it's cool and great mixed together! And yeah we can it doesn't matter, if you wanna do something more happy and fun we can ha or we can do both		File System (3)	
2885	SMS Messages	Incoming	8/9/2014	8/9/2014 4:41:43 PM(UTC-4)	From: 7745713150 Sam Boardman	We can do whatever. And wtf I'm shocked that I havnt heard that before if it's from mean girls!		File System (3)	
2886	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:51:36 PM(UTC-4)	To: 17745713150 Sam Boardman	I sent you a video clip: http://gosms.3g.cn/D?f=OWZEHAKEPgdV_ViaGoSMS		File System (3)	
2887	SMS Messages	Outgoing	8/9/2014	8/9/2014 4:53:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you still up for going there? And I sent you the clip haha		File System (3)	
2888	SMS Messages	Outgoing	8/9/2014	8/9/2014 5:30:10 PM(UTC-4)	To: 17745713150 Sam Boardman	You have to help me decide what to get for my tattoo haha		File System (3)	
2889	SMS Messages	Outgoing	8/10/2014	8/10/2014 4:38:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so the detective still hasn't given the letter back yet so idk if we should just wait and go another time		File System (3)	
2890	SMS Messages	Outgoing	8/10/2014	8/10/2014 9:07:08 PM(UTC-4)	To: 17745713150 Sam Boardman	What time did you wanna come over		File System (3)	
2891	SMS Messages	Outgoing	8/10/2014	8/10/2014 10:45:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I still have no idea what to do haha		File System (3)	
2892	SMS Messages	Incoming	8/10/2014	8/10/2014 10:53:11 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know if I can sleep over, Im sick and have worked both jobs the past three day for 11 hours each day and am just so exhausted and like cranky and a mess. I havnt had three days In a row like this all summer. But I'm def sleeping in tomorrow haha. Maybe we can come in the after noon?		File System (3)	
2893	SMS Messages	Incoming	8/10/2014	8/10/2014 10:53:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Yesturday I worked 13 hours		File System (3)	
2894	SMS Messages	Incoming	8/10/2014	8/10/2014 10:54:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Today 11		File System (3)	
2895	SMS Messages	Incoming	8/10/2014	8/10/2014 10:54:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Friday was 13 too holly shit		File System (3)	
2896	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:01:19 PM(UTC-4)	To: 17745713150 Sam Boardman	That's ridiculous I'm sorry you had to work so much I don't blame you for being exhausted and wanting to sleep in. Its okay about the sleepover you can decide tomorrow depending on how you're feeling, but if you don't even wanna come over you dont have to I mean I understand		File System (3)	
2897	SMS Messages	Incoming	8/10/2014	8/10/2014 11:02:13 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm coming over haha. I meen if u still want me to		File System (3)	
2898	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:02:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Of course I still want you to!		File System (3)	
2899	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:04:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I was with Lexie today and I wanted to come see you at the cow but we just went back to Mikes		File System (3)	
2900	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:11:24 PM(UTC-4)	To: 17745713150 Sam Boardman	So like around what time do you plan on coming		File System (3)	
2901	SMS Messages	Incoming	8/10/2014	8/10/2014 11:13:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know I havnt talked to lex		File System (3)	
2902	SMS Messages	Incoming	8/10/2014	8/10/2014 11:14:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Maybe like 3?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2903	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:15:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
2904	SMS Messages	Outgoing	8/10/2014	8/10/2014 11:24:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Could we possibly go into Boston?		File System (3)	
2905	SMS Messages	Incoming	8/11/2014	8/11/2014 9:15:29 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah maybe, like on the train?		File System (3)	
2906	SMS Messages	Outgoing	8/11/2014	8/11/2014 9:23:45 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah but actually idk haha		File System (3)	
2907	SMS Messages	Outgoing	8/11/2014	8/11/2014 9:45:38 AM(UTC-4)	To: 17745713150 Sam Boardman	I was thinking we could dress up and stuff		File System (3)	
2908	SMS Messages	Incoming	8/11/2014	8/11/2014 9:54:50 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah tht could maybe work! We could pick a resturant and walk around and such. We have I figure out the train times, we could meet at the norfolk train station		File System (3)	
2909	SMS Messages	Outgoing	8/11/2014	8/11/2014 10:05:57 AM(UTC-4)	To: 17745713150 Sam Boardman	Yeah! That or we can like go to the cape cod canal and walk around and go to fairhaven on the way		File System (3)	
2910	SMS Messages	Incoming	8/11/2014	8/11/2014 10:15:44 AM(UTC-4)	From: 7745713150 Sam Boardman	Whatever u want BIRTHDAY GIRL! Haha I thought my tweet sent right when I woke up but it didn't so now it looks like I didn't say happy birthday but I'll say it again, HAPPY BIRYHDAY		File System (3)	
2911	SMS Messages	Incoming	8/11/2014	8/11/2014 10:16:03 AM(UTC-4)	From: 7745713150 Sam Boardman	BIRTHDAY * haha I'm a mess		File System (3)	
2912	SMS Messages	Outgoing	8/11/2014	8/11/2014 10:36:06 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha okay I'm gonna think about it and its okay! Thank you for that tweet tho I really loved it ☐ I really appreciate you Sam and everything you do for me. You're an amazing friend and I'm really lucky. And THANK YOU! Haha you're not a mess no worries		File System (3)	
2913	SMS Messages	Outgoing	8/11/2014	8/11/2014 10:37:08 AM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I responded so late haha Rylie ran out of the house so I had to go chase her		File System (3)	
2914	SMS Messages	Outgoing	8/11/2014	8/11/2014 10:40:00 AM(UTC-4)	To: 17745713150 Sam Boardman	But honestly I wouldn't wanna spend my birthday with anyone else so I'm really happy		File System (3)	
2915	SMS Messages	Incoming	8/11/2014	8/11/2014 10:50:27 AM(UTC-4)	From: 7745713150 Sam Boardman	Haha OMG I hope u got her! And decide what u want to do and we need to get Lex in on this		File System (3)	
2916	SMS Messages	Outgoing	8/11/2014	8/11/2014 10:55:52 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha I did she's a lil bitch she almost got ran over by a lawn mower lol		File System (3)	
2917	SMS Messages	Incoming	8/11/2014	8/11/2014 10:56:45 AM(UTC-4)	From: 7745713150 Sam Boardman	HA Her fur looks like she may have		File System (3)	
2918	SMS Messages	Outgoing	8/11/2014	8/11/2014 11:06:10 AM(UTC-4)	To: 17745713150 Sam Boardman	Love it		File System (3)	
2919	SMS Messages	Incoming	8/11/2014	8/11/2014 11:18:06 AM(UTC-4)	From: 7745713150 Sam Boardman	HAHAHA SO HOSTILE		File System (3)	
2920	SMS Messages	Outgoing	8/11/2014	8/11/2014 11:20:21 AM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha ☐ WAIT Sam		File System (3)	
2921	SMS Messages	Incoming	8/11/2014	8/11/2014 11:24:09 AM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
2922	SMS Messages	Outgoing	8/11/2014	8/11/2014 11:40:39 AM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna do the sleepover or no		File System (3)	
2923	SMS Messages	Incoming	8/11/2014	8/11/2014 11:56:19 AM(UTC-4)	From: 7745713150 Sam Boardman	I don't know yet, I'm napping now		File System (3)	
2924	SMS Messages	Outgoing	8/11/2014	8/11/2014 11:59:20 AM(UTC-4)	To: 17745713150 Sam Boardman	Okay well let me know when you wake up. Get some sleep so youll want to hhaha		File System (3)	
2925	SMS Messages	Incoming	8/11/2014	8/11/2014 2:43:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel better now that I napped haha. I don't think I'm gonna sleep over still tho, just cus I'm still sick and such. I'm fine to go to dinner tho. Haha I'll have to use the nice napkins to blow my nose most likely ☺ where should we go in boston to eat, like should we make a reservation?		File System (3)	
2926	SMS Messages	Incoming	8/11/2014	8/11/2014 2:43:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Should we invite anyone else, like Renee or whoever?		File System (3)	
2927	SMS Messages	Incoming	8/11/2014	8/11/2014 2:44:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Wait answer in the group chat		File System (3)	
2928	SMS Messages	Outgoing	8/11/2014	8/11/2014 2:58:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh I didn't know you were like seriously sick I'm sorry! I hope tonight makes you feel a little better, can we do a sleepover soon tho?		File System (3)	
2929	SMS Messages	Outgoing	8/12/2014	8/12/2014 11:35:28 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you send me some pics haha		File System (3)	
2930	SMS Messages	Outgoing	8/12/2014	8/12/2014 11:54:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Thank you! I love them they came out great!		File System (3)	
2931	SMS Messages	Outgoing	8/12/2014	8/12/2014 1:01:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you like my twit pic and the background pic?		File System (3)	
2932	SMS Messages	Incoming	8/12/2014	8/12/2014 1:27:33 PM(UTC-4)	From: 7745713150 Sam Boardman	Aww I love it		File System (3)	
2933	SMS Messages	Outgoing	8/12/2014	8/12/2014 2:03:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Thanks :) I'm so happy we finally got a picture together!		File System (3)	
2934	SMS Messages	Outgoing	8/13/2014	8/13/2014 6:35:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw thanks for favoriting and liking some of my tweets and fbook stuff it makes me happy :) And if you're at the cow working tonight, I hope you have a good shift!		File System (3)	
2935	SMS Messages	Outgoing	8/14/2014	8/14/2014 7:21:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey I was wondering if we could talk about something when you get out of work so just text me when u can haha thankss		File System (3)	
2936	SMS Messages	Incoming	8/14/2014	8/14/2014 10:12:00 PM(UTC-4)	From: 7745713150 Sam Boardman	What is it		File System (3)	
2937	SMS Messages	Outgoing	8/14/2014	8/14/2014 10:43:35 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry!! I didn't have my phone with me		File System (3)	
2938	SMS Messages	Incoming	8/14/2014	8/14/2014 10:47:02 PM(UTC-4)	From: 7745713150 Sam Boardman	IDC whatever		File System (3)	
2939	SMS Messages	Outgoing	8/14/2014	8/14/2014 10:50:04 PM(UTC-4)	To: 17745713150 Sam Boardman	I told my mom and sister that I'm bi tonight		File System (3)	
2940	SMS Messages	Incoming	8/14/2014	8/14/2014 10:51:04 PM(UTC-4)	From: 7745713150 Sam Boardman	What did they say?		File System (3)	
2941	SMS Messages	Outgoing	8/14/2014	8/14/2014 10:55:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Colie said she knew it and she still loves me and she knew because of how much I love Lea Michele haha and because of Alice. And my mom like started to cry because she was happy I told her. She kinda thought I was already		File System (3)	
2942	SMS Messages	Incoming	8/14/2014	8/14/2014 11:06:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Is Lea Michelle bi?		File System (3)	
2943	SMS Messages	Incoming	8/14/2014	8/14/2014 11:07:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Well that's good that they are Accepting, it makes it easier for u		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
2944	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:12:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Well she hasn't said anything about it but like people say she had a thing with this other girl who plays on glee and there's a lot of evidence but you can't believe everything you hear. The only one who knows is the actual person so I guess no she's not. And yeah thank you it does. I just don't want Colie to tell anyone yet and I feel like she will but I'm not telling my dad its awkward		File System (3)	
2945	SMS Messages	Incoming	8/14/2014	8/14/2014 11:14:36 PM(UTC-4)	From: 7745713150 Sam Boardman	No I don't think she would tell anyone, she would have not reason to. And can I ask you a question and receive a completly honest answer?		File System (3)	
2946	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:15:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Yes		File System (3)	
2947	SMS Messages	Incoming	8/14/2014	8/14/2014 11:17:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Have u ever had any feelings for me in any way like that? Sometimes I'm not really sure		File System (3)	
2948	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:19:00 PM(UTC-4)	To: 17745713150 Sam Boardman	What do you mean you aren't sure?		File System (3)	
2949	SMS Messages	Incoming	8/14/2014	8/14/2014 11:19:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Like I feel like u do		File System (3)	
2950	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:20:18 PM(UTC-4)	To: 17745713150 Sam Boardman	What makes you think that?		File System (3)	
2951	SMS Messages	Incoming	8/14/2014	8/14/2014 11:21:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Idk can u just answer honestly		File System (3)	
2952	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:26:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay well no I don't have feelings for you in that way and I'm being honest. You became a very good and close friend to me and I like the friendship we have but no I've never had feelings for you. I've only liked Alice and kinda Allie but I don't think I even like her anymore so basically just Alice. I know I say things that probably make you feel that I do but no I don't		File System (3)	
2953	SMS Messages	Incoming	8/14/2014	8/14/2014 11:28:07 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay		File System (3)	
2954	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:29:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Did you think I liked you?		File System (3)	
2955	SMS Messages	Incoming	8/14/2014	8/14/2014 11:29:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah at times		File System (3)	
2956	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:30:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Why didn't you tell me?		File System (3)	
2957	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:32:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Like does it bother you?		File System (3)	
2958	SMS Messages	Incoming	8/14/2014	8/14/2014 11:41:19 PM(UTC-4)	From: 7745713150 Sam Boardman	U just like say thigs some times or like really deep "thank yous" or when u wrote a paragraph about how I'm a good person or something. It's just allittle out of the ordinary. And idk what am I suppost to say? I have asked u before.		File System (3)	
2959	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:51:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm sorry I'll stop doing that if it makes you uncomfortable. Idk why I do stuff like that I mean I can see why you thought I may have liked you. I didn't realize how weird it is to say stuff like that I'm sorry. I mean you're really important to me and I care a lot about you and yeah sometimes I guess I go a little overboard. But it's not like that and I'm sorry that at times I've creeped you out or made you uncomfortable. I like you like a normal good friend nothing more than that. And idk like how long have you thought this?		File System (3)	
2960	SMS Messages	Incoming	8/14/2014	8/14/2014 11:52:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Idk but I'm going to bed. Twist tomorrow morn till close 😊 goodnight		File System (3)	
2961	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:53:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you mad at me tho?		File System (3)	
2962	SMS Messages	Incoming	8/14/2014	8/14/2014 11:53:52 PM(UTC-4)	From: 7745713150 Sam Boardman	No why would I be mad		File System (3)	
2963	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:55:10 PM(UTC-4)	To: 17745713150 Sam Boardman	I didn't know you thought this and I like don't want this to affect our friendship		File System (3)	
2964	SMS Messages	Outgoing	8/14/2014	8/14/2014 11:58:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Like what if I said yes		File System (3)	
2965	SMS Messages	Outgoing	8/15/2014	8/15/2014 5:13:37 AM(UTC-4)	To: 17745713150 Sam Boardman	But like I guess it didn't affect it if you thought this for a while like Monday was fine and whenever we hangout and stuff it's fine right?		File System (3)	
2966	SMS Messages	Outgoing	8/15/2014	8/15/2014 4:15:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Like I feel like I have to change now		File System (3)	
2967	SMS Messages	Outgoing	8/17/2014	8/17/2014 9:43:47 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)	
2968	SMS Messages	Incoming	8/17/2014	8/17/2014 1:13:06 PM(UTC-4)	From: 7745713150 Sam Boardman	Yesss		File System (3)	
2969	SMS Messages	Outgoing	8/17/2014	8/17/2014 1:17:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Hi I'm sorry		File System (3)	
2970	SMS Messages	Incoming	8/17/2014	8/17/2014 1:18:39 PM(UTC-4)	From: 7745713150 Sam Boardman	why would u be sorry?! U didn't do anything wrong. No need for a big sorry paragraph haha I feel like that's coming		File System (3)	
2971	SMS Messages	Outgoing	8/17/2014	8/17/2014 1:22:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha okay I won't do that but idk you haven't answered back and I know it's because you're busy so it's okay but I just feel bad		File System (3)	
2972	SMS Messages	Incoming	8/17/2014	8/17/2014 1:27:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I have been so busy, like the weekends kill me. This is the first time in so long that I am just relaxing		File System (3)	
2973	SMS Messages	Outgoing	8/17/2014	8/17/2014 1:29:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you're non- stop haha it must be nice to relax. Do you have cow tonight?		File System (3)	
2974	SMS Messages	Incoming	8/17/2014	8/17/2014 1:34:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Yea lol 😊		File System (3)	
2975	SMS Messages	Outgoing	8/17/2014	8/17/2014 1:36:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm sorry☐ well you have tomorrow off right? Do you wanna do something?		File System (3)	
2976	SMS Messages	Outgoing	8/17/2014	8/17/2014 1:50:17 PM(UTC-4)	To: 17745713150 Sam Boardman	What week did you take all those days off?		File System (3)	
2977	SMS Messages	Outgoing	8/17/2014	8/17/2014 3:52:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me knowwwwwww		File System (3)	
2978	SMS Messages	Outgoing	8/17/2014	8/17/2014 4:21:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so Tuesday we are hanging out and we are having a sleepover deal or no deal?		File System (3)	
2979	SMS Messages	Incoming	8/17/2014	8/17/2014 4:24:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I have work at nigh , I ment that I didn't have work in the day time at twist		File System (3)	
2980	SMS Messages	Outgoing	8/17/2014	8/17/2014 4:25:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh well what night aren't you working?		File System (3)	
2981	SMS Messages	Incoming	8/17/2014	8/17/2014 4:26:17 PM(UTC-4)	From: 7745713150 Sam Boardman	Tomorrow night		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
2982	SMS Messages	Outgoing	8/17/2014	8/17/2014 4:33:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that the only night? I mean would you wanna tomorrow and then Tuesday we can have the day or no?		File System (3)		
2983	SMS Messages	Incoming	8/17/2014	8/17/2014 4:53:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah that's the only night		File System (3)		
2984	SMS Messages	Incoming	8/17/2014	8/17/2014 4:53:54 PM(UTC-4)	From: 7745713150 Sam Boardman	So yeah maybe we can do that and have a sleepover		File System (3)		
2985	SMS Messages	Outgoing	8/17/2014	8/17/2014 4:57:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Yay! Okay sounds like a plan		File System (3)		
2986	SMS Messages	Outgoing	8/17/2014	8/17/2014 9:22:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow I'm starting my healthy eating and exercise plan so please be supportive haha. I've been struggling with binges this week and I really need to step it up I gained 2 pounds		File System (3)		
2987	SMS Messages	Incoming	8/17/2014	8/17/2014 10:19:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok		File System (3)		
2988	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:21:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Thanks but I'll do it the right way tho		File System (3)		
2989	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:24:45 PM(UTC-4)	To: 17745713150 Sam Boardman	What time tomorrow		File System (3)		
2990	SMS Messages	Incoming	8/17/2014	8/17/2014 10:28:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Are we going to get the letter?		File System (3)		
2991	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:29:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow?		File System (3)		
2992	SMS Messages	Incoming	8/17/2014	8/17/2014 10:39:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah		File System (3)		
2993	SMS Messages	Incoming	8/17/2014	8/17/2014 10:39:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Like what are u asking me about		File System (3)		
2994	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:40:13 PM(UTC-4)	To: 17745713150 Sam Boardman	I thought you were gonna sleepover and then we were gonna go Tuesday to get it		File System (3)		
2995	SMS Messages	Incoming	8/17/2014	8/17/2014 10:44:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Ohh		File System (3)		
2996	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:46:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Is that the plan?		File System (3)		
2997	SMS Messages	Incoming	8/17/2014	8/17/2014 10:47:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought we were going tomorrow but yeah that sounds good		File System (3)		
2998	SMS Messages	Incoming	8/17/2014	8/17/2014 10:48:02 PM(UTC-4)	From: 7745713150 Sam Boardman	We probs will come at like 4		File System (3)		
2999	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:48:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Whos we?		File System (3)		
3000	SMS Messages	Incoming	8/17/2014	8/17/2014 10:49:06 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought me and Lexie were		File System (3)		
3001	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:49:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh is Lexie coming too??		File System (3)		
3002	SMS Messages	Incoming	8/17/2014	8/17/2014 10:49:39 PM(UTC-4)	From: 7745713150 Sam Boardman	I thought u wanted us both to come		File System (3)		
3003	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:51:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I do that's fine I just didn't know because she said she was going to the beach tomorrow but I didn't ask what she was doing later		File System (3)		
3004	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:52:15 PM(UTC-4)	To: 17745713150 Sam Boardman	But okay 4 sounds good!		File System (3)		
3005	SMS Messages	Incoming	8/17/2014	8/17/2014 10:52:40 PM(UTC-4)	From: 7745713150 Sam Boardman	We can probably come when she gets back from the beach		File System (3)		
3006	SMS Messages	Incoming	8/17/2014	8/17/2014 10:52:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I'll talk to her		File System (3)		
3007	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:53:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good let me know what she says		File System (3)		
3008	SMS Messages	Incoming	8/17/2014	8/17/2014 10:53:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Might be alittle later but that's fine cus we are sleeping over and will be together the next day too		File System (3)		
3009	SMS Messages	Outgoing	8/17/2014	8/17/2014 10:54:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah it's okay no worries		File System (3)		
3010	SMS Messages	Outgoing	8/17/2014	8/17/2014 11:00:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't know if I'm ready to get the letter tho like I have to mentally prepare. Its gonna be hard to read that		File System (3)		
3011	SMS Messages	Incoming	8/17/2014	8/17/2014 11:01:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Didn't his mom read it to u		File System (3)		
3012	SMS Messages	Outgoing	8/17/2014	8/17/2014 11:03:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I wasn't really listening and it was hard to hear her because their house gets bad reception so I missed some of what she said		File System (3)		
3013	SMS Messages	Incoming	8/17/2014	8/17/2014 11:03:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Why wouldn't u be listening?		File System (3)		
3014	SMS Messages	Outgoing	8/17/2014	8/17/2014 11:04:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I was kinda but I didn't really like the fact that she was reading it to me like idk I wanted to read it for myself if that makes sense. And it's been a while so I don't remember what it said		File System (3)		
3015	SMS Messages	Outgoing	8/17/2014	8/17/2014 11:09:05 PM(UTC-4)	To: 17745713150 Sam Boardman	You and Lexie can read it tho		File System (3)		
3016	SMS Messages	Outgoing	8/18/2014	8/18/2014 11:42:47 AM(UTC-4)	To: 17745713150 Sam Boardman	His mom isn't gonna be home tomorrow so we can't get the letter but she said we can come at the end of the week or next. But we can go to his dad's and get some of his things instead or we can just do something else entirely		File System (3)		
3017	SMS Messages	Incoming	8/18/2014	8/18/2014 11:45:34 AM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I just realized I have to babysit tonight 😊 I told them I would last week and he just texted me to confirm. I'm going at 5-10 😊 so I can't sleep over		File System (3)		
3018	SMS Messages	Outgoing	8/18/2014	8/18/2014 11:48:50 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay that's okay		File System (3)		
3019	SMS Messages	Outgoing	8/18/2014	8/18/2014 11:53:19 AM(UTC-4)	To: 17745713150 Sam Boardman	You can always come over after my parents wouldn't mind at all		File System (3)		
3020	SMS Messages	Outgoing	8/18/2014	8/18/2014 11:56:34 AM(UTC-4)	To: 17745713150 Sam Boardman	Or maybe I could come there? That way you don't have to drive all the way here. It doesn't matter we can just hang tomorrow if you want		File System (3)		
3021	SMS Messages	Incoming	8/18/2014	8/18/2014 12:00:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah we can probs still hang tomorrow		File System (3)		
3022	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:01:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so I guess that's a no for tonight? Haha		File System (3)		
3023	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:11:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you still want to tomorrow		File System (3)		
3024	SMS Messages	Incoming	8/18/2014	8/18/2014 12:12:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I'm sorry		File System (3)		
3025	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:13:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Don't be it's okay		File System (3)		
3026	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:20:45 PM(UTC-4)	To: 17745713150 Sam Boardman	But we probably won't go to his house tomorrow		File System (3)		
3027	SMS Messages	Incoming	8/18/2014	8/18/2014 12:22:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay		File System (3)		
3028	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:24:37 PM(UTC-4)	To: 7745713150 Sam Boardman	I just don't wanna have to make two trips		File System (3)		
3029	SMS Messages	Incoming	8/18/2014	8/18/2014 12:48:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I don't either haha I'm not driving there twice		File System (3)		
3030	SMS Messages	Outgoing	8/18/2014	8/18/2014 12:52:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I wouldn't make you do that haha so I'm up for anything tomorrow whatever you want		File System (3)		

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
3031	SMS Messages	Outgoing	8/18/2014	8/18/2014 2:02:24 PM(UTC-4)	To: 17745713150 Sam Boardman	So I was thinking like I don't think the tournament's gonna work if it was held in his town because like I don't even know anyone in his town or anything and it would be hard to coordinate it especially if it requires me to go down there a lot it's too long of a drive. The only way it would work is if we had one here, I mean I feel like a lot of people would do it but idk. Do you think we should still try it?		File System (3)		
3032	SMS Messages	Incoming	8/18/2014	8/18/2014 3:02:50 PM(UTC-4)	From: 7745713150 Sam Boardman	It's up to u. It's a lot of work, and it's just gonna be hard here cus no one knew him		File System (3)		
3033	SMS Messages	Incoming	8/18/2014	8/18/2014 3:03:40 PM(UTC-4)	From: 7745713150 Sam Boardman	And like I know u know a lot of soft ball players that would do it, but they would make up like one team. And if it's a tournament u would have to have a lot of teams		File System (3)		
3034	SMS Messages	Incoming	8/18/2014	8/18/2014 3:04:02 PM(UTC-4)	From: 7745713150 Sam Boardman	And u can't have the varsity soft ball team play like 5 year olds and their parents		File System (3)		
3035	SMS Messages	Outgoing	8/18/2014	8/18/2014 3:14:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah true. I mean i know people didn't know him but raising awareness may be the thing to get people to play. And haha I know yeah that would be stupid. I think I can get a lot of kids from EPE to do it and people from school might do it for fun if we make them and like people from his town can play too I just wanna have it here instead of there because I don't know anything about those fields or area		File System (3)		
3036	SMS Messages	Incoming	8/18/2014	8/18/2014 3:18:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah that's true. I think u can make it work if u put a lot of time and work into it		File System (3)		
3037	SMS Messages	Outgoing	8/18/2014	8/18/2014 3:19:58 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah ha I have to get started though and get the word out there. Are you still gonna help		File System (3)		
3038	SMS Messages	Outgoing	8/18/2014	8/18/2014 3:24:18 PM(UTC-4)	To: 7745713150 Sam Boardman	I know you have work and stuff so you don't have to help majorly but it would be nice to have a partner for when it gets too much haha because Im like doing this on my own		File System (3)		
3039	SMS Messages	Outgoing	8/18/2014	8/18/2014 3:31:30 PM(UTC-4)	To: 7745713150 Sam Boardman	Guess what		File System (3)		
3040	SMS Messages	Incoming	8/18/2014	8/18/2014 3:51:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I can help you of course! I just want you to understand that i also have a lot going on and I just don't want you to get upset or rely on me too much when i can't help u as much as u want		File System (3)		
3041	SMS Messages	Incoming	8/18/2014	8/18/2014 3:51:13 PM(UTC-4)	From: 7745713150 Sam Boardman	And what!		File System (3)		
3042	SMS Messages	Outgoing	8/18/2014	8/18/2014 4:09:10 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay yay thank you! I really appreciate it Sam and no I know I understand that no worries at all		File System (3)		
3043	SMS Messages	Outgoing	8/18/2014	8/18/2014 4:21:22 PM(UTC-4)	To: 7745713150 Sam Boardman	You can help when you have the time, energy, and patience haha. But oh yeah so I have something to tell youuuu lol		File System (3)		
3044	SMS Messages	Outgoing	8/18/2014	8/18/2014 4:48:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Alice wants me to come over next week		File System (3)		
3045	SMS Messages	Incoming	8/18/2014	8/18/2014 5:02:39 PM(UTC-4)	From: 7745713150 Sam Boardman	Sounds good. And that's random, have u been talking?		File System (3)		
3046	SMS Messages	Outgoing	8/18/2014	8/18/2014 5:25:42 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah I know wicked random. And yeah we've been talking and she wants me to come over and say bye to her before she leaves for college and go to 6 flags		File System (3)		
3047	SMS Messages	Outgoing	8/18/2014	8/18/2014 5:32:20 PM(UTC-4)	To: 7745713150 Sam Boardman	I don't know what to do I'm like very confused		File System (3)		
3048	SMS Messages	Incoming	8/18/2014	8/18/2014 8:21:28 PM(UTC-4)	From: 7745713150 Sam Boardman	HEY I'm out of babysitting early!		File System (3)		
3049	SMS Messages	Incoming	8/18/2014	8/18/2014 8:21:38 PM(UTC-4)	From: 7745713150 Sam Boardman	wanna go to the movies		File System (3)		
3050	SMS Messages	Incoming	8/18/2014	8/18/2014 8:22:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Me and lex just ate din and Can still hang		File System (3)		
3051	SMS Messages	Outgoing	8/18/2014	8/18/2014 8:37:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so she has to be home by 10 anyways so she said she can drop me off and I can meet you there if that's okay? She's going to someone else's house anyways		File System (3)		
3052	SMS Messages	Outgoing	8/18/2014	8/18/2014 8:44:35 PM(UTC-4)	To: 17745713150 Sam Boardman	So can I come?		File System (3)		
3053	SMS Messages	Incoming	8/18/2014	8/18/2014 8:52:38 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't talk were in the movie		File System (3)		
3054	SMS Messages	Incoming	8/18/2014	8/18/2014 8:52:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Well hangout another time		File System (3)		
3055	SMS Messages	Incoming	8/18/2014	8/18/2014 8:52:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't come		File System (3)		
3056	SMS Messages	Outgoing	8/18/2014	8/18/2014 8:53:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow I thought we were?		File System (3)		
3057	SMS Messages	Outgoing	8/18/2014	8/18/2014 9:00:15 PM(UTC-4)	To: 17745713150 Sam Boardman	I wish you told me sooner sorry for being annoying about it		File System (3)		
3058	SMS Messages	Incoming	8/18/2014	8/18/2014 9:23:23 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm sory we were Annoying! Yes breakfast tomorrow		File System (3)		
3059	SMS Messages	Outgoing	8/18/2014	8/18/2014 9:27:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Breakfast?		File System (3)		
3060	SMS Messages	Outgoing	8/18/2014	8/18/2014 9:29:26 PM(UTC-4)	To: 17745713150 Sam Boardman	and no you weren't I was haha		File System (3)		
3061	SMS Messages	Outgoing	8/18/2014	8/18/2014 10:44:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Where king st? And are we hanging after too or no		File System (3)		
3062	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:03:54 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam?		File System (3)		
3063	SMS Messages	Incoming	8/19/2014	8/19/2014 11:53:57 AM(UTC-4)	From: 7745713150 Sam Boardman	HI I JUST GOT UP! I woke up and then fell asleep ☺		File System (3)		
3064	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:59:03 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha ohhh you slept in late today! Its okay tho lol I thought you were blowing me off		File System (3)		
3065	SMS Messages	Outgoing	8/19/2014	8/19/2014 12:02:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I mean we kinda missed breakfast ha		File System (3)		
3066	SMS Messages	Outgoing	8/19/2014	8/19/2014 1:19:39 PM(UTC-4)	To: 17745713150 Sam Boardman	But so I guess we aren't hanging today?		File System (3)		
3067	SMS Messages	Incoming	8/19/2014	8/19/2014 1:35:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Honestly I'm goig to the gym right now cus I have like OCD about the gym ahaha I go every day I can. And then I have work and Lexie has a dentist		File System (3)		
3068	SMS Messages	Outgoing	8/19/2014	8/19/2014 1:36:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay have a good workout		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3069	SMS Messages	Outgoing	8/19/2014	8/19/2014 1:44:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Tomorrow if youre free do you wanna like go walk on the canal (that can be your exercise) and bring food and we can stop for a picnic or somethin haha		File System (3)	
3070	SMS Messages	Outgoing	8/19/2014	8/19/2014 9:58:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me know I think that would be fun		File System (3)	
3071	SMS Messages	Incoming	8/19/2014	8/19/2014 10:16:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha I would still go to the gym in the morn. Even days when I work both jobs, I usually can make time for the gym. And what canal?		File System (3)	
3072	SMS Messages	Outgoing	8/19/2014	8/19/2014 10:20:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha wow I'm inspired. I started my fitness plan at the gym today but Jenn pulled me out like 30 mins in and made me go to her 2 hour hair appointment haha I was pissed so tomorrow morning I'll be at the gym at like 4. And cape cod!		File System (3)	
3073	SMS Messages	Incoming	8/19/2014	8/19/2014 10:25:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha I dot even think my car can make it that far tbh. It needs to be fixed so bad. Like when I drive long distances it like starts squeeking real bad		File System (3)	
3074	SMS Messages	Outgoing	8/19/2014	8/19/2014 10:27:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh haha its okay get that fixed then and well could Lexie come and maybe drive?		File System (3)	
3075	SMS Messages	Incoming	8/19/2014	8/19/2014 10:32:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Lexie is working tomorrow		File System (3)	
3076	SMS Messages	Outgoing	8/19/2014	8/19/2014 10:38:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohhhh okay well my mom could always drop us off or something because she's going to the cape tomorrow anyways or we can just do that when you get your car fixed haha		File System (3)	
3077	SMS Messages	Incoming	8/19/2014	8/19/2014 10:44:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Why is ur mom gonna be in the cape?		File System (3)	
3078	SMS Messages	Outgoing	8/19/2014	8/19/2014 10:46:20 PM(UTC-4)	To: 17745713150 Sam Boardman	She's going just for fun with my sister too I think, she just told me like 20 mins ago so it would work out if you wanna go		File System (3)	
3079	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:06:25 PM(UTC-4)	To: 17745713150 Sam Boardman	If you don't want to its okay I just thought it would be something fun and different to do ha, but we can always just do something else. I need to know by the morning tho because I have to let my mom know		File System (3)	
3080	SMS Messages	Incoming	8/19/2014	8/19/2014 11:09:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't take this personally, but honestly I really need to like take some alone time and do summer reading and do my sat practice program and just do some errands. I like am so stressed cus I feel like I PProcrasinated everying and it's almost the end of summer. I'm not gona be busy everyday for the rest of summer haha I just really need to get stuff done cus the stress if it all is like preventing me from enjoying summer		File System (3)	
3081	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:14:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay it's okay I understand that don't worry about it, I'd rather you do that tomorrow since you have work off. Don't feel too stressed because I feel like everyone is kinda in the same boat. But I know you stress about this stuff so yeah take some time tomorrow to get alot done, you'll feel so much better and less stressed. We can do this another day no big deal!		File System (3)	
3082	SMS Messages	Incoming	8/19/2014	8/19/2014 11:16:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank you for understanding. And like just seeig all the college kids leave makes me realize that will be us soon, and I have no clue what I'm Doig I feel. And so many costumers ask me where I'm looking to go to school and I always say I don't know, which is scary.		File System (3)	
3083	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:24:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Of course and Sam don't even worry about that right now. I know me saying that doesn't change anything but seriously like Im on the same page as you with this college stuff, and I bet so many other people are too. I have no idea what I want to major in, no idea what school I want to go to either and don't know really anything about the process of it all and I get scared too because college is one year away. But Its okay that you don't know a major yet, I know you said something about business which is great but you can go in undecided a lot of people do that because you take your core classes first anyways so you basically don't even have to pick a major until somphore year of college so don't worry about that yet. And as far as what school, go onto naivance that really helped me. You can choose location and size and all that and it lets you know if u can get in with your gpa and stuff. I went on a tour at Bridgewater state yesterday and it was helpful, you can get the college feel. Do you wanna go on my other college tours with me? I feel like that would help you feel a little more at ease		File System (3)	
3084	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:29:31 PM(UTC-4)	To: 17745713150 Sam Boardman	I mean you should be starting to think about college and stuff, so I think it would help you feel better if you went onto naviance and college websites to check some out, but don't stress too much over it right now because you still have plenty of time		File System (3)	
3085	SMS Messages	Incoming	8/19/2014	8/19/2014 11:32:32 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm gonna go on naviance tomorrow, thank you. And I rather tour after I know what schools I personally want to look at, ya know? I wouldn't wanna look at a school just cus u did. But thank you for te support. I'm goig to bed now so goodnight!		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3086	SMS Messages	Outgoing	8/19/2014	8/19/2014 11:36:06 PM(UTC-4)	To: 17745713150 Sam Boardman	You're welcome anytime haha I'm happy I could help. And yeah that makes sense, let me know what schools you find yourself interested to tour tho because maybe we have some of the same ones on our list. Haha I'm always here for the support no worries, good night!		File System (3)	
3087	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:40:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Starting the planning now haha here we go		File System (3)	
3088	SMS Messages	Incoming	8/20/2014	8/20/2014 1:41:54 PM(UTC-4)	From: 7745713150 Sam Boardman	At the library getting my summer reading 📖 we are bomb		File System (3)	
3089	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:44:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Good job we are awesome ☑		File System (3)	
3090	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:49:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Have you done naviance yet?		File System (3)	
3091	SMS Messages	Incoming	8/20/2014	8/20/2014 1:50:17 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes this mornig!!		File System (3)	
3092	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:50:40 PM(UTC-4)	To: 17745713150 Sam Boardman	How'd you like it did it help?!		File System (3)	
3093	SMS Messages	Incoming	8/20/2014	8/20/2014 1:51:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yesss I feel less stressed		File System (3)	
3094	SMS Messages	Incoming	8/20/2014	8/20/2014 1:51:28 PM(UTC-4)	From: 7745713150 Sam Boardman	And I starte my common app		File System (3)	
3095	SMS Messages	Incoming	8/20/2014	8/20/2014 1:51:29 PM(UTC-4)	From: 7745713150 Sam Boardman	So I feel allittle better		File System (3)	
3096	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:53:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Good that's great I knew it would help you. And really? That's good what did you start doing for it?		File System (3)	
3097	SMS Messages	Outgoing	8/20/2014	8/20/2014 1:56:58 PM(UTC-4)	To: 17745713150 Sam Boardman	And what schools are you interested in		File System (3)	
3098	SMS Messages	Outgoing	8/23/2014	8/23/2014 4:33:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam can we hangout on Monday or Tuesday?		File System (3)	
3099	SMS Messages	Outgoing	8/23/2014	8/23/2014 9:05:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I had a panic attack its been such a difficult night I miss him so much		File System (3)	
3100	SMS Messages	Outgoing	8/24/2014	8/24/2014 3:56:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey i'm sorry about last night. But do you wanna come over after work tonight and sleepover? Or maybe just hang tomorrow or something?		File System (3)	
3101	SMS Messages	Incoming	8/24/2014	8/24/2014 3:59:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I hve no time and I'm sorry in not answering. I had work two nights ago then I had a 6:30 shift then gym then concert, home at 1:30, up at 6:30 for work again. Just home. Work at 5. Go to bed. another 6:30-2. Go to drake concert. Get home really late and exhausted. Work the next morning at 6:30. So I'm sorry if it seems like I'm ignoring you, and idk what ur even appologisinf for		File System (3)	
3102	SMS Messages	Outgoing	8/24/2014	8/24/2014 4:03:31 PM(UTC-4)	To: 17745713150 Sam Boardman	No Sam its okay I understand i know youre busy I didnt think you were ignoring me its okay. But Im sorry for asking I thought you had Mondays off thats why I asked		File System (3)	
3103	SMS Messages	Incoming	8/24/2014	8/24/2014 4:04:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I usually do, untill our full time opener quit and no one can open but me.		File System (3)	
3104	SMS Messages	Outgoing	8/24/2014	8/24/2014 4:06:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Wtf why did they quit? I'm sorry thats really not fair that you have to open. But I'll stop in for breakfast tomorrow morning		File System (3)	
3105	SMS Messages	Outgoing	8/24/2014	8/24/2014 4:09:25 PM(UTC-4)	To: 17745713150 Sam Boardman	What do you suggest I get haha whats something good?		File System (3)	
3106	SMS Messages	Incoming	8/24/2014	8/24/2014 4:27:16 PM(UTC-4)	From: 7745713150 Sam Boardman	u shoulde come on the weekend for the breakfast menu		File System (3)	
3107	SMS Messages	Outgoing	8/24/2014	8/24/2014 4:29:35 PM(UTC-4)	To: 17745713150 Sam Boardman	You serve breakfast tomorrow tho right? I'll come Saturday too I guess lol		File System (3)	
3108	SMS Messages	Incoming	8/24/2014	8/24/2014 4:30:51 PM(UTC-4)	From: 7745713150 Sam Boardman	We have like breakfast sandwichies but on weekends we have like omlets French toast eggs Benedict and more yummy stuff		File System (3)	
3109	SMS Messages	Outgoing	8/24/2014	8/24/2014 4:35:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh fuck I would of came today! I'll be there Saturday for sure then haha. But do you serve like eggs tomorrow or just sandwiches?		File System (3)	
3110	SMS Messages	Outgoing	8/25/2014	8/25/2014 6:49:30 AM(UTC-4)	To: 17745713150 Sam Boardman	I can't come today sorry but I think I'm going tomorrow		File System (3)	
3111	SMS Messages	Incoming	8/25/2014	8/25/2014 7:45:17 AM(UTC-4)	From: 7745713150 Sam Boardman	Haha No worries		File System (3)	
3112	SMS Messages	Outgoing	8/25/2014	8/25/2014 7:47:31 AM(UTC-4)	To: 17745713150 Sam Boardman	LoL I have a surprise for you too btw		File System (3)	
3113	SMS Messages	Outgoing	8/25/2014	8/25/2014 2:17:19 PM(UTC-4)	To: 17745713150 Sam Boardman	I think im gonna go to lunch tomorrow instead haha will you be working at like 12?		File System (3)	
3114	SMS Messages	Incoming	8/26/2014	8/26/2014 6:21:14 PM(UTC-4)	From: 7745713150 Sam Boardman	YAY be assertive		File System (3)	
3115	SMS Messages	Outgoing	8/26/2014	8/26/2014 6:24:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I will haha ill call you after	Yes	Physical (2)	Yes
3116	SMS Messages	Outgoing	8/26/2014	8/26/2014 7:48:17 PM(UTC-4)	To: 17745713150 Sam Boardman	I was very assertive and they are all on board with it! They said they will support me with any help i need and now i jjust have to start getting people to play. I'm gonna create a facebook event group right now		File System (3)	
3117	SMS Messages	Outgoing	8/26/2014	8/26/2014 8:13:04 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't know what I should say in it haha		File System (3)	
3118	SMS Messages	Incoming	8/26/2014	8/26/2014 8:44:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay I'm happy it's working out! And just type about him and what it is. It's meaningful to u, so I have no doubt that whatever I right will be good		File System (3)	
3119	SMS Messages	Outgoing	8/26/2014	8/26/2014 8:47:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you so much it really means a lot, i'm so happy its actually happening too! And okay I'll do that and I'll send what I said to you when i'm done so you can check it lol. Thank you tho, it really is important to me		File System (3)	
3120	SMS Messages	Incoming	8/26/2014	8/26/2014 9:25:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah send it. I'm gong to bed now tho so goodnight! I'm so happy I'm in my be rn haha		File System (3)	
3121	SMS Messages	Outgoing	8/26/2014	8/26/2014 9:29:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Is it good tho? And hahah yeah i'm actually happy youre in bed too lol. You need the sleep you must be wicked tired haha. And dont forget my gift tomorrow at work ya dumbfuck☐		File System (3)	
3122	SMS Messages	Outgoing	8/26/2014	8/26/2014 9:34:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha hopefully that guy didnt use it! Goodnight Sammmmmmm, the vegan roll up was good btw I'll have to get that again		File System (3)	
3123	SMS Messages	Incoming	8/27/2014	8/27/2014 10:51:05 AM(UTC-4)	From: 7745713150 Sam Boardman	That's so beautiful		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3124	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:56:42 AM(UTC-4)	To: 17745713150 Sam Boardman	Aw thank you Sam, Im so happy you think that. Check it out on facebook I posted it and made the event		File System (3)	
3125	SMS Messages	Outgoing	8/27/2014	8/27/2014 12:25:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Im like famous now lol☺		File System (3)	
3126	SMS Messages	Outgoing	8/27/2014	8/27/2014 12:25:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna do something tonight??		File System (3)	
3127	SMS Messages	Incoming	8/27/2014	8/27/2014 1:57:25 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah Maybe. I have to see how I feel. Worjig all this time just makes me sick and want to just relax. I probably can tho		File System (3)	
3128	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:01:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats exactly why I got you that giftcard haha. Please use it for a nice massage to relax, you deserve it. But okay! Im making flyers to hang around my town now and then im gonna hit up wrentham and norfolk later so just let me know in a little bit		File System (3)	
3129	SMS Messages	Incoming	8/27/2014	8/27/2014 2:02:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah let's do that! Ima pull myself from te dirt if I have to, I wanna help. If I rest now then I will be good in alittle bit. Get some summer reading done and sch		File System (3)	
3130	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:04:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Awesome okay thank you! I really appreciate your help Sam. And okay haha, and maybe after we can see that movie or something!		File System (3)	
3131	SMS Messages	Incoming	8/27/2014	8/27/2014 2:05:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah!		File System (3)	
3132	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:05:41 PM(UTC-4)	To: 17745713150 Sam Boardman	WATCH THE TRAILER NOW		File System (3)	
3133	SMS Messages	Incoming	8/27/2014	8/27/2014 2:07:58 PM(UTC-4)	From: 7745713150 Sam Boardman	What's it called again?!		File System (3)	
3134	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:11:07 PM(UTC-4)	To: 17745713150 Sam Boardman	If I Stay		File System (3)	
3135	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:23:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Watch the official trailer #2 its better		File System (3)	
3136	SMS Messages	Incoming	8/27/2014	8/27/2014 2:28:20 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm gonna be honest and say that I have no interest in seeing tht movie whatsoever haha iv don't like movies like that. I just watched the trailer. I rather see the cops one		File System (3)	
3137	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:29:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha fine yeah id probably be an emotinal wreck at that one anyways. Whats the cops one?		File System (3)	
3138	SMS Messages	Incoming	8/27/2014	8/27/2014 2:36:48 PM(UTC-4)	From: 7745713150 Sam Boardman	It's suppost to be a funny one!		File System (3)	
3139	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:37:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay whats it called haha		File System (3)	
3140	SMS Messages	Incoming	8/27/2014	8/27/2014 2:43:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Let's be cops		File System (3)	
3141	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:45:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I have to buy a gun and handcuffs first and a flashing light for the car		File System (3)	
3142	SMS Messages	Outgoing	8/27/2014	8/27/2014 2:55:42 PM(UTC-4)	To: 17745713150 Sam Boardman	OMG NINA DOBREV IS IN IT OKAY WE CAN SEE THAT. Haha it looks funny		File System (3)	
3143	SMS Messages	Incoming	8/27/2014	8/27/2014 3:12:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes!!		File System (3)	
3144	SMS Messages	Outgoing	8/27/2014	8/27/2014 3:14:57 PM(UTC-4)	To: 17745713150 Sam Boardman	It plays at 7:15		File System (3)	
3145	SMS Messages	Outgoing	8/27/2014	8/27/2014 3:17:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Do libraries make copies because i wanna take the flyers there to copy them		File System (3)	
3146	SMS Messages	Incoming	8/27/2014	8/27/2014 3:19:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay! I'm gonna finish some more pages and then shower and then I'll come and we can hang up fliers and go		File System (3)	
3147	SMS Messages	Incoming	8/27/2014	8/27/2014 3:20:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Tbh probs too lazy to shower lol		File System (3)	
3148	SMS Messages	Outgoing	8/27/2014	8/27/2014 3:24:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahah my life in a sentence. But I dont care ha I wouldnt care if you were covered in mud and smelt like dog shit lol...actually maybe I would haha. But okay sounds good let me know when youre on your way!		File System (3)	
3149	SMS Messages	Outgoing	8/27/2014	8/27/2014 3:34:17 PM(UTC-4)	To: 17745713150 Sam Boardman	Im wearing the same shirt as yesterday soooo		File System (3)	
3150	SMS Messages	Incoming	8/27/2014	8/27/2014 3:42:15 PM(UTC-4)	From: 7745713150 Sam Boardman	HA literally me. Always too lazy to actually get dressed		File System (3)	
3151	SMS Messages	Outgoing	8/27/2014	8/27/2014 3:46:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know I have to have motivation or else I dont give a shit		File System (3)	
3152	SMS Messages	Incoming	8/27/2014	8/27/2014 4:28:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Wearing my usual summer look, aka running shorts		File System (3)	
3153	SMS Messages	Outgoing	8/27/2014	8/27/2014 4:30:39 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha twinning which you probably expected lol. Are you on your way?		File System (3)	
3154	SMS Messages	Outgoing	8/27/2014	8/27/2014 4:31:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Im currently at rite aid on my bike but im gonna leave now		File System (3)	
3155	SMS Messages	Incoming	8/27/2014	8/27/2014 4:34:35 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm leaving now and going tanning on my way over in foxboro (don't hate me		File System (3)	
3156	SMS Messages	Outgoing	8/27/2014	8/27/2014 4:35:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Youre going tanning? lol take me withh you		File System (3)	
3157	SMS Messages	Incoming	8/27/2014	8/27/2014 4:41:14 PM(UTC-4)	From: 7745713150 Sam Boardman	I just got a package cus I'm white and was breaking out. Haha if only there was a "bring a friend" free trial		File System (3)	
3158	SMS Messages	Outgoing	8/27/2014	8/27/2014 4:42:39 PM(UTC-4)	To: 7745713150 Sam Boardman	Hahah yeah id do the trail lol but im already tan enough I just wanted to go with you like i dont wanna get it done		File System (3)	
3159	SMS Messages	Incoming	8/27/2014	8/27/2014 5:27:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha well it was easier to go now! And I didn't read that message till after u went. I'm on my way now tho		File System (3)	
3160	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:20:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Text me when youre home so I know you made it		File System (3)	
3161	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:46:31 PM(UTC-4)	To: 17745713150 Sam Boardman	SAM		File System (3)	
3162	SMS Messages	Incoming	8/27/2014	8/27/2014 10:47:05 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm home obvi		File System (3)	
3163	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:47:30 PM(UTC-4)	To: 7745713150 Sam Boardman	Alright good		File System (3)	
3164	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:51:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Nina Dobrev is my new favorite person		File System (3)	
3165	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:53:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Jk shes #2, nobody beats Lea		File System (3)	
3166	SMS Messages	Incoming	8/27/2014	8/27/2014 10:53:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha above Leah Michelle ?		File System (3)	
3167	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:55:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Omg you totally just butchered her name I'm crying of shame right now. Its LEA MICHELE. No H and one L		File System (3)	
3168	SMS Messages	Incoming	8/27/2014	8/27/2014 10:57:39 PM(UTC-4)	From: 7745713150 Sam Boardman	HA I'm almost happy I spelt it wrong ☺		File System (3)	
3169	SMS Messages	Outgoing	8/27/2014	8/27/2014 10:58:04 PM(UTC-4)	To: 17745713150 Sam Boardman	☐ Good night Sam		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3170	SMS Messages	Outgoing	8/27/2014	8/27/2014 11:00:07 PM(UTC-4)	To: 17745713150 Sam Boardman	□□□□□□		File System (3)	
3171	SMS Messages	Incoming	8/27/2014	8/27/2014 11:02:24 PM(UTC-4)	From: 7745713150 Sam Boardman	HA I'm just kidding cus IK it makes U mad☹ I don't have an issue with her u know that. Goodnight tho!		File System (3)	
3172	SMS Messages	Outgoing	8/27/2014	8/27/2014 11:06:27 PM(UTC-4)	To: 17745713150 Sam Boardman	And HAHA yeah it does make me mad!! I love her haha but I know you dont lol its all good ☺		File System (3)	
3173	SMS Messages	Outgoing	8/27/2014	8/27/2014 11:14:39 PM(UTC-4)	To: 17745713150 Sam Boardman	I need CPR holy shit		File System (3)	
3174	SMS Messages	Incoming	8/27/2014	8/27/2014 11:23:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha u weirdo		File System (3)	
3175	SMS Messages	Outgoing	8/27/2014	8/27/2014 11:32:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha my love for them is way too real and i'm not ashamed of it		File System (3)	
3176	SMS Messages	Outgoing	8/28/2014	8/28/2014 11:05:37 AM(UTC-4)	To: 17745713150 Sam Boardman	Im hanging out with Alice today		File System (3)	
3177	SMS Messages	Outgoing	8/28/2014	8/28/2014 11:18:05 AM(UTC-4)	To: 17745713150 Sam Boardman	Theres so many things I wanna do but probably shouldn't haha		File System (3)	
3178	SMS Messages	Incoming	8/28/2014	8/28/2014 11:35:39 AM(UTC-4)	From: 7745713150 Sam Boardman	What are u guys doing?		File System (3)	
3179	SMS Messages	Outgoing	8/28/2014	8/28/2014 11:39:18 AM(UTC-4)	To: 17745713150 Sam Boardman	I think we are just hanging at her house		File System (3)	
3180	SMS Messages	Incoming	8/28/2014	8/28/2014 11:40:56 AM(UTC-4)	From: 7745713150 Sam Boardman	Just you two?		File System (3)	
3181	SMS Messages	Outgoing	8/28/2014	8/28/2014 11:44:20 AM(UTC-4)	To: 17745713150 Sam Boardman	Mainly yeah...Me and Ashley are going together but she has to leave at like 2 so then me and Alice will be alone and then shes gonna drive me home		File System (3)	
3182	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:05:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Im kinda nervous tbh		File System (3)	
3183	SMS Messages	Incoming	8/28/2014	8/28/2014 12:09:31 PM(UTC-4)	From: 7745713150 Sam Boardman	I understand, I think that would be normal to feel like that with anyone you havnt seen in a while, regardless of if u had a history like with Alice. just be u and be friendly right from the start. Act like u have like known her all along.		File System (3)	
3184	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:19:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah thank you thats true. And yeah I wanna be friendly right from the start to show that like I forgive her for everything. That will ease the tention. Its just gonna be weird to be alone with her you know like do I mention anything about our past? I dont think I should make any moves or anything because I like havent seen her and I think she just wants to be friends and do/talk about normal things		File System (3)	
3185	SMS Messages	Incoming	8/28/2014	8/28/2014 12:20:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah don't mention the past or make moves, just like ask her how everything has been going and what she has been doing lately and stuff		File System (3)	
3186	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:22:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah I'll do that, that sounds good and I'll ask her about college if shes excited and stuff		File System (3)	
3187	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:23:01 PM(UTC-4)	To: 17745713150 Sam Boardman	I like cant believe this is happening tho, Ive been waiting a year to see her haha		File System (3)	
3188	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:32:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Im here lol fuck		File System (3)	
3189	SMS Messages	Incoming	8/28/2014	8/28/2014 12:33:22 PM(UTC-4)	From: 7745713150 Sam Boardman	HAVE FIB		File System (3)	
3190	SMS Messages	Incoming	8/28/2014	8/28/2014 12:33:28 PM(UTC-4)	From: 7745713150 Sam Boardman	FUN*		File System (3)	
3191	SMS Messages	Outgoing	8/28/2014	8/28/2014 12:35:17 PM(UTC-4)	To: 17745713150 Sam Boardman	THANKS I'll be sure to tell you all about it		File System (3)	
3192	SMS Messages	Outgoing	8/28/2014	8/28/2014 2:50:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Yup fuck this is harder than I thought lol		File System (3)	
3193	SMS Messages	Outgoing	8/28/2014	8/28/2014 5:19:08 PM(UTC-4)	To: 17745713150 Sam Boardman	So I think I still kinda like her		File System (3)	
3194	SMS Messages	Incoming	8/28/2014	8/28/2014 5:33:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Are u home		File System (3)	
3195	SMS Messages	Outgoing	8/28/2014	8/28/2014 5:34:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah		File System (3)	
3196	SMS Messages	Incoming	8/28/2014	8/28/2014 5:34:47 PM(UTC-4)	From: 7745713150 Sam Boardman	What u do		File System (3)	
3197	SMS Messages	Outgoing	8/28/2014	8/28/2014 5:39:10 PM(UTC-4)	To: 17745713150 Sam Boardman	We hung out in her basement and talked and watched a movie and went on a walk around her neighborhood and sat by her pool for a bit		File System (3)	
3198	SMS Messages	Outgoing	8/28/2014	8/28/2014 5:53:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Shes changed a bit but idk somethings still there and I dont think that will ever change		File System (3)	
3199	SMS Messages	Incoming	8/28/2014	8/28/2014 6:10:57 PM(UTC-4)	From: 7745713150 Sam Boardman	I seee. Well was it awk? U hanging again?		File System (3)	
3200	SMS Messages	Outgoing	8/28/2014	8/28/2014 6:20:01 PM(UTC-4)	To: 17745713150 Sam Boardman	It was kinda awkward at first yeah haha which I figured it would be. But I was myself and friendly like you said to be and we talked and got caught up and she talked to me about Conrad and how shes gonna play in the tournament, which i'm really happy she is, and she actually apologized for everything that happened in the past and that she forgives me. We talked about that for a bit but she was the one to bring it up not me. And well she leaves for college on Saturday so we cant but ill see her at the tournament and she said i could go visit her in college sometime. But I just got all these feelings and I was so tempted to like make a move or something lol but I didnt		File System (3)	
3201	SMS Messages	Outgoing	8/28/2014	8/28/2014 8:26:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you send me your schedule		File System (3)	
3202	SMS Messages	Outgoing	8/28/2014	8/28/2014 8:51:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha Sam I meant your work schedule! But thanks for that, what did you say to Mrs. Barnes?		File System (3)	
3203	SMS Messages	Incoming	8/28/2014	8/28/2014 8:58:06 PM(UTC-4)	From: 7745713150 Sam Boardman	OH HAHAHAHA one sec. And i just asked about changing deca and then asked if I could make an appointment with her (cus I want to talk about getting out if kyles classes and college and stuff)		File System (3)	
3204	SMS Messages	Incoming	8/28/2014	8/28/2014 9:00:04 PM(UTC-4)	From: 7745713150 Sam Boardman	And come in for breakfast at 1 on September 6th instead of this weekend! I can eat after my shift with u!		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3205	SMS Messages	Outgoing	8/28/2014	8/28/2014 9:05:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good I dont want you to be in Kyle's classes and thats good that you asked to make an appointment to talk about college because thats alot easier than over email haha. And so youre working the rest of the week and cow too im assuming? But thats awesome that you have all next week off!! Maybe we can get the letter and go to the cape on Monday!?		File System (3)	
3206	SMS Messages	Outgoing	8/28/2014	8/28/2014 9:07:24 PM(UTC-4)	To: 17745713150 Sam Boardman	But okay sounds good! Breakfast at 1 haha. Im gonna make Saturdays my Twist breakfast days lol and once i get my liscense and car it will be easier		File System (3)	
3207	SMS Messages	Incoming	8/28/2014	8/28/2014 9:09:39 PM(UTC-4)	From: 7745713150 Sam Boardman	Has it will be a lunch! Like a breakfast for lunch! Or we can get breakfast to like 7:20 before my shift		File System (3)	
3208	SMS Messages	Incoming	8/28/2014	8/28/2014 9:09:47 PM(UTC-4)	From: 7745713150 Sam Boardman	SO DIFFICULT IM SORY		File System (3)	
3209	SMS Messages	Incoming	8/28/2014	8/28/2014 9:09:59 PM(UTC-4)	From: 7745713150 Sam Boardman	It's easier to after my work tho		File System (3)	
3210	SMS Messages	Outgoing	8/28/2014	8/28/2014 9:17:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha we can do a breakfast for lunch no worries! I love breakfast food anyways. We can always mix it up and have breakfast sometimes and lunch sometimes! Yeah 7:20 is kinda early lol but we'll mix it up		File System (3)	
3211	SMS Messages	Outgoing	8/28/2014	8/28/2014 9:19:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Would you wanna maybe do that Monday tho?		File System (3)	
3212	SMS Messages	Outgoing	8/28/2014	8/28/2014 9:53:45 PM(UTC-4)	To: 17745713150 Sam Boardman	OH YEAH GUESS WHAT! so my cousins girlfriend has like an arts and crafts studio at her house and she does like crafty things and makes really cool stuff and i think she could help you make some sort of card for your bracelets if youre interetsed? Shes really creative like that. I can ask her if she could help you guys out maybe if you think it could help		File System (3)	
3213	SMS Messages	Incoming	8/28/2014	8/28/2014 10:10:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah maybe we can do tht Monday. And haha lex has the artistic edge forgo ur group so she we will design I together and lex can add her flare. Thank you tho for the sudgetiob		File System (3)	
3214	SMS Messages	Outgoing	8/28/2014	8/28/2014 10:16:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha okay but no problem , just thought i'd let you know. And okay sounds good! I CANT CONTAIN MY EXCITEMENT FOR LEA MICHELES BIRTHDAY TOMORROW THO. My baes gonna be 28 omg		File System (3)	
3215	SMS Messages	Outgoing	8/28/2014	8/28/2014 10:23:30 PM(UTC-4)	To: 17745713150 Sam Boardman	And its gonna be softball I'm sorry. Its already posted on the pal website and everything saying softball so I cant change it. But ill take you and Lex to the pal and help you practice and prepare for it so you are less afraid and understand how to play LOL		File System (3)	
3216	SMS Messages	Incoming	8/29/2014	8/29/2014 2:47:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Hey what time is te tournament at		File System (3)	
3217	SMS Messages	Outgoing	8/29/2014	8/29/2014 2:49:31 PM(UTC-4)	To: 17745713150 Sam Boardman	It depends on how many teams sign up but i'm thinking around 10am		File System (3)	
3218	SMS Messages	Outgoing	8/29/2014	8/29/2014 2:52:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Why		File System (3)	
3219	SMS Messages	Incoming	8/29/2014	8/29/2014 2:54:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I asked for the whole day off from twist but then my manager said that two other people already took that day off so there is literally no one. So I can either work like 6-12 or like 2-8. I told him I was not working a day at least. I'm thinkin I'll take the 2-8 shift and just come before it. It's not like the tournament will last all day.		File System (3)	
3220	SMS Messages	Incoming	8/29/2014	8/29/2014 2:54:28 PM(UTC-4)	From: 7745713150 Sam Boardman	That way I can help u set up and stuff too		File System (3)	
3221	SMS Messages	Incoming	8/29/2014	8/29/2014 2:55:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Actually could probs get a 4-8		File System (3)	
3222	SMS Messages	Outgoing	8/29/2014	8/29/2014 3:01:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah no worries thats fine! Yeah the 2-8 one would be better because I'd love for you to help set up thank you. And if you can get the 4-8 one, that would be even better because that way you can be there longer and if you have to leave at 1 then all your games will be before that so i'd probably get your team to play in the first game but if you leave at 3 it gives you a little more time		File System (3)	
3223	SMS Messages	Outgoing	8/29/2014	8/29/2014 3:56:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam are you home		File System (3)	
3224	SMS Messages	Outgoing	8/29/2014	8/29/2014 4:07:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Im havi9ijing like a breakdwn I dont know wha6 to do		File System (3)	
3225	SMS Messages	Incoming	8/29/2014	8/29/2014 4:55:51 PM(UTC-4)	From: 7745713150 Sam Boardman	Wht		File System (3)	
3226	SMS Messages	Outgoing	8/29/2014	8/29/2014 5:07:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Im breaking down just having a hard time right now		File System (3)	
3227	SMS Messages	Incoming	8/29/2014	8/29/2014 5:08:03 PM(UTC-4)	From: 7745713150 Sam Boardman	About what		File System (3)	
3228	SMS Messages	Outgoing	8/29/2014	8/29/2014 5:08:55 PM(UTC-4)	To: 7745713150 Sam Boardman	I miss him Sam I really really miss him		File System (3)	
3229	SMS Messages	Incoming	8/29/2014	8/29/2014 5:13:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Stay strong bud. Just use that sadness to help others. know that nothing good can come out of anger or sadness unless u pull the drops of passion and love from it and make a difference. Use the sadness as motivation		File System (3)	
3230	SMS Messages	Outgoing	8/29/2014	8/29/2014 5:24:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you for the support. Im trying to stay strong Ive been strong for so long i just completely lost it today. Use the sadness as motivation and to help others. I like that phrase. Thats all I wanna do and its what I need to do so thank you for saying that.		File System (3)	
3231	SMS Messages	Outgoing	8/30/2014	8/30/2014 3:00:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so i'm changing my schedule around too because I dont wanna take 2 classes I signed up for. What peroid are you switching DECA to? And did you ask to switch calculus to B block and keep C block study?		File System (3)	
3232	SMS Messages	Incoming	8/30/2014	8/30/2014 3:01:31 PM(UTC-4)	From: 7745713150 Sam Boardman	ldk what my schedule is it isn't official		File System (3)	

Timeline (3768)										
#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved	
3233	SMS Messages	Outgoing	8/30/2014	8/30/2014 3:02:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)		
3234	SMS Messages	Outgoing	8/30/2014	8/30/2014 6:41:18 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAH wait was Alices tweet about not getting invited to the team dinner? ☐		File System (3)		
3235	SMS Messages	Outgoing	8/30/2014	8/30/2014 7:40:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Still laughing☐☐☐☐☐☐☐☐☐☐		File System (3)		
3236	SMS Messages	Incoming	8/30/2014	8/30/2014 9:50:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah IK. She wouldn't have come if we invited her tho		File System (3)		
3237	SMS Messages	Outgoing	8/30/2014	8/30/2014 9:53:10 PM(UTC-4)	To: 17745713150 Sam Boardman	No I know haha. How was work?		File System (3)		
3238	SMS Messages	Incoming	8/30/2014	8/30/2014 9:54:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Good		File System (3)		
3239	SMS Messages	Outgoing	8/30/2014	8/30/2014 9:56:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats good. You okay?		File System (3)		
3240	SMS Messages	Incoming	8/31/2014	8/31/2014 1:51:22 PM(UTC-4)	From: 7745713150 Sam Boardman	Come in!		File System (3)		
3241	SMS Messages	Outgoing	8/31/2014	8/31/2014 4:31:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey! Sorry for being kinda out of it today Ive been like that lately idk why. And I did like the pork wrap it was good I promise I just couldnt finish it. But so me and Lexie were talking about tomorrow or Tuesday going to get the letter and the cape. Do you still want to?		File System (3)		
3242	SMS Messages	Incoming	8/31/2014	8/31/2014 4:37:52 PM(UTC-4)	From: 7745713150 Sam Boardman	U guys can go, I just can't. Iv tried to explain this to you, and I kinda hope u understood today, but I just need to take a break. I work on Tuesday night and I final hve that day off and there is so much I need to do. Like days like today I can't do anything cus I'm exhausted when I get home at 2:30, sleep, and then go to the cow. I don't want to be Doig this but I can't quit either job.		File System (3)		
3243	SMS Messages	Incoming	8/31/2014	8/31/2014 4:38:03 PM(UTC-4)	From: 7745713150 Sam Boardman	The cow closes sept 21 and I'm counting down the days		File System (3)		
3244	SMS Messages	Outgoing	8/31/2014	8/31/2014 4:47:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay Sam, Im sorry for asking idk why I did like I know you have a lot to do. I do understand like I know youre tired and need a break, its probably good to wind down before school anyways so Im sorry for pushing it. Im counting down the days too		File System (3)		
3245	SMS Messages	Outgoing	8/31/2014	8/31/2014 4:50:52 PM(UTC-4)	To: 17745713150 Sam Boardman	I hope you liked me and Lexie surprising you today tho		File System (3)		
3246	SMS Messages	Outgoing	8/31/2014	8/31/2014 7:57:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I was thinking, I dont even think i'm ready to get the letter and his stuff tomorrow anyways so its okay. I want to tell you that I might be joining a support group for people who have lost someone close to them to suicide. Ive been having a really hard time lately and I think its because planning the tournament has my mind constantly on him. But idk if I am, I was just thinking about it		File System (3)		
3247	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:06:13 PM(UTC-4)	To: 17745713150 Sam Boardman	And guess what		File System (3)		
3248	SMS Messages	Incoming	8/31/2014	8/31/2014 10:06:53 PM(UTC-4)	From: 7745713150 Sam Boardman	That's a good idea. And what		File System (3)		
3249	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:09:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah ill look more into it. And Lea Michele's nudes leaked LOLLOL		File System (3)		
3250	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:15:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw you look fucking ripped in the pic you posted ☐☐		File System (3)		
3251	SMS Messages	Incoming	8/31/2014	8/31/2014 10:16:58 PM(UTC-4)	From: 7745713150 Sam Boardman	EWwww. And yeah IK idk why		File System (3)		
3252	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:19:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I thought you'd find that funny. And it was probably the rush of the fast air going against your skin to flatten it against your muscles which were flexed because of adrenaline and so they looked big		File System (3)		
3253	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:19:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats my theory anyways		File System (3)		
3254	SMS Messages	Outgoing	8/31/2014	8/31/2014 10:23:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Sounds pretty legit the more you think about it		File System (3)		
3255	SMS Messages	Outgoing	9/1/2014	9/1/2014 12:21:57 PM(UTC-4)	To: 17745713150 Sam Boardman	A girl I made friends with from McLean messaged me today and said shes been discharged for about a month but shes been having a really hard time. She saw my Homers for Conrad thing on facebook and she messaged me saying shes on the verge of killing herself and she asked if I could help her because she saw that Im like an advocate for mental illness now and wanna help save people anyway I can. So I helped her and she said I saved her life. Just hearing that makes me feel like I can do so much more, that Im doing something good, like its all worth it you know?		File System (3)		
3256	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:03:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Fuck binging and gaining 5 pounds right before school LOL		File System (3)		
3257	SMS Messages	Incoming	9/1/2014	9/1/2014 7:06:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Same. And that's awesome that ur able to help someone else like that		File System (3)		
3258	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:13:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you		File System (3)		
3259	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:24:37 PM(UTC-4)	To: 17745713150 Sam Boardman	You doing okay from it?		File System (3)		
3260	SMS Messages	Incoming	9/1/2014	9/1/2014 7:43:27 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't want to or need to talk about my relationship with food. Same old		File System (3)		
3261	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:47:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Im sorry		File System (3)		
3262	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:51:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I didnt say you needed to talk about it I know you dont like to, I was just asking if you were okay		File System (3)		
3263	SMS Messages	Incoming	9/1/2014	9/1/2014 7:52:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I'm the		File System (3)		
3264	SMS Messages	Incoming	9/1/2014	9/1/2014 7:52:55 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm the same as any day		File System (3)		
3265	SMS Messages	Outgoing	9/1/2014	9/1/2014 7:55:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)		
3266	SMS Messages	Outgoing	9/1/2014	9/1/2014 8:53:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna do a color run!?		File System (3)		
3267	SMS Messages	Outgoing	9/1/2014	9/1/2014 8:56:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Its October 12th in Boston		File System (3)		
3268	SMS Messages	Incoming	9/3/2014	9/3/2014 11:45:01 AM(UTC-4)	From: 7745713150 Sam Boardman	SHRIMP!!! I'm jealous		File System (3)		
3269	SMS Messages	Incoming	9/3/2014	9/3/2014 11:45:27 AM(UTC-4)	From: 7745713150 Sam Boardman	Iv been addicted to it lately cus u		File System (3)		
3270	SMS Messages	Outgoing	9/3/2014	9/3/2014 12:03:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha I have an addiction to it too (hence why I brought it to school) lol maybe I'll bring some in for you sometime. Its sooooo good and its healthy so I like to eat it, prob same reason for you		File System (3)		

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3271	SMS Messages	Outgoing	9/3/2014	9/3/2014 5:08:34 PM(UTC-4)	To: 17745713150 Sam Boardman	HEY I have a question to ask you. And did you get your schedule changed??		File System (3)	
3272	SMS Messages	Outgoing	9/3/2014	9/3/2014 7:44:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Sorry but you still have study c block right? Because we have that lunch period tmrw so I was wondering if maybe you want to go to Mrs. Oliveria with me to ask if we can hang up some flyers around the school?		File System (3)	
3273	SMS Messages	Incoming	9/3/2014	9/3/2014 9:51:08 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes I can do that. And no my schedule didn't change		File System (3)	
3274	SMS Messages	Outgoing	9/3/2014	9/3/2014 9:55:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you! And oh why not?		File System (3)	
3275	SMS Messages	Incoming	9/3/2014	9/3/2014 9:59:03 PM(UTC-4)	From: 7745713150 Sam Boardman	They couldn't, like I would have I drop some if my classes if I wanted to		File System (3)	
3276	SMS Messages	Outgoing	9/3/2014	9/3/2014 10:07:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Really? I'm sorry thats frustrating. If you have any issues with Kyle I got your back haha but I already know youll be all over it. Is Lexie gonna switch into our deca class instead or does it not work for her either?		File System (3)	
3277	SMS Messages	Incoming	9/3/2014	9/3/2014 10:09:03 PM(UTC-4)	From: 7745713150 Sam Boardman	ldk, she was gonna try		File System (3)	
3278	SMS Messages	Outgoing	9/3/2014	9/3/2014 10:10:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I hope she can		File System (3)	
3279	SMS Messages	Outgoing	9/3/2014	9/3/2014 10:12:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Im assuming we have the same lunch tomorrow so do you want me to bring you some shrimp? lol		File System (3)	
3280	SMS Messages	Incoming	9/3/2014	9/3/2014 10:14:05 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha no it's ok, my mommy is packing me a lunch		File System (3)	
3281	SMS Messages	Incoming	9/3/2014	9/3/2014 10:14:36 PM(UTC-4)	From: 7745713150 Sam Boardman	She just doesn't know it yet		File System (3)	
3282	SMS Messages	Outgoing	9/3/2014	9/3/2014 10:15:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahah lay it on her in the morn. And yay thats good!! I remember you said last year you wanted to bring lunch		File System (3)	
3283	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:55:50 AM(UTC-4)	To: 17745713150 Sam Boardman	Im going to Dow to talk		File System (3)	
3284	SMS Messages	Incoming	9/4/2014	9/4/2014 10:13:44 PM(UTC-4)	From: 7745713150 Sam Boardman	7:15. Lobby. Be there or be .. (setting alarm now		File System (3)	
3285	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:16:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Lol I'll be there. Thanks for doing this with me. And you totally forget the end parenthasee in that and its giving me anxiety		File System (3)	
3286	SMS Messages	Incoming	9/4/2014	9/4/2014 10:17:25 PM(UTC-4)	From: 7745713150 Sam Boardman	OMG fuck I did ☹️ that kills me		File System (3)	
3287	SMS Messages	Incoming	9/4/2014	9/4/2014 10:17:31 PM(UTC-4)	From: 7745713150 Sam Boardman)		File System (3)	
3288	SMS Messages	Incoming	9/4/2014	9/4/2014 10:18:06 PM(UTC-4)	From: 7745713150 Sam Boardman	That just made it worse^		File System (3)	
3289	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:19:56 PM(UTC-4)	To: 17745713150 Sam Boardman	🙄Yeah it did you need to type out that whole sentence again please		File System (3)	
3290	SMS Messages	Incoming	9/4/2014	9/4/2014 10:20:37 PM(UTC-4)	From: 7745713150 Sam Boardman	7:15. Lobby. Be there or be .. (setting alarm now)		File System (3)	
3291	SMS Messages	Incoming	9/4/2014	9/4/2014 10:20:54 PM(UTC-4)	From: 7745713150 Sam Boardman	(Pretend it never happened)		File System (3)	
3292	SMS Messages	Incoming	9/4/2014	9/4/2014 10:21:43 PM(UTC-4)	From: 7745713150 Sam Boardman	WAIT but when is the essay due ☺️ he just handed it to me today cus I wasn't in deca on te first day		File System (3)	
3293	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:25:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha MUCH BETTER • And the thing you were working on today in study with the 3 questions?		File System (3)	
3294	SMS Messages	Incoming	9/4/2014	9/4/2014 10:26:32 PM(UTC-4)	From: 7745713150 Sam Boardman	Yess that one		File System (3)	
3295	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:27:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Its due Monday, and the questionnaire sheet thing is due as soon as you can (I say you get it in tomorrow at some point)		File System (3)	
3296	SMS Messages	Incoming	9/4/2014	9/4/2014 10:29:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Okay thank you! Yeah I did the questionnaire and the essay but I just wanted to make sure, I'll probs proof read it again. Lol I suck for not knowing that ☺️		File System (3)	
3297	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:34:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I KNOW CMON PREZ YOU GOTTA BE ON TOP OF THAT! hahaha nahh you dont suck its fine, I mean you already got it done so thats a very presidential thing to do haha. Can I proof read it? I like proof reading essays and helping fix them up		File System (3)	
3298	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:37:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Actually thats stupid its not even a grade or anything I dont think and its your personal stuff haha I dont have to nvm		File System (3)	
3299	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:41:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw I'm wearing gym shorts and a tshirt tomorrow because its gonna be 90 degrees and humid and it dont give a fuck about dressing nice in that shit. Im gonna be comfortable and reduce the amount of swass I have as much as possible		File System (3)	
3300	SMS Messages	Incoming	9/4/2014	9/4/2014 10:41:55 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha no u can if u want! Haha like I'm not asking u to but I love to hear people's feedback and such. I'll print it out for tomorrow anyways. And IK I should be on top of it ☺️☺️		File System (3)	
3301	SMS Messages	Incoming	9/4/2014	9/4/2014 10:42:19 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHA GOOD, minimal swas is always appreciated ☺️		File System (3)	
3302	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:48:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay haha then yeah Id be happy to look over it! I'll do that, and its okay its your first day on the job you'll get better at it AHHH I CANT BELIEVE YOURE THE PRESIDENT IM SO FLIPPIN HAPPY FOR YOU •••• Haha but yeah literally my ass produces so much sweat like its a fucking puddle when I get up its gross idk why it happens •		File System (3)	
3303	SMS Messages	Outgoing	9/4/2014	9/4/2014 10:50:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I like wait for everyone in my row or around me to get up and leave so then I can get up without them seeing....		File System (3)	
3304	SMS Messages	Incoming	9/4/2014	9/4/2014 11:01:33 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't believe it either! I'm so excited and want to make it great this year. I knew that te odds were against me, but honestly I wasn't going down without a fight haha. And HA the best is when u hve a dress on and ur bare ass gets swass directly on the seat		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3305	SMS Messages	Outgoing	9/4/2014	9/4/2014 11:15:52 PM(UTC-4)	To: 17745713150 Sam Boardman	You're gonna be great Sam, really. I know how bad you wanted this and I know youll put all your hardwork and passion into helping everyone and fixing all the problems from last year, and I know youll help make communication and support in the chapter more efficient as a priority. You'll make this year great, I have no doubt about that. You may have had the odds against you, but look at you. You did it. Heres a quote for ya - "never let the odds keep you from doing what you know youre meant to do" - Jackson Brown Jr.		File System (3)	
3306	SMS Messages	Incoming	9/4/2014	9/4/2014 11:15:53 PM(UTC-4)	From: 7745713150 Sam Boardman	BED TIME NIGHTY NIGHT		File System (3)	
3307	SMS Messages	Incoming	9/4/2014	9/4/2014 11:19:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Thank u bud 😊 I just hope it all works out. And on that note, I really hope u didn't just look that quote up 😊 NIGHT THO		File System (3)	
3308	SMS Messages	Outgoing	9/4/2014	9/4/2014 11:24:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Always, and it will you just have to believe in yourself thru it all. And you know I'll always have your back if youre stressin lol. And so what maybe I did alright I thought it was nice for you to get a little inspiration and comfort before bed. GOOD NIGHT ILL SEE YOU AT 7:15 SHARP ☐		File System (3)	
3309	SMS Messages	Outgoing	9/5/2014	9/5/2014 8:00:37 AM(UTC-4)	To: 17745713150 Sam Boardman	I should go thru the halls and throw flyers everywhere like Regina George did in mean girls lol		File System (3)	
3310	SMS Messages	Incoming	9/5/2014	9/5/2014 9:16:05 AM(UTC-4)	From: 7745713150 Sam Boardman	HAHAHA YASSSS		File System (3)	
3311	SMS Messages	Outgoing	9/5/2014	9/5/2014 12:28:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I write on it?		File System (3)	
3312	SMS Messages	Incoming	9/5/2014	9/5/2014 1:23:19 PM(UTC-4)	From: 7745713150 Sam Boardman	HA too late		File System (3)	
3313	SMS Messages	Outgoing	9/5/2014	9/5/2014 1:32:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I already wrote on it lol its really good I just always edit things to make them better haha don't feel like its bad because its not! Omg theres fucking art show signs haging up around the school thats not for kp so why cant I hang up mine that ain't fair		File System (3)	
3314	SMS Messages	Outgoing	9/5/2014	9/5/2014 2:00:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Next week you really have to help me promote it somehow		File System (3)	
3315	SMS Messages	Outgoing	9/5/2014	9/5/2014 4:35:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Patch Adams is on demand! So we gotta watch it		File System (3)	
3316	SMS Messages	Incoming	9/5/2014	9/5/2014 4:44:25 PM(UTC-4)	From: 7745713150 Sam Boardman	YESS!		File System (3)	
3317	SMS Messages	Outgoing	9/5/2014	9/5/2014 4:59:27 PM(UTC-4)	To: 17745713150 Sam Boardman	YAY☐ and OKAY SO I was thinking.... I have so much to work on for the tournament and I wanna work a little on brainstorming with this idea for deca like I have some good ideas I've been thinking about and Im excited to tell you haha. So I was thinking that I could go to Twist tomorrow at like 1 and work on some of that stuff at a table or something (if thats okay) and then when you're done working we can have lunch together. Its not even an issue because my mom has to go out tomorrow to run errands for work so she said she can take me. Sound good?		File System (3)	
3318	SMS Messages	Outgoing	9/5/2014	9/5/2014 8:24:41 PM(UTC-4)	To: 17745713150 Sam Boardman	And so I had a really bad binge earlier (3620 calories I added up in the calculator) and I have such bad anxiety over it because I havent binged that bad since going to McLean. And so now I feel like I cant eat for the next 3 days so if its okay, I feel like I kinda need to go have lunch with you or else I wont eat and when youre there I feel better about it and supported		File System (3)	
3319	SMS Messages	Incoming	9/5/2014	9/5/2014 10:07:29 PM(UTC-4)	From: 7745713150 Sam Boardman	I am going to be completly honest and say that I think our relationship has gotten a lot better when we stopped talking about eatig. I know I tried to help u edits, but it honestly went no where and made it uncomfortable because your food choices are completly up to u. Like I can sit there as watch u eat, but that makes an uncomfotable situation for both of us. I'm not saying that I don't want to be there for u, but I feel like right now I really cant put myself through that al again, like me forcing u to drink milk and watching u eat. U know what u have to eat, and me sitting there won't change anythig if u refuse to do it for yourself		File System (3)	
3320	SMS Messages	Incoming	9/5/2014	9/5/2014 10:08:10 PM(UTC-4)	From: 7745713150 Sam Boardman	I hope u understand what I'm saying		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3321	SMS Messages	Outgoing	9/5/2014	9/5/2014 10:31:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I do understand that thanks for being honest with me. I agree, I feel like our relationship has gotten so much better without talking about food issues too. I mean weve talked so much about it in the past that we know about it without having to talk about it. I was kinda afraid to even tell you this because I had a feeling you were gonna say that. I hope you did notice that I havent talked to you about it anymore because yeah our friendship has improved and its much more positive, and I dont like to put that stress on you and I dont even like talking about it, and ive been doing much better with it so I never have the need to. I was just upset about it tonight bc it was the first time in a while and youre the only person who really understands what i'm saying and you can relate, but I know it makes you uncomfortable and so I tried to completely migrate away from that and I think Ive done good with that so I'll continue to do that so yeah i'm sorry for telling you about this tonight. But you dont realize how much you do help tho. I mean youre like my moral supporter with everything haha wheter its talking about stuff or even the eating thing. We wont talk about the eating stuff anymore like we havent been, but I do wnat you to know that you sitting there did and still does help		File System (3)	
3322	SMS Messages	Outgoing	9/5/2014	9/5/2014 10:46:41 PM(UTC-4)	To: 17745713150 Sam Boardman	(pretend that never happened)		File System (3)	
3323	SMS Messages	Incoming	9/5/2014	9/5/2014 10:55:02 PM(UTC-4)	From: 7745713150 Sam Boardman	No I'm not gonna pretend it didn't happen. I want to be there. But I think that the best way to be there for u is to be your friend an to be someone u can have fun with and hae a normal relationship with so that I don't even have to think about food and are happier with yourself. Your problems should not be ignored thin, I just don't think I am the right one to talk to for that specific reason. There are doctors out there that you know are available to speek to and know more about helping u with te actual issue. I want to help u get through it in a less direct way if that makes sence		File System (3)	
3324	SMS Messages	Outgoing	9/5/2014	9/5/2014 11:23:18 PM(UTC-4)	To: 17745713150 Sam Boardman	It makes perfect sense and I think thats the best idea too. Thank you for wanting to be there for me it really means a lot Sam. No ones ever really helped me because its something thats hard to understand unless youve experienced it yourself. I know you think you didnt help, but please just know that you really did. Ill leave it at that. And yes I think that you are absolutely right. The way that youre there for me by avoiding the topic of food and instead always wanting to have a good time and doing whatever and having a normal relationship really is the best way to help me, and it wasnt until I became friends with you that i realized that because before I always thought talking about it worked best and I was never happy with myself because I was always thinking about food and my appearance and I was depressed. But you changed that for me Sam like for the first time in my life, youre someone who actually helps make me forget that I have issuses with food, and you make me feel normal and I cant tell you how grateful I am for that. So yes youre right, the way youre there for me is the best way and I want to continue it to be this way. Talking about it is for the doctors. Having a friend who helps me forget about it and have fun and be normal, thats what you do		File System (3)	
3325	SMS Messages	Incoming	9/5/2014	9/5/2014 11:28:03 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy u see that, I don't want u to think I'm just being a bad friend ☺ I don't get a lunch break Tomoorw and I'm working untill 3 and am busy Tommorrow night. But 2 more weeks and no more cow and I'll be more available. We can make it till then haha. Bed time tho, so goodnight Michelle!		File System (3)	
3326	SMS Messages	Outgoing	9/5/2014	9/5/2014 11:37:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam I wont ever think that dont ever say that! That never even crossed my mind ever. But ugh whyd they make u work til 3 thats stupid□. But its okay no worries, haha yeah I cant wait til the cows over. Ill count down the days on the calendar lol. And I finished editing your paper so ill email you the edits tomorrow so tell me your email beofre work!! Goodnight Sam thanks for everything		File System (3)	
3327	SMS Messages	Outgoing	9/6/2014	9/6/2014 12:24:59 AM(UTC-4)	To: 17745713150 Sam Boardman	Im guessing right now its sammiestar@gmail HAHA if it is you can suck my ass OMG did you know that a long time ago a plane crahsed in the mountains and the people on it who survived couldnt find food so they killed each other and ate their asses because it was the most meat. So they were literally sucking their asses ☺ I learned that in pysch yesterday just thought I would share. I hope I didn't wake you up, this is like a reminder text so you don't forget to tell me your email before work lol but have a good day! p.s. do you at least get bathroom breaks?.....bc idk how youd last without one of those		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3328	SMS Messages	Incoming	9/6/2014	9/6/2014 7:07:54 AM(UTC-4)	From: 7745713150 Sam Boardman	Haha i go to the bathroom whenever I want! I drink like 20 coffees, bathroom breaks are more than needed. And NOO it's samanthatboardman@gmail.com . How are u emailing it to me? U coulda just sent me like a pic of ur edits!		File System (3)	
3329	SMS Messages	Outgoing	9/6/2014	9/6/2014 7:37:00 AM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha alright good glad to know you can use the bathroom! And I think I know why you have to go so much, its because you drink all that coffee! lol and HAHAHHA it reminds me of salmon that boardman LOL lets salmon you up ☹ and oh yeah I'm such a dumb fuck I didnt even think of that...		File System (3)	
3330	SMS Messages	Incoming	9/6/2014	9/6/2014 7:41:12 AM(UTC-4)	From: 7745713150 Sam Boardman	Haha that's what I'm sayin, the coffee goes right through me. And I don't even get what ur emailing me!?		File System (3)	
3331	SMS Messages	Outgoing	9/6/2014	9/6/2014 7:45:21 AM(UTC-4)	To: 17745713150 Sam Boardman	You didnt even say anything about my suck my ass story like what the heck I went thru all that effort to tell you! And I was gonna type the edits up so its easier for you to just like copy and paste them to your actual essay if you wanted, instead of having to read my illegible writing to type it yourself		File System (3)	
3332	SMS Messages	Outgoing	9/6/2014	9/6/2014 1:11:35 PM(UTC-4)	To: 17745713150 Sam Boardman	I sent you it on email haha so check it		File System (3)	
3333	SMS Messages	Incoming	9/6/2014	9/6/2014 3:03:59 PM(UTC-4)	From: 7745713150 Sam Boardman	I was working..		File System (3)	
3334	SMS Messages	Incoming	9/6/2014	9/6/2014 3:04:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha I can't check it at work		File System (3)	
3335	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:05:24 PM(UTC-4)	To: 17745713150 Sam Boardman	I know haha I meant after		File System (3)	
3336	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:08:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Just got a notification that Conrads birthday is this week ☹ fuck Michelle I appreciate that u tried I help me but u like retyped the whole thig... Like a lot of the things are just different than wht the intent of the sentence is. I didn't think u were goin to try and rewrite the whole thig..But I want to be honest and say tht I'm not gonna make all those changes. Thats not my voice and this is a personal essay.		File System (3)	
3337	SMS Messages	Incoming	9/6/2014	9/6/2014 3:16:41 PM(UTC-4)	From: 7745713150 Sam Boardman			File System (3)	
3338	SMS Messages	Incoming	9/6/2014	9/6/2014 3:18:31 PM(UTC-4)	From: 7745713150 Sam Boardman	Also, the version I sent u was different than what I have now cus I already proof read to now for myself. I just didn't expect u to try and do that. I		File System (3)	
3339	SMS Messages	Incoming	9/6/2014	9/6/2014 3:22:27 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm keeping it with exactly what I have aleeady. I'll show u the final if u want. It's kinda long and gets more into detail but it's my voice		File System (3)	
3340	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:26:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I went way over board i'm sorry that was stupid I won't do that again. I shouldla just kept it at spelling and grammer and little tweeks of adjustment if they were needed. I really liked everything you had so yeah just keep it with your voice and intent, next time I wont edit like I did haha, I'll proof read it but not change it. Im sorry im actually like embarrassed for doing that that was stupid. Its your essay and your voice. Yeah I wanna see the final one you have. I'll proof read it for spelling and grammer and stuff but thats it. I wanna read it		File System (3)	
3341	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:36:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you gonna email me it?		File System (3)	
3342	SMS Messages	Incoming	9/6/2014	9/6/2014 3:37:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I can do that.		File System (3)	
3343	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:48:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thanks. Im really sorry for doing that it wont happen again. I get really carried away sometimes with writing and I shouldnt have changed all that so I'm sorry	Yes	File System (3)	
3344	SMS Messages	Outgoing	9/6/2014	9/6/2014 3:52:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh and I found the Gabby Douglas Story on demand too haha so we can also watch that	Yes	File System (3)	
3345	SMS Messages	Outgoing	9/6/2014	9/6/2014 4:10:41 PM(UTC-4)	To: 17745713150 Sam Boardman	And if you wanna read mine too you can. But when you have your cow and twist schedule for this week can you send me them	Yes	File System (3)	
3346	SMS Messages	Outgoing	9/7/2014	9/7/2014 3:04:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so I redid the flyers and I'm gonna try to ask some teahcers if they can hang them up in their classes but im not really good with that so idk but we can also maybe go ask during study if you want so you can help with the moral support. And maybe you can tell some of your classes too? Livy told me that she told stuco to make teams and I know some sports teams will if we tell them to. I need all teams signed up by Thursday so I can put teams into time slots. I have to really start organizing this so I think i'm gonna stay after school tomorrow and work on it for a bit		File System (3)	
3347	SMS Messages	Outgoing	9/7/2014	9/7/2014 3:30:39 PM(UTC-4)	To: 17745713150 Sam Boardman	And email me your final esssay I wanna read it! I still feel really bad and embarrassed for what I did and I'm really sorry Sam. I dont even know why I did that, I think because I wanted it to be perfect but it was already perfect the way you had it because it was your voice and personal to you. I shouldn't have changed that and I promise I'll never do that again. I like the way you wrote it so I cant wait to see how the final came out		File System (3)	
3348	SMS Messages	Incoming	9/7/2014	9/7/2014 3:44:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah il def help promote it. I havnt made a team yet haha I have to figure that out. How many people per team!?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3349	SMS Messages	Outgoing	9/7/2014	9/7/2014 3:55:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yay thank you! I know youre really good at promoting things haha. And ha yeah I figured you didnt make a team yet. I'd say get a team of 10, so that way each person pays \$10. But you can have up to 12 but no more than that. I was thinking tho, do you even want to play on a team? I know youre uneasy about playing lol so you can always just help me organize it or something but I think youd rather wanna play so if you wanna maybe this week after school one day when you have twist off I can take you and Lexie to the pal to practice so you arent afraid of the ball HAHA and are good for game day but thats totally up to you I just thought it may help		File System (3)	
3350	SMS Messages	Incoming	9/7/2014	9/7/2014 4:14:52 PM(UTC-4)	From: 7745713150 Sam Boardman	I think if I make a team it would be better so I'm more involved in it. And it's another team! But idk il see. And I don't have time this week Michelle. Any chance in nt worjig I'm dedicating it to my deca project or Doig hw or college stuff. IK I keep saying this but only two more weeks of this ☺		File System (3)	
3351	SMS Messages	Incoming	9/7/2014	9/7/2014 4:16:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Btw I sent it		File System (3)	
3352	SMS Messages	Outgoing	9/7/2014	9/7/2014 4:29:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats true I can see why you think that and yeah haha another teams always good! Another reason tho is Idk what shift youre taking like if you take the 4-8 one thats probably fine, I just dont want you to miss a game but its okay if you end up having to. Just let me know what you wanna do when you decide. Either way youll be involved, I just didnt know if youd be more comfortable helping out than playing. And its okay I understand that. Im happy youre so dedicated to deca and school, its much more important id rather you work on that. And haha I know but yes only 2 more weeks so we got this. And okay great I'll check it now		File System (3)	
3353	SMS Messages	Outgoing	9/7/2014	9/7/2014 8:42:21 PM(UTC-4)	To: 17745713150 Sam Boardman	So I read your essay. Howd it feel when you got to say "being president of this organization"? hahah that must of felt good but weird too. But your essay is really great Sam. You honestly are a very good writer, you use great specifics and words and you have so much voice and passion when you write. Its so real like I completely related to the part with the juniors being all confused at first and stuff and I laughed when you talked about finding the sweater lol I rememeber that thing it was hot haha. But yeah I really liked it a lot and I'm happy you kept it the way you had it because it honestly was awesome. Dow will love it		File System (3)	
3354	SMS Messages	Outgoing	9/7/2014	9/7/2014 8:45:51 PM(UTC-4)	To: 17745713150 Sam Boardman	You can read mine if you want haha its really fucking long tho		File System (3)	
3355	SMS Messages	Incoming	9/7/2014	9/7/2014 10:03:24 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah email		File System (3)	
3356	SMS Messages	Incoming	9/7/2014	9/7/2014 10:03:28 PM(UTC-4)	From: 7745713150 Sam Boardman	!!		File System (3)	
3357	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:09:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay!		File System (3)	
3358	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:28:44 PM(UTC-4)	To: 17745713150 Sam Boardman	I sent it		File System (3)	
3359	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:30:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Tell me what you think after		File System (3)	
3360	SMS Messages	Incoming	9/7/2014	9/7/2014 10:41:19 PM(UTC-4)	From: 7745713150 Sam Boardman	Aw Michelle that was so nice! Ur so good at writings. I love it! Haha I wanna know how he will react to it ☺		File System (3)	
3361	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:43:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha yeah I actually wanna like be there when he reads it so I can see his reaction too☐ And thanks Sam it means a lot haha I'm happy you like it. Are you surprised at what I said?		File System (3)	
3362	SMS Messages	Incoming	9/7/2014	9/7/2014 10:55:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Honestly not really hahah I knew what u were gonna say just cus I know U so well		File System (3)	
3363	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:58:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha well then I guess you do		File System (3)	
3364	SMS Messages	Outgoing	9/7/2014	9/7/2014 10:59:02 PM(UTC-4)	To: 17745713150 Sam Boardman	We have deca lunch block tomorrow		File System (3)	
3365	SMS Messages	Outgoing	9/7/2014	9/7/2014 11:01:59 PM(UTC-4)	To: 17745713150 Sam Boardman	And we are gonna promote the shit out of Homers for Conrad this week lets fucking rack up these teams☺☐		File System (3)	
3366	SMS Messages	Outgoing	9/7/2014	9/7/2014 11:13:11 PM(UTC-4)	To: 17745713150 Sam Boardman	I LOST MY VERA BRADLEY LUNCH BOX ☐☐☺		File System (3)	
3367	SMS Messages	Incoming	9/7/2014	9/7/2014 11:16:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay we do! I hope we have the store tomorrow. We can work in the same lunch! And HA I'm not surprized that u lost it! But yess we will most def promote. Night tho!		File System (3)	
3368	SMS Messages	Outgoing	9/7/2014	9/7/2014 11:20:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh yeah maybe we have the store! And YES I wanna work the store with you this year and go to the same lunch HECK YES TO THAT. And hey it lasted 3 days thats more than I expected lol I'm not surprised I lost it either. And yay awesome thank you for helping me promote it I really appreciate it, goodnight prez! OH AND TOMORROW IS PICTURE DAY SO LOOK UGLY☐		File System (3)	
3369	SMS Messages	Outgoing	9/8/2014	9/8/2014 1:07:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Come to Rowe		File System (3)	
3370	SMS Messages	Incoming	9/8/2014	9/8/2014 1:58:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Do u want to meet at row after school?		File System (3)	
3371	SMS Messages	Outgoing	9/8/2014	9/8/2014 2:07:35 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah		File System (3)	
3372	SMS Messages	Outgoing	9/8/2014	9/8/2014 7:27:52 PM(UTC-4)	To: 17745713150 Sam Boardman	Dont forget...pretty hurts. Watch the music video		File System (3)	
3373	SMS Messages	Outgoing	9/8/2014	9/8/2014 7:38:43 PM(UTC-4)	To: 17745713150 Sam Boardman	Its 7 mins but its worth the watch youll see		File System (3)	
3374	SMS Messages	Incoming	9/8/2014	9/8/2014 7:41:23 PM(UTC-4)	From: 7745713150 Sam Boardman	I can't now but I will!		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3375	SMS Messages	Outgoing	9/8/2014	9/8/2014 7:44:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay good!		File System (3)	
3376	SMS Messages	Outgoing	9/8/2014	9/8/2014 9:10:08 PM(UTC-4)	To: 17745713150 Sam Boardman	What time will you be at school tomorrow		File System (3)	
3377	SMS Messages	Incoming	9/8/2014	9/8/2014 9:15:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Early cus I'm talking to Rowe and Dow		File System (3)	
3378	SMS Messages	Incoming	9/8/2014	9/8/2014 9:15:08 PM(UTC-4)	From: 7745713150 Sam Boardman	I think ima be early every day		File System (3)	
3379	SMS Messages	Incoming	9/8/2014	9/8/2014 9:15:52 PM(UTC-4)	From: 7745713150 Sam Boardman	It's the new Sam ☺		File System (3)	
3380	SMS Messages	Outgoing	9/8/2014	9/8/2014 9:29:49 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHA yeah new and improved I love it☐. And okay sounds good, Im gonna come in early tomorrow too. After you talk to Dow and Rowe, can we talk about some things for promotion? Because we only have 3 days left and I also have some new surprises for it I figured out that I wanna tell u about! And can you come with me to get a pre calc book from Miller because i'm scared haha		File System (3)	
3381	SMS Messages	Incoming	9/8/2014	9/8/2014 9:35:56 PM(UTC-4)	From: 7745713150 Sam Boardman	I have to drive my brother too cus his car broke down so I can't be tooo early but we can see what we can fit!		File System (3)	
3382	SMS Messages	Outgoing	9/8/2014	9/8/2014 9:40:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh yeah okay thats fine! Thank you so much Sam, like for everything I really mean that. I tweeted about the volleyball game btw lol		File System (3)	
3383	SMS Messages	Outgoing	9/9/2014	9/9/2014 7:16:03 AM(UTC-4)	To: 17745713150 Sam Boardman	Im here		File System (3)	
3384	SMS Messages	Incoming	9/9/2014	9/9/2014 7:17:12 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm still t Dunkin drive threw		File System (3)	
3385	SMS Messages	Outgoing	9/9/2014	9/9/2014 5:28:52 PM(UTC-4)	To: 17745713150 Sam Boardman	I just went poop and it felt soooo fucking good☐ HA whats the surprise!?		File System (3)	
3386	SMS Messages	Incoming	9/9/2014	9/9/2014 9:14:41 PM(UTC-4)	From: 7745713150 Sam Boardman	HA IM PROUD! And ull see!!		File System (3)	
3387	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:16:41 PM(UTC-4)	To: 17745713150 Sam Boardman	I knew you would be lol AND NO WTF I WANNA KNOW NOW!!!! And guess what		File System (3)	
3388	SMS Messages	Incoming	9/9/2014	9/9/2014 9:31:09 PM(UTC-4)	From: 7745713150 Sam Boardman	What?!		File System (3)	
3389	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:31:42 PM(UTC-4)	To: 17745713150 Sam Boardman	☐		File System (3)	
3390	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:37:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Will I find out tomorrow?		File System (3)	
3391	SMS Messages	Incoming	9/9/2014	9/9/2014 9:40:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes		File System (3)	
3392	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:41:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Good and so I've literally been talking to Chris like the whole night		File System (3)	
3393	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:46:56 PM(UTC-4)	To: 17745713150 Sam Boardman	I possibly may have up to 30 teams haha		File System (3)	
3394	SMS Messages	Incoming	9/9/2014	9/9/2014 9:53:05 PM(UTC-4)	From: 7745713150 Sam Boardman	YAYAYAY		File System (3)	
3395	SMS Messages	Outgoing	9/9/2014	9/9/2014 9:55:17 PM(UTC-4)	To: 17745713150 Sam Boardman	I'm stressing haha thats so many		File System (3)	
3396	SMS Messages	Outgoing	9/9/2014	9/9/2014 10:00:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you wanna help in study tomorrow?		File System (3)	
3397	SMS Messages	Incoming	9/9/2014	9/9/2014 10:01:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha every time u ask me to help, there's like nothing to help with		File System (3)	
3398	SMS Messages	Outgoing	9/9/2014	9/9/2014 10:02:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha no I actually do have stuff tomorrow that you can help with		File System (3)	
3399	SMS Messages	Outgoing	9/10/2014	9/10/2014 7:36:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey partner☐ Haha I told my mom and she was really happy. But so more teams signed up tonight and I need to make the bracket tomorrow for each teams game time and I just need to figure out stuff about the raffles and how it will all work and get it organized. So tomorrow after school can you help me work on please I need help and we can also do deca stuff too. I talked to Lexie she said she can too		File System (3)	
3400	SMS Messages	Incoming	9/10/2014	9/10/2014 7:38:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok! And I was thinking that maybe I will just like help U and not be on a team. I can help set up and come early and stuff. My team is falling apart cus working she dukes ☺		File System (3)	
3401	SMS Messages	Incoming	9/10/2014	9/10/2014 7:38:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Schedules*		File System (3)	
3402	SMS Messages	Outgoing	9/10/2014	9/10/2014 7:48:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay great thanks so what time will you be back at the school? because youre gonna be at that breakfast all day. But oh okay thats fine, I definitely need the help so thank you		File System (3)	
3403	SMS Messages	Incoming	9/10/2014	9/10/2014 7:57:01 PM(UTC-4)	From: 7745713150 Sam Boardman	We will stay after, I get back at 2 I think!		File System (3)	
3404	SMS Messages	Outgoing	9/10/2014	9/10/2014 7:58:34 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sounds good		File System (3)	
3405	SMS Messages	Outgoing	9/10/2014	9/10/2014 8:00:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you email me the manual		File System (3)	
3406	SMS Messages	Incoming	9/10/2014	9/10/2014 8:02:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yes I will rn		File System (3)	
3407	SMS Messages	Outgoing	9/10/2014	9/10/2014 8:06:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thank you...pretty hurts?		File System (3)	
3408	SMS Messages	Outgoing	9/10/2014	9/10/2014 8:07:55 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHA this piece of shit☐		File System (3)	
3409	SMS Messages	Incoming	9/10/2014	9/10/2014 8:10:47 PM(UTC-4)	From: 7745713150 Sam Boardman	IILL LISTEN NOW!		File System (3)	
3410	SMS Messages	Outgoing	9/10/2014	9/10/2014 8:11:32 PM(UTC-4)	To: 17745713150 Sam Boardman	AND WATCH THE VIDEO WITH IT! The video makes it really powerful		File System (3)	
3411	SMS Messages	Incoming	9/10/2014	9/10/2014 9:05:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Shit I got the computer and forgot to watch it so OFFICALLY WATXHING IT NOW		File System (3)	
3412	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:10:40 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahahah OKAY GOOD		File System (3)	
3413	SMS Messages	Incoming	9/10/2014	9/10/2014 9:15:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I LOVED THAT OMG		File System (3)	
3414	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:16:42 PM(UTC-4)	To: 17745713150 Sam Boardman	RIGHT!?! I knew you would ☐ haha the lyrics and message mean a lot to me and the video makes it so much more powerful		File System (3)	
3415	SMS Messages	Incoming	9/10/2014	9/10/2014 9:20:03 PM(UTC-4)	From: 7745713150 Sam Boardman	He only Annoying thing is that Beyoncé is so skinny ad perfect... Like the really skinny "perfect" beauty queens wernt that much skinnier than her		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3416	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:29:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I know what you mean I can see that. But idk like I took it as her saying shes one of them too, she went to extremes and tries to do everything she can to look "perfect". Shes skinny and perfect because of how hard she tries to be, when really shes destroying who she is inside. She doesnt care how shitty she feels about herself or what she does, as long as she looks "perfect" then its okay. And I just really related to that		File System (3)	
3417	SMS Messages	Incoming	9/10/2014	9/10/2014 9:33:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I love it so much. New favorite song ♡ •		File System (3)	
3418	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:35:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww Im happy you love it, I do too its definitely my favorite song • Well behind one of Lea Micheles of course •		File System (3)	
3419	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:48:31 PM(UTC-4)	To: 17745713150 Sam Boardman	Its national suicide awareness day and suicide prevention week. I just found out. How ironic is it that his birthday is this week? Its like a sign, idk. Its hard		File System (3)	
3420	SMS Messages	Incoming	9/10/2014	9/10/2014 9:51:50 PM(UTC-4)	From: 7745713150 Sam Boardman	That's so ironic! Like te tournament being this week too. But jut remember that it's just like any other day. I'm actually goin to bed now! I'm so excited, it's not even 10! So nighty night deca partner		File System (3)	
3421	SMS Messages	Outgoing	9/10/2014	9/10/2014 9:55:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I know its weird but its like good that its this week too you know? But I know Im trying to tell myself that. And HAHA good for you I'm happy for ya! Im gonna sit here for the next hour straitening my hair SO I CAN LOOK PRETTY. Fuck this lol night deca partner!! Love that		File System (3)	
3422	SMS Messages	Outgoing	9/11/2014	9/11/2014 2:10:09 PM(UTC-4)	To: 17745713150 Sam Boardman	You here?		File System (3)	
3423	SMS Messages	Incoming	9/11/2014	9/11/2014 2:13:20 PM(UTC-4)	From: 7745713150 Sam Boardman	YESS		File System (3)	
3424	SMS Messages	Outgoing	9/11/2014	9/11/2014 2:13:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Where haha		File System (3)	
3425	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:07:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Hey so Chris said he only has him and Bobby as of now so he needs more people. I told him youd play on his team and also Ashley Leone, Ali Palmer and Jenn Laporte and possibly Justin too needs a team so what about you, Chris, Bobby, Ashley, Ali, Grace, Nikki, Arianna, and Jenn? Thats 9 but a few others may join		File System (3)	
3426	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:23:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh wait Brianna and Sophia wanted to be on your team so plus them so youd have 11		File System (3)	
3427	SMS Messages	Incoming	9/11/2014	9/11/2014 9:24:39 PM(UTC-4)	From: 7745713150 Sam Boardman	lv texted alot of people so I think we can do it		File System (3)	
3428	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:25:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Who did you ask		File System (3)	
3429	SMS Messages	Incoming	9/11/2014	9/11/2014 9:27:27 PM(UTC-4)	From: 7745713150 Sam Boardman	I started a group chat with Shannon and Ryann and we are gonna try and recruit		File System (3)	
3430	SMS Messages	Incoming	9/11/2014	9/11/2014 9:31:29 PM(UTC-4)	From: 7745713150 Sam Boardman	What u need to do is we a time for it. Make it like start at 11 cus most people can't play till the afternoon		File System (3)	
3431	SMS Messages	Incoming	9/11/2014	9/11/2014 9:31:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Cus a lot of people are asking what time it's at.		File System (3)	
3432	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:35:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay and make sure Chris and Bobby are on it tho and Seebz, she can be your homerun hitter haha. And yeah but the problem with that is that some people can only play earlier so I feel like it has to be 9. Theres enough teams to fill the 9 games and then the people who cant play til 12 can play then. Theres still a lot of people who need to get back to me and I need to make the bracket and do so much other stuff to prepare and get it all organized but its coming together I have like 16 teams		File System (3)	
3433	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:46:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Jk Chris and Doogy made a team so you cant have them		File System (3)	
3434	SMS Messages	Incoming	9/11/2014	9/11/2014 9:50:09 PM(UTC-4)	From: 7745713150 Sam Boardman	Wait they made a team?! What		File System (3)	
3435	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:53:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah apparently its Chris, Doogy, Ed, KC, Jake, PETE • and.....Kyle.....		File System (3)	
3436	SMS Messages	Incoming	9/11/2014	9/11/2014 9:54:36 PM(UTC-4)	From: 7745713150 Sam Boardman	Hahaha FUXK		File System (3)	
3437	SMS Messages	Outgoing	9/11/2014	9/11/2014 9:55:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha Ill protect you. Play against him and hit a line drive to his face lol		File System (3)	
3438	SMS Messages	Incoming	9/11/2014	9/11/2014 9:56:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I would Michelle if I had any sence of aim ☹		File System (3)	
3439	SMS Messages	Outgoing	9/11/2014	9/11/2014 10:01:14 PM(UTC-4)	To: 17745713150 Sam Boardman	This is true • We should place a magnet on him when he isnt looking and then implant another magnet in the ball so when you hit it, it will go straight at him. Thats the best chance we have with you batting hahah. Or better yet we should throw the bat at him because its metal		File System (3)	
3440	SMS Messages	Incoming	9/11/2014	9/11/2014 10:05:06 PM(UTC-4)	From: 7745713150 Sam Boardman	HAHAHAH THE SECOND IDEA! ☹☹ I just died. Fuck hitting him with a ball when u can just throw a metal bat at him ☹		File System (3)	
3441	SMS Messages	Outgoing	9/11/2014	9/11/2014 10:08:23 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHAH YES EXACTLY • Fuck the ball, go up to bat and swing and "accidentally" let go of it and purposely throw it at him • perfect •		File System (3)	
3442	SMS Messages	Incoming	9/11/2014	9/11/2014 10:13:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Sounds like a legit plan to me!		File System (3)	
3443	SMS Messages	Outgoing	9/11/2014	9/11/2014 10:15:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Definitely haha		File System (3)	
3444	SMS Messages	Outgoing	9/12/2014	9/12/2014 9:29:07 AM(UTC-4)	To: 17745713150 Sam Boardman	I have Henderson study today		File System (3)	
3445	SMS Messages	Outgoing	9/12/2014	9/12/2014 9:49:19 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam can I come to your study to work on my stuff? I wont bother you I just want your company sorry if that sounded weird		File System (3)	
3446	SMS Messages	Incoming	9/12/2014	9/12/2014 9:52:39 AM(UTC-4)	From: 7745713150 Sam Boardman	Yeah sure! I really need to get this done tho		File System (3)	
3447	SMS Messages	Outgoing	9/12/2014	9/12/2014 9:53:41 AM(UTC-4)	To: 17745713150 Sam Boardman	I know I wont distract you I promise. What room		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3448	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:18:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Question, would it be easier if you slept over after work so I can tell you about everything we have and how its gonna run so you can help out and also so we can go up early and set up?		File System (3)	
3449	SMS Messages	Incoming	9/12/2014	9/12/2014 3:26:42 PM(UTC-4)	From: 7745713150 Sam Boardman	For me, honestly no. An te reason is cus I get out at 9:30 on Fridays and wouldn't get there till at least 10. What I can do is come over in the morning before		File System (3)	
3450	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:28:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but it starts at 9 so could you come by 8?		File System (3)	
3451	SMS Messages	Incoming	9/12/2014	9/12/2014 3:28:44 PM(UTC-4)	From: 7745713150 Sam Boardman	You need to get the word out that it starts at 9		File System (3)	
3452	SMS Messages	Incoming	9/12/2014	9/12/2014 3:28:50 PM(UTC-4)	From: 7745713150 Sam Boardman	And yes		File System (3)	
3453	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:29:30 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I'll post on facebook and twitter but thank you		File System (3)	
3454	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:31:48 PM(UTC-4)	To: 17745713150 Sam Boardman	When will you know your team?		File System (3)	
3455	SMS Messages	Incoming	9/12/2014	9/12/2014 3:41:21 PM(UTC-4)	From: 7745713150 Sam Boardman	I have a team, still clarifyin who but it's happening		File System (3)	
3456	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:42:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thanks thats what I needed to know. I think your first game will be at 10		File System (3)	
3457	SMS Messages	Incoming	9/12/2014	9/12/2014 3:43:48 PM(UTC-4)	From: 7745713150 Sam Boardman	Idea: make a morning and an afternoon bracket. One at like 9 and one at 12 so people don't have to stay all day if they have other commitments		File System (3)	
3458	SMS Messages	Outgoing	9/12/2014	9/12/2014 3:48:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Thats a good idea! Idk how to do that tho like I started making it and so everyone plays their first game and maybe another by 12. The vball team and football team cant play til 12 so thats when I have their game. I'll send you a pic of what I did hold on		File System (3)	
3459	SMS Messages	Incoming	9/12/2014	9/12/2014 4:37:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah haha he probs knows how to do it		File System (3)	
3460	SMS Messages	Incoming	9/12/2014	9/12/2014 4:38:00 PM(UTC-4)	From: 7745713150 Sam Boardman	That looks confusing!		File System (3)	
3461	SMS Messages	Outgoing	9/12/2014	9/12/2014 4:43:41 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah I'll ask him but hey I tried! I cant believe I did all this by myself like I'm gonnna raise over \$2000		File System (3)	
3462	SMS Messages	Outgoing	9/12/2014	9/12/2014 6:58:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you play at 10am		File System (3)	
3463	SMS Messages	Outgoing	9/12/2014	9/12/2014 9:17:44 PM(UTC-4)	To: 17745713150 Sam Boardman	Holy shit Im stressing out		File System (3)	
3464	SMS Messages	Outgoing	9/12/2014	9/12/2014 9:21:08 PM(UTC-4)	To: 17745713150 Sam Boardman	WAIT YOU'RE PLAYING AT 9!!		File System (3)	
3465	SMS Messages	Incoming	9/12/2014	9/12/2014 9:48:01 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle I'm so proud of u. Literally ur doing a great job don't sweat it		File System (3)	
3466	SMS Messages	Outgoing	9/12/2014	9/12/2014 10:27:04 PM(UTC-4)	To: 17745713150 Sam Boardman	And can I ran out of ink and I need to print the logo so can I emmail you it and you can print it out? I need 5 copies is that okay?		File System (3)	
3467	SMS Messages	Outgoing	9/12/2014	9/12/2014 11:18:42 PM(UTC-4)	To: 17745713150 Sam Boardman	I sent it		File System (3)	
3468	SMS Messages	Outgoing	9/12/2014	9/12/2014 11:34:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw, thank you for trying to help me feel better today and supporting me. I needed to hear that, it made a difference		File System (3)	
3469	SMS Messages	Incoming	9/12/2014	9/12/2014 11:36:46 PM(UTC-4)	From: 7745713150 Sam Boardman	Np Michelle, I'm glad I could help!		File System (3)	
3470	SMS Messages	Outgoing	9/12/2014	9/12/2014 11:43:24 PM(UTC-4)	To: 17745713150 Sam Boardman	You always do! I'm going to bed tho so I'll see you at 8am sharp haha thank you for everything, good night!		File System (3)	
3471	SMS Messages	Incoming	9/12/2014	9/12/2014 11:48:44 PM(UTC-4)	From: 7745713150 Sam Boardman	Goodnight!		File System (3)	
3472	SMS Messages	Outgoing	9/13/2014	9/13/2014 6:47:46 PM(UTC-4)	To: 17745713150 Sam Boardman	I love that picture ☐ send me the one of me and you too! I raised over \$2,300!!		File System (3)	
3473	SMS Messages	Outgoing	9/13/2014	9/13/2014 7:57:44 PM(UTC-4)	To: 17745713150 Sam Boardman	And Sam, I really can't thank you enough for everything you did to help me. It made it a little easier to know you had my back. Thank you so much for supporting me and playing today, it really means a lot and I hope you had a good time		File System (3)	
3474	SMS Messages	Incoming	9/13/2014	9/13/2014 8:52:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle literally what u did today was so brave. Not just anyone could pull off what u did. It was so good cus u had such passion for it. It was the most fun iv had in a long time		File System (3)	
3475	SMS Messages	Outgoing	9/13/2014	9/13/2014 9:04:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Aw thank you so much Sam, I cant tell you how happy I am to hear you say that. It really means a lot that you think that. I did have so much passion for it which is why I worked so hard on it. Im so happy you had so much fun, it looked like you all had a blast! I just hope Conrad was looking down smiling at me, I wanted to make him proud		File System (3)	
3476	SMS Messages	Outgoing	9/13/2014	9/13/2014 9:18:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Btw you left your glasses there so I have them		File System (3)	
3477	SMS Messages	Incoming	9/13/2014	9/13/2014 9:24:46 PM(UTC-4)	From: 7745713150 Sam Boardman	He is 100% proud of you. Everyone is! And literally like I just got the most random team together and got like Chris and doogy to show up and play and it was just so nice that we could all get together to help a good cause		File System (3)	
3478	SMS Messages	Incoming	9/13/2014	9/13/2014 9:25:24 PM(UTC-4)	From: 7745713150 Sam Boardman	And thank you! bring em to school. What time did it end		File System (3)	
3479	SMS Messages	Outgoing	9/13/2014	9/13/2014 9:28:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you ☐ and hahah yeah but it worked out great yeah it was awesome that you all got together. Like we raised over \$2300, I still cant believe that. It ended at like 5ish, Toms team won! I was so happy about that. And lol I will		File System (3)	
3480	SMS Messages	Outgoing	9/13/2014	9/13/2014 9:51:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you send me the pic of us		File System (3)	
3481	SMS Messages	Incoming	9/13/2014	9/13/2014 10:36:43 PM(UTC-4)	From: 7745713150 Sam Boardman	The pic won't send!		File System (3)	
3482	SMS Messages	Outgoing	9/13/2014	9/13/2014 10:39:29 PM(UTC-4)	To: 7745713150 Sam Boardman	Its okay Nikki sent it to me haha she sent me a few that she had and that was one of them		File System (3)	
3483	SMS Messages	Incoming	9/13/2014	9/13/2014 10:40:54 PM(UTC-4)	From: 7745713150 Sam Boardman	I love it! All the pics are cute. I'm goin to bed now tho, twist than cow ☺ night Michelle, sweet dreams		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3484	SMS Messages	Outgoing	9/13/2014	9/13/2014 10:46:16 PM(UTC-4)	To: 7745713150 Sam Boardman	I love it too! Yeah I really like them all especially the one where you guys are holding me that ones cute haha. And okay but hey, pretty soon you wont need to be saying cow anymore so think positive lol, good night Sam sweet dreams! Thank you so much for everything today ☐		File System (3)	
3485	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:23:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Wait are you working tomorrow		File System (3)	
3486	SMS Messages	Incoming	9/15/2014	9/15/2014 5:25:11 PM(UTC-4)	From: 7745713150 Sam Boardman	At the cow but I'm going to te gymnastics gym tomorrow with the gym team right after school ☺ IK I suck		File System (3)	
3487	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:32:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohhh okay gotcha GETTIN BACK ON THAT GYMNASTICS GRIND ☐🙄 it's okay ha Wednesday we'll meet up to work on it		File System (3)	
3488	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:35:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Like my new twit pic?☐		File System (3)	
3489	SMS Messages	Incoming	9/15/2014	9/15/2014 5:37:35 PM(UTC-4)	From: 7745713150 Sam Boardman	AW LOVE IT! Why are ur twit pics always blurry tho?!		File System (3)	
3490	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:38:33 PM(UTC-4)	To: 17745713150 Sam Boardman	ME TOO and fuck is it really?		File System (3)	
3491	SMS Messages	Incoming	9/15/2014	9/15/2014 5:43:24 PM(UTC-4)	From: 7745713150 Sam Boardman	HA yessss it always is for some reason!		File System (3)	
3492	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:44:59 PM(UTC-4)	To: 17745713150 Sam Boardman	(that reference is from the hit disney movie Holes if you didnt get it)		File System (3)	
3493	SMS Messages	Incoming	9/15/2014	9/15/2014 5:46:35 PM(UTC-4)	From: 7745713150 Sam Boardman	YESS I know! I'm not sure why u have that pic but I guess I shouldn't be surprized ☺		File System (3)	
3494	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:48:40 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAH me and Conrad used to send random funny pics like that back and forth all the time to like make the conversation funny and stuff lol. Idk its something he started so I have so many pics like that saved		File System (3)	
3495	SMS Messages	Outgoing	9/15/2014	9/15/2014 5:49:34 PM(UTC-4)	To: 17745713150 Sam Boardman	He used that one one time haha		File System (3)	
3496	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:01:08 PM(UTC-4)	To: 17745713150 Sam Boardman	Dont get all sad haha its okay. But I def would of had that pic anyways because I like it ☐ It goes well with many situations. This was a perfect example ha		File System (3)	
3497	SMS Messages	Incoming	9/15/2014	9/15/2014 6:03:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Thats so cute haha. And yes made me laugh! Making brackets now / developing arthritis		File System (3)	
3498	SMS Messages	Incoming	9/15/2014	9/15/2014 6:03:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Arthritis		File System (3)	
3499	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:12:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah lol we had good times with it FUCK I miss him SORRY for my display of emotion. But hahaha I cant wait to see how to make these I'm like excited!		File System (3)	
3500	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:13:26 PM(UTC-4)	To: 17745713150 Sam Boardman	But I dont want arthritis		File System (3)	
3501	SMS Messages	Incoming	9/15/2014	9/15/2014 6:19:09 PM(UTC-4)	From: 7745713150 Sam Boardman	I just timed that it takes 3 mins per bracelet. Which urs beats Madison's 15 mins per shirt. So if u think about it, if all three of us make brackets for 15 mins, us combined can make 15 bracelets at te speed they can make one shirt 🦋		File System (3)	
3502	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:23:48 PM(UTC-4)	To: 17745713150 Sam Boardman	Lol math major¿? BUT IT TAKES 15 MINUTES FOR THEM TO MAKE 1 FLIPPIN SHIRT??! I didnt know that! Heck yeah Sam we got this theres not even a need to smash their sewing machine it will probably break on its own		File System (3)	
3503	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:35:56 PM(UTC-4)	To: 17745713150 Sam Boardman	Can I talk to you about something tho		File System (3)	
3504	SMS Messages	Incoming	9/15/2014	9/15/2014 6:41:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Of course		File System (3)	
3505	SMS Messages	Outgoing	9/15/2014	9/15/2014 6:44:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Thank you, it has to do with Conrads mom		File System (3)	
3506	SMS Messages	Incoming	9/15/2014	9/15/2014 6:45:00 PM(UTC-4)	From: 7745713150 Sam Boardman	What's up		File System (3)	
3507	SMS Messages	Outgoing	9/15/2014	9/15/2014 7:02:39 PM(UTC-4)	To: 17745713150 Sam Boardman	She makes me feel really weird like idk how to even describe it. Like she tells me things that make me feel uncomfortable and I dont know how to talk to her sometimes. She hasnt contacted me since the tournament, and she didnt even say bye when she left and didnt say thank you to me for having it and I mean thats okay like I totally understand she was probably very overwhelmed. Like Conrads friends were there and their family and so many strangers to her and they were all laughing and having a good time and I couldnt help thinking that Conrad should of been there playing with his friends. Its hard to process that. And I know she was thinking the same thing. But idk she just gives off weird vibes to me and tells me uncomfortable things I dont know what to say back but I want to be able to tell her the right answers and help her as best I can, I just sometimes feel like she thinks I encouraged his suicide		File System (3)	
3508	SMS Messages	Incoming	9/15/2014	9/15/2014 7:58:50 PM(UTC-4)	From: 7745713150 Sam Boardman	What does she say? And Michelle don't feel like that at all. You just have to remember where she is coming from, and how it may be affecting her in a different way. She is probably really depressed. She was his mom, and although he was important to u, she like was part of his everyday life and raised him. Some people react differently, and luckily u are able to be positive about it and continue to help others		File System (3)	
3509	SMS Messages	Incoming	9/15/2014	9/15/2014 7:59:35 PM(UTC-4)	From: 7745713150 Sam Boardman	What?		File System (3)	
3510	SMS Messages	Outgoing	9/15/2014	9/15/2014 8:00:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I feel bad for bringing this onto you		File System (3)	
3511	SMS Messages	Incoming	9/15/2014	9/15/2014 8:03:00 PM(UTC-4)	From: 7745713150 Sam Boardman	U didn't! I hope I have u a helpful response. And I get irritated when u appologise to me so don't u ever again		File System (3)	
3512	SMS Messages	Incoming	9/15/2014	9/15/2014 8:03:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Unless u like throw a bat at my face		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3513	SMS Messages	Outgoing	9/15/2014	9/15/2014 8:24:05 PM(UTC-4)	To: 17745713150 Sam Boardman	HAHAHA okay well hopefully that wont happen anytime soon ☐ And well Ill try not to but I always apologize for things especially when I feel its needed. And Well shes divorced so she like tells me that a lot of people on his side of the family (some aunts and uncles) and Conrads grandpa like treats her kinda poorly and not supportive of what happened and stuff like Coco was very sensative and he took things to heart. And his grandpa and dad (her ex) didnt treat him that good and always pressured him and stuff and it gave him so much anxiety. And I always told him to not spend as much time with them because he just couldn't handle it and it made him worse being around them but he worked for them like they owned that tug boat company and Coco always felt pressured to live up to their expectations. But with all his issues and stuff he couldn't and that was a big part of his desicion to commit suicide. And so his mom just tells me how they and like some aunts and uncles on that side just dont have much sympathy and his grandpa especially doesnt seem to even care at all which drives me insane but his mom and I both agree he will live with the guilt. And she just like tells me all about that and about her new boyfriend and stuff and I mean I like that she tells me these things I want to help her I just get owhhelmed sometimes with what she says like she expects me to know what to tell her and I want to tell her the best things I can because I promised Coco I'd help his mom and sisters get thru this like I told him I wont let them go thru depression and I told him I'd help them and always be there but now that I think of it, youre right she is depressed so I failed Coco I wasnt supposed to let that happen and now I'm realizing I failed him. Sam his death is my fault like honestly I could have stopped him I was on the phone with him and he got out of the car because it was working and he got scared and I fucking told him to get back in Sam because I knew he would do it all		File System (3)	
3514	SMS Messages	Outgoing	9/15/2014	9/15/2014 8:32:13 PM(UTC-4)	To: 17745713150 Sam Boardman	over again the next day and I couldnt have him live the way he was living anymore I couldnt do it I wouldnt let him. And therapy didnt help him and I wanted him to go to McLean with me when I went but he would go in the other department for his issues but he didnt wanna go because he said nothing they would do or say would help him or change the way he feels. So I like started giving up because nothing I did was helping and but I should of tried harder like I should of did more and its all my fault because I could of stopped him but I fucking didnt all I had to say was I love you dont do this one more time and hed still be here and he told me he would give me signs to know he is watching over me but I havent seen any and I just idk I'm sorry about this rant I just needed to get that off my chest and its finally all sinking in		File System (3)	
3515	SMS Messages	Incoming	9/15/2014	9/15/2014 8:34:25 PM(UTC-4)	From: 7745713150 Sam Boardman	U know exactly what I'm going to say. It's not ur fault. Nothing is ur fault. And his mom probably is telling u this cus she feels like no one else cared about him like u and her did. Like she feels like u can be there for her cus no one else gets it. Ur not failing anything tho. Look what u accomplished this weekend! That's def not a failure.		File System (3)	
3516	SMS Messages	Outgoing	9/15/2014	9/15/2014 8:50:28 PM(UTC-4)	To: 17745713150 Sam Boardman	I know youre always gonna tell me it isnt my fault but the more that I think about it, the more I think it is and I'm sorry that I think that. I cant get that phone call out of my head. Like I still call him and hope that he'll pick up I know thats bad. But yeah thats true youre right maybe that is why shes telling me all this. I'll think of it that way, it helps make it a little easier thank you for that. You do give helpful responses thats why I tell you these things I just hope you dont mind. And yeah I guess so, I just really wanted to make him proud. He always tried to help others too so I wanted to honor him and I do feel proud of what I did. Do you think he's happy up there tho Sam? Like really happy		File System (3)	
3517	SMS Messages	Incoming	9/15/2014	9/15/2014 8:57:11 PM(UTC-4)	From: 7745713150 Sam Boardman	I think that he doesn't want u to think it's ur fault. It's not ur fault. If it's anyone's fault, it's the people who made him unhappy. He did what he did because he was unhappy and u were one of the happy things in his life. He didn't do what he did because of u. He wants u to be happy and would never want u to think like that		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3518	SMS Messages	Outgoing	9/15/2014	9/15/2014 9:13:09 PM(UTC-4)	To: 17745713150 Sam Boardman	But do you think he's happy? You're right tho (I always say that but you really are always right) like I guess the people who made him unhappy are more at fault than me if there's anyone to blame. I guess I feel like it's my fault because I was the only one Coco told his feelings and everything to so I felt responsible for saving him you know? But thank you for saying that it really helps. I know he doesn't want me to think it's my fault and I know he wouldn't want me to live feeling guilty so I have to continue rising from this and not let myself sink. You're my anchor remember? And you've kept me from sinking throughout this and I can't thank you enough for that		File System (3)	
3519	SMS Messages	Outgoing	9/15/2014	9/15/2014 9:28:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Try by Colbie Caillat music video. It's kinda a similar meaning to pretty hurts		File System (3)	
3520	SMS Messages	Incoming	9/15/2014	9/15/2014 9:31:53 PM(UTC-4)	From: 7745713150 Sam Boardman	You know my answer to that! He is happy, especially after this weekend. And yes, I won't let u sink. And if u sink, I sink haha. And I will when I go to bed, I'm typing more of my college essay		File System (3)	
3521	SMS Messages	Outgoing	9/15/2014	9/15/2014 9:37:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Aww Sam ☐ haha thank you that really means a lot. I'll never let you sink either. You sink, I sink too. And thank you for saying he's happy, I hope he is I really do and I smiled up at him when the tournament was over so I know he smiled back. But okay sounds good! Tell me what you think after		File System (3)	
3522	SMS Messages	Outgoing	9/15/2014	9/15/2014 9:39:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Pay attention to the lyrics		File System (3)	
3523	SMS Messages	Incoming	9/15/2014	9/15/2014 10:07:15 PM(UTC-4)	From: 7745713150 Sam Boardman	Aww that was a cute video! I loved that. Basically me senior year haha. I'm going to bed now tho! YAY! GOODNIGHT!		File System (3)	
3524	SMS Messages	Outgoing	9/15/2014	9/15/2014 10:15:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Good haha I knew you would and HA well that's good tho, be yourself. And I thought of some stuff for the project so I'll tell you tomorrow SWEET DREAMS!☘		File System (3)	
3525	SMS Messages	Outgoing	9/16/2014	9/16/2014 4:09:59 PM(UTC-4)	To: 17745713150 Sam Boardman	Im about to drive by your house for my driving hour haha I'm observing lol		File System (3)	
3526	SMS Messages	Incoming	9/16/2014	9/16/2014 4:59:23 PM(UTC-4)	From: 7745713150 Sam Boardman	Hhahah I hope ur not texting and driving!		File System (3)	
3527	SMS Messages	Outgoing	9/16/2014	9/16/2014 5:05:49 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha no dont worry I wasn't it was my turn to observe. Sorry my phone died		File System (3)	
3528	SMS Messages	Outgoing	9/17/2014	9/17/2014 9:54:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam so I set up an insta but I can't fucking see anything because of my screen and it doesn't flip the other way ☺		File System (3)	
3529	SMS Messages	Incoming	9/17/2014	9/17/2014 10:14:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha When is your upgrade!?		File System (3)	
3530	SMS Messages	Outgoing	9/17/2014	9/17/2014 10:18:18 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't think for a while☐ Colie took the last one		File System (3)	
3531	SMS Messages	Outgoing	9/17/2014	9/17/2014 10:27:55 PM(UTC-4)	To: 17745713150 Sam Boardman	No I can't even do this I'm deleting it		File System (3)	
3532	SMS Messages	Incoming	9/17/2014	9/17/2014 11:01:10 PM(UTC-4)	From: 7745713150 Sam Boardman	Don't delete it!		File System (3)	
3533	SMS Messages	Outgoing	9/17/2014	9/17/2014 11:04:08 PM(UTC-4)	To: 17745713150 Sam Boardman	I can't see anything tho and I don't even know how to work it!		File System (3)	
3534	SMS Messages	Outgoing	9/17/2014	9/17/2014 11:13:51 PM(UTC-4)	To: 17745713150 Sam Boardman	Ps I know how to get us on the Ellen show		File System (3)	
3535	SMS Messages	Incoming	9/18/2014	9/18/2014 6:30:18 AM(UTC-4)	From: 7745713150 Sam Boardman	HA this better be real life		File System (3)	
3536	SMS Messages	Outgoing	9/18/2014	9/18/2014 6:31:04 AM(UTC-4)	To: 17745713150 Sam Boardman	Haha IT IS		File System (3)	
3537	SMS Messages	Outgoing	9/19/2014	9/19/2014 3:28:07 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam if the blocks aren't in yet I should borrow yours or something because like I can make a lot tomorrow when you have work		File System (3)	
3538	SMS Messages	Incoming	9/19/2014	9/19/2014 3:46:16 PM(UTC-4)	From: 7745713150 Sam Boardman	I only have 10 more to make so it's ok. The bracelets aren't in either, that's the problem. After I make the ten we have none		File System (3)	
3539	SMS Messages	Outgoing	9/19/2014	9/19/2014 3:46:55 PM(UTC-4)	To: 17745713150 Sam Boardman	Ohhhhhhhh okay I didn't know that		File System (3)	
3540	SMS Messages	Outgoing	9/19/2014	9/19/2014 4:19:36 PM(UTC-4)	To: 17745713150 Sam Boardman	For pictures they don't take the bottom half of you right?		File System (3)	
3541	SMS Messages	Incoming	9/19/2014	9/19/2014 4:20:14 PM(UTC-4)	From: 7745713150 Sam Boardman	Right !		File System (3)	
3542	SMS Messages	Outgoing	9/19/2014	9/19/2014 4:21:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Good because I'm showing up with shorts and my mids lol		File System (3)	
3543	SMS Messages	Outgoing	9/19/2014	9/19/2014 4:23:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Reminder-- did you sign that banner for Annika?		File System (3)	
3544	SMS Messages	Outgoing	9/19/2014	9/19/2014 10:53:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Am I still coming tomorrow		File System (3)	
3545	SMS Messages	Outgoing	9/19/2014	9/19/2014 10:57:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Because is it okay if I start next weekend instead because I don't think I can tomorrow I'm sorry		File System (3)	
3546	SMS Messages	Incoming	9/19/2014	9/19/2014 11:07:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I signed it. And what are u talking about? What's tomorrow?		File System (3)	
3547	SMS Messages	Outgoing	9/19/2014	9/19/2014 11:08:27 PM(UTC-4)	To: 17745713150 Sam Boardman	Our weekendly twist lunch breaks		File System (3)	
3548	SMS Messages	Incoming	9/19/2014	9/19/2014 11:11:52 PM(UTC-4)	From: 7745713150 Sam Boardman	Ohhhh! Don't come Tomorrow cus yearbidvibt even have a lunch! But bed time nighty night!!		File System (3)	
3549	SMS Messages	Outgoing	9/19/2014	9/19/2014 11:13:39 PM(UTC-4)	To: 17745713150 Sam Boardman	Okayyyyyy haha have a good shift! Sweet dreams!		File System (3)	
3550	SMS Messages	Outgoing	9/20/2014	9/20/2014 10:10:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Guess what		File System (3)	
3551	SMS Messages	Incoming	9/20/2014	9/20/2014 11:37:49 PM(UTC-4)	From: 7745713150 Sam Boardman	What?!		File System (3)	
3552	SMS Messages	Outgoing	9/21/2014	9/21/2014 4:08:39 AM(UTC-4)	To: 17745713150 Sam Boardman	I think I'm finally over Alice :)		File System (3)	
3553	SMS Messages	Outgoing	9/21/2014	9/21/2014 12:17:32 PM(UTC-4)	To: 17745713150 Sam Boardman	That's good right?		File System (3)	
3554	SMS Messages	Incoming	9/21/2014	9/21/2014 12:21:30 PM(UTC-4)	From: 7745713150 Sam Boardman	Why do u think ur over her? Not that it's a bad thing! If ur saying that tho, chances are u were thinking about her		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3555	SMS Messages	Outgoing	9/21/2014	9/21/2014 12:26:19 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah thats true Ill be honest I was, but not how I used to. It was more of finding reasons to still like her and I couldn't find much. I dont talk to her really anymore and I think I'm over her just from thinking about how much shes changed and stuff. I barely think about her anymore at all and don't really care for her much. Shes in college now living a whole new life, shes moved on and I think I've moved on too		File System (3)	
3556	SMS Messages	Incoming	9/21/2014	9/21/2014 1:24:46 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm happy that u are seeing that. U liked her for what she was in the past, and she isn't that person		File System (3)	
3557	SMS Messages	Outgoing	9/21/2014	9/21/2014 1:29:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah thank you, I know youve tried telling me this before and I'm finally realizing how right you are. Shes literally changed so much, I dont like who she is anymore haha besides she has a boyfriend		File System (3)	
3558	SMS Messages	Outgoing	9/21/2014	9/21/2014 1:35:49 PM(UTC-4)	To: 17745713150 Sam Boardman	I don't even know why I liked her for as long as I did honestly		File System (3)	
3559	SMS Messages	Outgoing	9/21/2014	9/21/2014 2:59:35 PM(UTC-4)	To: 17745713150 Sam Boardman	OMG ITS YOUR LAST DAY AT THE COW!☹️🐮☹️		File System (3)	
3560	SMS Messages	Incoming	9/21/2014	9/21/2014 4:11:23 PM(UTC-4)	From: 7745713150 Sam Boardman	YESS		File System (3)	
3561	SMS Messages	Outgoing	9/21/2014	9/21/2014 4:17:16 PM(UTC-4)	To: 17745713150 Sam Boardman	YAY!		File System (3)	
3562	SMS Messages	Outgoing	9/22/2014	9/22/2014 12:00:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Where are you I have money I sold a bracelet		File System (3)	
3563	SMS Messages	Incoming	9/22/2014	9/22/2014 12:03:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay! Gentili		File System (3)	
3564	SMS Messages	Outgoing	9/24/2014	9/24/2014 1:12:02 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha sorry I get excited when I sell one and I dont trust myself with the money til I get a pencil box		File System (3)	
3565	SMS Messages	Incoming	9/24/2014	9/24/2014 1:15:16 PM(UTC-4)	From: 7745713150 Sam Boardman	I completly understand		File System (3)	
3566	SMS Messages	Outgoing	9/24/2014	9/24/2014 1:15:57 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you Sam		File System (3)	
3567	SMS Messages	Outgoing	9/24/2014	9/24/2014 1:48:10 PM(UTC-4)	To: 17745713150 Sam Boardman	Im not going to homecoming		File System (3)	
3568	SMS Messages	Incoming	9/24/2014	9/24/2014 2:13:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Why?		File System (3)	
3569	SMS Messages	Outgoing	9/24/2014	9/24/2014 2:13:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Ill tell you later		File System (3)	
3570	SMS Messages	Incoming	9/24/2014	9/24/2014 2:37:58 PM(UTC-4)	From: 7745713150 Sam Boardman	U don't need to pay any money. Texhniqually whatever u got was around 10 anyways like the bead and paint. So I'll give u the money for lunch		File System (3)	
3571	SMS Messages	Outgoing	9/24/2014	9/24/2014 2:41:36 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay but no dont pay me for lunch, it was on me		File System (3)	
3572	SMS Messages	Incoming	9/24/2014	9/24/2014 2:45:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Nooo haha it's fine Michelle I got it!		File System (3)	
3573	SMS Messages	Outgoing	9/24/2014	9/24/2014 2:49:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Well I'm not accepting it soooooo.....it was literally \$7 DONT WORRY ABOUT IT		File System (3)	
3574	SMS Messages	Outgoing	9/24/2014	9/24/2014 5:45:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Idk if I wanna go tonight		File System (3)	
3575	SMS Messages	Incoming	9/24/2014	9/24/2014 6:09:54 PM(UTC-4)	From: 7745713150 Sam Boardman	Why the ice cream?		File System (3)	
3576	SMS Messages	Outgoing	9/24/2014	9/24/2014 6:10:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Howd you know		File System (3)	
3577	SMS Messages	Incoming	9/24/2014	9/24/2014 6:18:21 PM(UTC-4)	From: 7745713150 Sam Boardman	Cus I know u. Well it is 95% fat free yogurt, not even icecream. And u don't hve to do toppings.		File System (3)	
3578	SMS Messages	Incoming	9/24/2014	9/24/2014 6:23:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I use to be the same way when I was anerexic. Like I would avoid Doig things like this. I just never really talk about my food feelings like u do. Like I'm still a mess and feel myself getti out of controll and it makes me so depressed but like I jut want to be normal too.		File System (3)	
3579	SMS Messages	Outgoing	9/24/2014	9/24/2014 6:30:24 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I can relate, I used to always avoid situations where I knew there would be food. Still sometimes do depending on how the days going. And I know you dont tlak about it, I know you dont like to but sometimes I wish you would talk to me about it because I know you still struggle and I wanna help you and be here for you. I mean I tried to take the fudge away but I didnt wanna be annoying. I would probably maybe have some of the ice cream tonight since its 95% fat free but I had a little binge today (bc chipotle) and if I had that then I'd just feel awful, I know you understand that. But idk Im just gonna feel awkward not having any and like this is just so stupid like this shouldn't even be an issue but it is for me and I'm sorry		File System (3)	
3580	SMS Messages	Incoming	9/24/2014	9/24/2014 6:36:05 PM(UTC-4)	From: 7745713150 Sam Boardman	No I feel the same way with chipotle. It's weird tho cus like when I was getting it, I was like "ok this is big, I won't need to eat untill ice cream tonight." But of course I came home and had a snack. And I want ice cream, I love ice cream and look foward to it. It makes me like sad but like I want to eat it cus i enjoy it and I like feeling normal. There's just too much thought involved.		File System (3)	
3581	SMS Messages	Incoming	9/24/2014	9/24/2014 6:37:55 PM(UTC-4)	From: 7745713150 Sam Boardman	I feel like I have to be strong tho for u		File System (3)	
3582	SMS Messages	Incoming	9/24/2014	9/24/2014 6:39:21 PM(UTC-4)	From: 7745713150 Sam Boardman	And yeah with the fudge, IK u were tryig to help. I don't even want help in tht sence tho. I need to realize it For myself. Like if I want to eat it, I'm gonna eat it no matter what anyone says to me. It's weird		File System (3)	
3583	SMS Messages	Incoming	9/24/2014	9/24/2014 6:47:45 PM(UTC-4)	From: 7745713150 Sam Boardman	An I'm not mad in the least for u trying to take the fudge away haha so don't think that either		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3584	SMS Messages	Outgoing	9/24/2014	9/24/2014 6:58:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Sam it means a lot to me that you wanna be strong for me like thank you so much for that, but if youre having a hard time, or if youre having a day where you know youre gonna lose control, you can show your weakness like I want to be there for you to help you. I know you manage it on your own tho and I know you dont want me to help and when youre in that moment where you tell yourself "im hungry and im gonna eat this I dont care what anyone says theres no one here to stop me", like its your choice that you think will make you happiest. So I understand what you mean how u dont want help and youre gonna eat it no matter what because when I'm in that moment too I feel the same way. But I just want you to know that I'm always here for you to help and I want to be because I know how it all feels too and I wanna be able to remind you of what you're doing so you don't have to face the consequences u don't wanna deal with. And today at chipotle I felt the same way haha. I was like yeah I'm not eating for a while but i got home and indulged. And I knew the guacamole got to you haha that was a shit ton. But i'm really happy that you said that about the ice cream because thats important. Like you love it so why restrict yourself from having it? youre right theres too much thought involved and it just brings down my mood completely because I wanna have fun tonight but I know Im not gonna be fully myself because all im thinking about is the ice cream. And okay good haha I'm glad you arent mad at me for that		File System (3)	
3585	SMS Messages	Outgoing	9/24/2014	9/24/2014 7:06:23 PM(UTC-4)	To: 17745713150 Sam Boardman	Im gonna come so I'll see you in a bit, thank you so much for all this		File System (3)	
3586	SMS Messages	Incoming	9/24/2014	9/24/2014 7:07:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah I just didnt really show my feelings cus then it makes me more upset. And right now I don't have anxiety about the icecream ad actually really can't wait to eat it. Then tomorrow mornig I'll be getting dressed and just won't do my makup or anything cus like I hate like looking in the mirror. And I havnt worn jeans a lot at all cus I feel huge in jeans cus they are tight. But let's put this behind us and have a good one tonight! I can't wait!		File System (3)	
3587	SMS Messages	Outgoing	9/24/2014	9/24/2014 7:20:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay we will work on this I have ideas that may help. And thats awesome! I'm so happy you dont have anxiety about the ice cream! Remeber when my friend from the hospital texted me on my birthday about the cake? haha same thing here, enjoy the ice cream :) and yeah I hate mirrors I try to avoid them a lot, but I only really use them to look at my body refelction like body checking. Idk if u do that but im guessing you do. And OMG YES I DONT EVEN OWN A PAIR OF JEANS AND THATS EXACTLY WHY HAHA. I feel like Regina George when shes like "sweat pants are the only thing that fits me right now" LOL. But yeah lets have a good night ☐☐		File System (3)	
3588	SMS Messages	Outgoing	9/25/2014	9/25/2014 11:56:00 AM(UTC-4)	To: 17745713150 Sam Boardman	SAM MRS. ROWE TOLD ME THE IDEA!! wanna know??		File System (3)	
3589	SMS Messages	Incoming	9/25/2014	9/25/2014 11:56:49 AM(UTC-4)	From: 7745713150 Sam Boardman	YES		File System (3)	
3590	SMS Messages	Outgoing	9/25/2014	9/25/2014 11:57:07 AM(UTC-4)	To: 17745713150 Sam Boardman	Can I call		File System (3)	
3591	SMS Messages	Incoming	9/25/2014	9/25/2014 11:57:36 AM(UTC-4)	From: 7745713150 Sam Boardman	Yes I'm home!		File System (3)	
3592	SMS Messages	Outgoing	9/25/2014	9/25/2014 1:13:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Shit waut I have to put the price in somewhere		File System (3)	
3593	SMS Messages	Incoming	9/25/2014	9/25/2014 3:50:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not highering the price tho		File System (3)	
3594	SMS Messages	Outgoing	9/25/2014	9/25/2014 3:51:29 PM(UTC-4)	To: 17745713150 Sam Boardman	Mrs. Rowe said to tho just for that night		File System (3)	
3595	SMS Messages	Incoming	9/25/2014	9/25/2014 3:53:19 PM(UTC-4)	From: 7745713150 Sam Boardman	We will talk about it with lex. I. Really don't like the souls of that		File System (3)	
3596	SMS Messages	Incoming	9/25/2014	9/25/2014 3:53:50 PM(UTC-4)	From: 7745713150 Sam Boardman	I have some other ideas		File System (3)	
3597	SMS Messages	Outgoing	9/25/2014	9/25/2014 3:54:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah whats the plan for tonight		File System (3)	
3598	SMS Messages	Incoming	9/25/2014	9/25/2014 3:55:28 PM(UTC-4)	From: 7745713150 Sam Boardman	Idk but I am so sick		File System (3)	
3599	SMS Messages	Incoming	9/25/2014	9/25/2014 3:55:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Like I went to bed and I'm just so cold and achy		File System (3)	
3600	SMS Messages	Incoming	9/25/2014	9/25/2014 3:55:53 PM(UTC-4)	From: 7745713150 Sam Boardman	I would want u guys to come here		File System (3)	
3601	SMS Messages	Outgoing	9/25/2014	9/25/2014 3:56:01 PM(UTC-4)	To: 17745713150 Sam Boardman	We don't have to get together if youre not up for it		File System (3)	
3602	SMS Messages	Incoming	9/25/2014	9/25/2014 3:56:49 PM(UTC-4)	From: 7745713150 Sam Boardman	No we need to		File System (3)	
3603	SMS Messages	Incoming	9/25/2014	9/25/2014 3:56:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Unless we do it tomorrow after the half day		File System (3)	
3604	SMS Messages	Incoming	9/25/2014	9/25/2014 3:57:11 PM(UTC-4)	From: 7745713150 Sam Boardman	Which doesn't sound too appealing		File System (3)	
3605	SMS Messages	Outgoing	9/25/2014	9/25/2014 4:00:16 PM(UTC-4)	To: 17745713150 Sam Boardman	Hahaha yeah I feel likke we wouldnt even be in the mood to do it after anyways		File System (3)	
3606	SMS Messages	Outgoing	9/25/2014	9/25/2014 4:26:47 PM(UTC-4)	To: 17745713150 Sam Boardman	So do you wanna go to your house		File System (3)	
3607	SMS Messages	Incoming	9/25/2014	9/25/2014 4:41:11 PM(UTC-4)	From: 7745713150 Sam Boardman	I honestly feel so sick and achy. I am shivering and feel ten times worse than I did earlier. I texted lex and we can get together tomorrow. Maybe we can go to ur house after school so u don't need to drive		File System (3)	
3608	SMS Messages	Outgoing	9/25/2014	9/25/2014 4:46:01 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yeah that would be fine we can do that thank you. Im sorry you dont feel good I hope you feel better, stay warm! Get some rest		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3609	SMS Messages	Outgoing	9/25/2014	9/25/2014 4:54:53 PM(UTC-4)	To: 17745713150 Sam Boardman	And I just realized we dont have deca lunch block because its a half day haha but Mrs. Rowe made me tell her the 50/50 idea because she had to know then so she could get it ready and let people know so like if you dont want to do the \$15 idea and have different ideas we're gonna have to tell her tonight or something because the game is tomorrow night and she has to know by tonight since shes getting it all ready like shes using the flyer I made. I have her number, idk if you do, but I I can tell her or you can it doesnt matter. She also needs someone to stay at the table to sell them so I can if you guys wanna watch the game		File System (3)	
3610	SMS Messages	Incoming	9/25/2014	9/25/2014 4:56:53 PM(UTC-4)	From: 7745713150 Sam Boardman	What if we meet her tomorrow midnight		File System (3)	
3611	SMS Messages	Incoming	9/25/2014	9/25/2014 4:56:57 PM(UTC-4)	From: 7745713150 Sam Boardman	Morning		File System (3)	
3612	SMS Messages	Incoming	9/25/2014	9/25/2014 4:58:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I am honestly so un motivated to do anything right now I'm like in pain. I can't explain it. lma call u		File System (3)	
3613	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:16:29 PM(UTC-4)	To: 7745713150 Sam Boardman	508 241 4710		File System (3)	
3614	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:18:22 PM(UTC-4)	To: 7745713150 Sam Boardman	If you need anything, I'm here		File System (3)	
3615	SMS Messages	Incoming	9/25/2014	9/25/2014 5:28:43 PM(UTC-4)	From: 7745713150 Sam Boardman	That's what I said to row		File System (3)	
3616	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:34:45 PM(UTC-4)	To: 7745713150 Sam Boardman	That was perfect!! I hope she agrees with your idea because its a good one and it makes more sense for our project. Let me know what she says back		File System (3)	
3617	SMS Messages	Incoming	9/25/2014	9/25/2014 5:35:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I hope I explained it well! Should I start a group chat with all the people?		File System (3)	
3618	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:41:20 PM(UTC-4)	To: 7745713150 Sam Boardman	You did it was clear and right to the point. And like who Henry, Renee, and Lexie?		File System (3)	
3619	SMS Messages	Incoming	9/25/2014	9/25/2014 5:42:12 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah lex is comig over soon so I am gonna tell her bout it. We need to all be at school early tomorrow		File System (3)	
3620	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:43:49 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay what time		File System (3)	
3621	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:44:33 PM(UTC-4)	To: 7745713150 Sam Boardman	And for what		File System (3)	
3622	SMS Messages	Incoming	9/25/2014	9/25/2014 5:45:12 PM(UTC-4)	From: 7745713150 Sam Boardman	To talk to her		File System (3)	
3623	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:45:41 PM(UTC-4)	To: 7745713150 Sam Boardman	Okay during homeroom?		File System (3)	
3624	SMS Messages	Incoming	9/25/2014	9/25/2014 5:51:35 PM(UTC-4)	From: 7745713150 Sam Boardman	ldk I think so		File System (3)	
3625	SMS Messages	Incoming	9/25/2014	9/25/2014 5:51:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Is someone driving u to school?		File System (3)	
3626	SMS Messages	Outgoing	9/25/2014	9/25/2014 5:53:12 PM(UTC-4)	To: 7745713150 Sam Boardman	Yeah I get rides I can be there early		File System (3)	
3627	SMS Messages	Outgoing	9/25/2014	9/25/2014 6:00:06 PM(UTC-4)	To: 7745713150 Sam Boardman	You were right about the arthritis haha		File System (3)	
3628	SMS Messages	Incoming	9/25/2014	9/25/2014 6:01:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha literally! But just get there at like a normal time and go right to rows		File System (3)	
3629	SMS Messages	Incoming	9/25/2014	9/25/2014 6:03:02 PM(UTC-4)	From: 7745713150 Sam Boardman	Try and make them kinda to the side so we have room for the initials		File System (3)	
3630	SMS Messages	Outgoing	9/25/2014	9/25/2014 6:06:07 PM(UTC-4)	To: 7745713150 Sam Boardman	Haha I also feel like a cave man hammering rocks lol but okayyyyy sounds good! And towards what side??		File System (3)	
3631	SMS Messages	Outgoing	9/25/2014	9/25/2014 7:39:39 PM(UTC-4)	To: 17745713150 Sam Boardman	What color is your physics binder btw		File System (3)	
3632	SMS Messages	Incoming	9/25/2014	9/25/2014 7:44:47 PM(UTC-4)	From: 7745713150 Sam Boardman	Navy. So weird, Hellena came in to save the day, faxing me the packet. It's taking twice as long tho cus I don't have my notes ☹		File System (3)	
3633	SMS Messages	Outgoing	9/25/2014	9/25/2014 7:48:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Really? That was nice of her! Howd she know you needed it? And well I can try to help you but I dont take physics haha		File System (3)	
3634	SMS Messages	Incoming	9/25/2014	9/25/2014 8:58:06 PM(UTC-4)	From: 7745713150 Sam Boardman	M phone died! And I texted literally everyone that takes physics. Lol Lexie came over to photo copy it ad she didn't even have it. It was good tho cus I started the packet last week, and when I went back and redid it I realized I as actually wrong he dirt time.		File System (3)	
3635	SMS Messages	Outgoing	9/25/2014	9/25/2014 9:09:50 PM(UTC-4)	To: 17745713150 Sam Boardman	Lol well I'm glad you got the packet and hahaha thats good! Did you finish?		File System (3)	
3636	SMS Messages	Outgoing	9/25/2014	9/25/2014 9:12:05 PM(UTC-4)	To: 17745713150 Sam Boardman	I do that sometimes too and when I read over my answers from before Im like why the f did I put that		File System (3)	
3637	SMS Messages	Incoming	9/25/2014	9/25/2014 9:13:34 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah basically. It took forever without notes and like I forgot how to do it and had to look it up ☺ I feel alittle better two. I chugged two bottles of gaterade and didn't even second think it cus it made me feel so much better		File System (3)	
3638	SMS Messages	Outgoing	9/25/2014	9/25/2014 9:21:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah thats hard and not fun at all, but you did it and probably actually learned a lot from doing it that way. And IM HAPPY YOURE FEELING BETTER! Thats great, especially because I want you to have fun tomorrow and not be so sick haha. But yeah good for you like if thats what makes you feel better than who cares		File System (3)	
3639	SMS Messages	Outgoing	9/26/2014	9/26/2014 7:19:57 AM(UTC-4)	To: 17745713150 Sam Boardman	Sam are we still meeting with Mrs. Rowe		File System (3)	
3640	SMS Messages	Incoming	9/26/2014	9/26/2014 8:05:25 AM(UTC-4)	From: 7745713150 Sam Boardman	I already did cus I was in the library		File System (3)	
3641	SMS Messages	Outgoing	9/26/2014	9/26/2014 8:06:20 AM(UTC-4)	To: 17745713150 Sam Boardman	Ohh okay good		File System (3)	
3642	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:10:01 PM(UTC-4)	To: 17745713150 Sam Boardman	We had to drive to the school to drop Nikki off at her car so I ran in the school and got the paper out of your locker		File System (3)	
3643	SMS Messages	Incoming	9/26/2014	9/26/2014 1:12:43 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay good!!		File System (3)	
3644	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:15:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeeee but I dont have the description its on your flash drive		File System (3)	
3645	SMS Messages	Incoming	9/26/2014	9/26/2014 1:17:50 PM(UTC-4)	From: 7745713150 Sam Boardman	Do u want me to email it to u?		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3646	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:19:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah good idea!		File System (3)	
3647	SMS Messages	Incoming	9/26/2014	9/26/2014 1:32:27 PM(UTC-4)	From: 7745713150 Sam Boardman	We need to have a banner sent to mrs row by 4		File System (3)	
3648	SMS Messages	Incoming	9/26/2014	9/26/2014 1:32:45 PM(UTC-4)	From: 7745713150 Sam Boardman	I really like what u did with the one u sent me last night,		File System (3)	
3649	SMS Messages	Incoming	9/26/2014	9/26/2014 1:33:22 PM(UTC-4)	From: 7745713150 Sam Boardman	But if u could take out the \$15 and add that for a \$2 u can like get initials stamped		File System (3)	
3650	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:40:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay yes I can do that! I'm happy you like it		File System (3)	
3651	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:41:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Are you keeping your shirt on		File System (3)	
3652	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:45:03 PM(UTC-4)	To: 17745713150 Sam Boardman	Lol I mean like the ones we made from today		File System (3)	
3653	SMS Messages	Incoming	9/26/2014	9/26/2014 1:45:49 PM(UTC-4)	From: 7745713150 Sam Boardman	Yay! Mabe u can email it too, or email it to me and I can email it to her. It looks good how u like overlapped it.		File System (3)	
3654	SMS Messages	Incoming	9/26/2014	9/26/2014 1:45:55 PM(UTC-4)	From: 7745713150 Sam Boardman	HA no I'm going naked		File System (3)	
3655	SMS Messages	Incoming	9/26/2014	9/26/2014 1:46:04 PM(UTC-4)	From: 7745713150 Sam Boardman	I think I am		File System (3)	
3656	SMS Messages	Outgoing	9/26/2014	9/26/2014 1:47:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I thought the overlapping thing looked good too but yeah I can email it to her! and hahah you know what i meant. But wear it! I still wanna get a pic together		File System (3)	
3657	SMS Messages	Incoming	9/26/2014	9/26/2014 5:28:56 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha whatever u want Michelle!		File System (3)	
3658	SMS Messages	Outgoing	9/26/2014	9/26/2014 6:13:58 PM(UTC-4)	To: 17745713150 Sam Boardman	Bring that shit		File System (3)	
3659	SMS Messages	Outgoing	9/26/2014	9/26/2014 6:14:46 PM(UTC-4)	To: 17745713150 Sam Boardman	Im here		File System (3)	
3660	SMS Messages	Incoming	9/26/2014	9/26/2014 6:23:29 PM(UTC-4)	From: 7745713150 Sam Boardman	Here		File System (3)	
3661	SMS Messages	Outgoing	9/26/2014	9/26/2014 6:27:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Im at the bleachers		File System (3)	
3662	SMS Messages	Outgoing	9/26/2014	9/26/2014 9:09:59 PM(UTC-4)	To: 17745713150 Sam Boardman	I left		File System (3)	
3663	SMS Messages	Incoming	9/26/2014	9/26/2014 9:12:42 PM(UTC-4)	From: 7745713150 Sam Boardman	Ok same haha		File System (3)	
3664	SMS Messages	Outgoing	9/26/2014	9/26/2014 9:13:28 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha I didnt know where you went. Are you going to Webbys		File System (3)	
3665	SMS Messages	Outgoing	9/26/2014	9/26/2014 9:26:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh btw I put the \$10 in your blue vera bradley pouch thing 🙄		File System (3)	
3666	SMS Messages	Incoming	9/26/2014	9/26/2014 9:40:40 PM(UTC-4)	From: 7745713150 Sam Boardman	Michelle IK ur trying to be nice but it's like annoying. I'm giving it back to u		File System (3)	
3667	SMS Messages	Outgoing	9/26/2014	9/26/2014 9:44:00 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay sorry		File System (3)	
3668	SMS Messages	Outgoing	9/26/2014	9/26/2014 10:24:53 PM(UTC-4)	To: 17745713150 Sam Boardman	Im not going to homecoming because I don't feel comfortable with how I look right now. Im gonna feel insecure in a tight dress, if I was skinnier and prettier than yeah I'd go but I'm not so I just don't feel comfortable going when I'm not confident with how I look. I know youre gonna say you feel the same way too right now but youre not gonna let it stop you from going and having a good time. But for me its just not as easy to put it all behind and avoid it. It would be on my mind the whole time		File System (3)	
3669	SMS Messages	Outgoing	9/26/2014	9/26/2014 10:27:10 PM(UTC-4)	To: 17745713150 Sam Boardman	me way too right now but youre not gonna let it stop you from going and having a good time. But for me its just not as easy to put it all behind and avoi	Yes	File System (3)	
3670	SMS Messages	Outgoing	9/26/2014	9/26/2014 10:27:10 PM(UTC-4)	To: 17745713150 Sam Boardman	ettier than yeah I'd go but I'm not so I just don't feel comfortable going when I'm not confident with how I look. I know youre gonna say you feel the sa	Yes	File System (3)	
3671	SMS Messages	Outgoing	9/26/2014	9/26/2014 10:43:38 PM(UTC-4)	To: 17745713150 Sam Boardman	Im sorry for having this problem I just can't control it		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3672	SMS Messages	Outgoing	9/27/2014	9/27/2014 10:31:43 AM(UTC-4)	To: 17745713150 Sam Boardman	Sorry I fell asleep! But yeah I dont know, at this point even a loose one will make me feel uncomfortable and upset. Like I wanna go so bad I know its gonna be so much fun but I just cant when I feel this way and its so stupid and makes me upset that I miss out on things because of how insecure I am about my body. I really need to commmit to making a change. And well thank you but no I'm really not. I mean the only times I feel good about how I look and feel "skinny" is when I do unhealthy things. And Sam I'm not skinnier than you in any way, not at all! I agree we are built differently but your legs arent huge and it makes me sad that you think this way and it scares me because I don't want you to end up going back to how you were since you feel like your getting bigger. Like I told you, you arent getting bigger in a bad way, youre getting healthy. What you were before was way too thin you and I both know that. Your perception of how you look now is that your huge because its just different than what you used to look like. But I promise you you are not fat in any way. You are healthy, and you have a butt now! Like honestly Sam your butt looks fucking fantastic you actually have one now and its muscular too. And my boobs are one of the most insecure parts of my body tbh. I hate how big they are I wish I had yours. I know that sounds wack but I miss having small boobs because big ones are a pain and they hurt HAHA. I dont care if guys like them, I dont and Id rather be happy with myself and my appearance than just having something society praises as a great thing and uses for pleasure. Thank you for trying to make me feel better and saying all this because I didnt know you thought this and it really means a lot to me, but I don't think I'd be comfortable with going tonight and I'm really sorry		File System (3)	
3673	SMS Messages	Incoming	9/27/2014	9/27/2014 5:23:45 PM(UTC-4)	From: 7745713150 Sam Boardman	Why woul I be mad at u?! Iv been nonstop busy all day		File System (3)	
3674	SMS Messages	Outgoing	9/27/2014	9/27/2014 5:27:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Because my reason for not going is stupid, I didnt know if you were mad about it. But I know youve been nonstop I didnt ask because you havent answered haha no worries		File System (3)	
3675	SMS Messages	Outgoing	9/28/2014	9/28/2014 7:59:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Music vid for "I Lived" by OneRepublic watch it		File System (3)	
3676	SMS Messages	Outgoing	9/29/2014	9/29/2014 5:41:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Remember to email it to me		File System (3)	
3677	SMS Messages	Outgoing	9/29/2014	9/29/2014 5:50:41 PM(UTC-4)	To: 17745713150 Sam Boardman	And yeah I didnt eat		File System (3)	
3678	SMS Messages	Incoming	9/29/2014	9/29/2014 6:50:48 PM(UTC-4)	From: 7745713150 Sam Boardman	I sent it. And yeah I know		File System (3)	
3679	SMS Messages	Outgoing	9/29/2014	9/29/2014 6:56:18 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay I'll print it out now. And yeah you always can tell. I was afraid of telling you		File System (3)	
3680	SMS Messages	Outgoing	9/29/2014	9/29/2014 7:16:50 PM(UTC-4)	To: 17745713150 Sam Boardman	I need to talk to you about something		File System (3)	
3681	SMS Messages	Incoming	9/29/2014	9/29/2014 7:32:02 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
3682	SMS Messages	Outgoing	9/29/2014	9/29/2014 7:39:21 PM(UTC-4)	To: 17745713150 Sam Boardman	Another time		File System (3)	
3683	SMS Messages	Outgoing	9/29/2014	9/29/2014 7:49:06 PM(UTC-4)	To: 17745713150 Sam Boardman	Guess what tho		File System (3)	
3684	SMS Messages	Incoming	9/29/2014	9/29/2014 7:50:33 PM(UTC-4)	From: 7745713150 Sam Boardman	What		File System (3)	
3685	SMS Messages	Outgoing	9/29/2014	9/29/2014 7:53:11 PM(UTC-4)	To: 17745713150 Sam Boardman	Alices twit pic is a pic that I took ☐		File System (3)	
3686	SMS Messages	Outgoing	9/29/2014	9/29/2014 8:00:20 PM(UTC-4)	To: 17745713150 Sam Boardman	Not that I care or anything		File System (3)	
3687	SMS Messages	Outgoing	9/29/2014	9/29/2014 8:00:33 PM(UTC-4)	To: 17745713150 Sam Boardman	Cuz I dont		File System (3)	
3688	SMS Messages	Outgoing	9/29/2014	9/29/2014 8:02:46 PM(UTC-4)	To: 17745713150 Sam Boardman	But I really do		File System (3)	
3689	SMS Messages	Outgoing	9/29/2014	9/29/2014 8:04:12 PM(UTC-4)	To: 17745713150 Sam Boardman	Fuck		File System (3)	
3690	SMS Messages	Outgoing	9/29/2014	9/29/2014 9:38:47 PM(UTC-4)	To: 17745713150 Sam Boardman	Im considering going back		File System (3)	
3691	SMS Messages	Incoming	9/29/2014	9/29/2014 9:40:25 PM(UTC-4)	From: 7745713150 Sam Boardman	I know that's no true		File System (3)	
3692	SMS Messages	Incoming	9/29/2014	9/29/2014 9:40:37 PM(UTC-4)	From: 7745713150 Sam Boardman	Especially with deca and everything		File System (3)	
3693	SMS Messages	Outgoing	9/29/2014	9/29/2014 9:45:02 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I can't		File System (3)	
3694	SMS Messages	Outgoing	9/29/2014	9/29/2014 9:49:23 PM(UTC-4)	To: 17745713150 Sam Boardman	But if I don't change soon then its like my only option. I think my therapist and nutritionist quit on me I haven't seen them in weeks		File System (3)	
3695	SMS Messages	Incoming	9/29/2014	9/29/2014 9:50:29 PM(UTC-4)	From: 7745713150 Sam Boardman	What's wrong		File System (3)	
3696	SMS Messages	Incoming	9/29/2014	9/29/2014 9:50:59 PM(UTC-4)	From: 7745713150 Sam Boardman	Like what makes u say this now/ how have the past few days been		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3697	SMS Messages	Outgoing	9/29/2014	9/29/2014 10:09:04 PM(UTC-4)	To: 17745713150 Sam Boardman	My minds just messed up Sam and the only way of losing weight for me is by doing unhealthy things. I feel bad for talking about this with you because I know you dont like to and I'm really sorry I hope youre not mad. Like idk the way I think towards food will never change like even after all the help I've gotten, I dont listen and always go back to my way (as youve realized) and I don't know why. Like I wanna listen and do the right things but my mind just doesnt let me. The only time I feel good about myself is when I barely eat. And I know it doesnt make sense but when I dont eat I feel happy and whenever I do eat, I feel uncomfortable and I'm just afraid I'll binge. The past few days have been bad Ive eaten a lot (hence why I wanted pizza at Madison's). And october 1st is coming up and Im telling myself my diet and exercise starts then because I'm so fucking done with feeling this way and being fat but I'm just scared because I know my "diet" means hardly eating. Idk why I'm so messed up like its been 5 years with these issues youd think i'd be over it by now but I'm not and I just feel like such a dissapointment to you and I feel like I'm failing you and I'm just really sorry that this is the way I am		File System (3)	
3698	SMS Messages	Incoming	9/29/2014	9/29/2014 10:23:11 PM(UTC-4)	From: 7745713150 Sam Boardman	You aren't the happiest when u don't eat. Ur less happy. I can always tell. I was like tht all the time last year, I was always on the verge of tears cus my mood was so off cus I was always hungry. So although u think u feel happy about urself, ur not happier when u don't eat. And when u don't eat it effects me and even like if ur in a bad mood, it can effect our project. And lk u have ur opinions, but u are skinny. Michelle like u literally are , and any time ur toso looks bigger it's cus all the bulky cloths u have on! I know that like u have ur own thoughts, but I always secretly liked when people said I was skinny, even if I didn't believe it. Same probs goes to u.		File System (3)	
3699	SMS Messages	Outgoing	9/29/2014	9/29/2014 10:49:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay honestly hour. In the moment yeah I'm not happy. Im dizzy and faint and starving and wanna eat a fucking cake topped with meatloaf. But thats usually on the day when I try to go without eating a single thing (which was today). But it didnt work so I'll try again tomorrow. And then as the days go by and I start eating more but under 500 calories a day, then I get happier because Im seeing results and I feel skinny. And when I do body checks (idk if you did this or still do but u probs do) I like the feeling of feeling my ribs. And I aim for that like that means I did good that day. Its messed up. I mean I guess your right because its not that I dont eat, its just I dont eat anything with substance. Like I have a salad and shrimp and grapes and pretzels for the day. And I feel good about that like I still ate so my mood is better. When I eat anything I label as "bad" thats when I have a hard time and feel guilty and ruin my progress. So thats why I try to avoid situations where "bad" foood is involved. And I know when I dont eat it effects you and I'm sorry for that I dont wanna do that, thats why I always try to eat something because I don't want it to be obvious that I haven't and yeah I wanna be in a good mood. And yes haha I like when people say that to me too but I havent heard anyone tell me I'm skinny for a really long time so I'll be honest, it means a lot to me that you think that. But I'm not Sam and the only reason you probably think I am is because I don't eat for long periods of time so my stomach is like starving. And then I look skinny. But if I were to eat a normal amount, youd see I'm really not. Thats why I need to go on this diet and exercise plan. But yeah I agree I like hearing it even if I dont believe it..is that how you feel now?		File System (3)	
3700	SMS Messages	Incoming	9/29/2014	9/29/2014 11:17:39 PM(UTC-4)	From: 7745713150 Sam Boardman	You want to eat a whole cake because ur body is craving food. If u eat then u won't crave it as much. And no I don't like to hear it now, like recently, cus I know I don't look skinny. Like if i were to realy Try and eat healthy and people noticed, then I would like hearing it. But now I kinda like hearing people say that I gained weight. It sounds weird but like I want to know that people are honest, and I like to be aware that how much I'm eating is effecting me and that people maybe notice that. It's kinda weird.		File System (3)	
3701	SMS Messages	Outgoing	9/30/2014	9/30/2014 7:02:37 AM(UTC-4)	To: 17745713150 Sam Boardman	Its doesnt sound weird to me Sam. Like to most people it may sound weird but to me it doesn't at all because I completely agree. Hearing peoples opinions really gives you perspective in what you're doing, and it lets you know that the way you're doing things is either a good thing or bad (depending on what you want). You wanna feel like what you're doing is actually noticeable to other people and not just your imagination of how you see yourself		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3702	SMS Messages	Incoming	9/30/2014	9/30/2014 8:21:09 AM(UTC-4)	From: 7745713150 Sam Boardman	I'm not gonna be in deca Today cus the umass college visit		File System (3)	
3703	SMS Messages	Outgoing	9/30/2014	9/30/2014 8:46:40 AM(UTC-4)	To: 17745713150 Sam Boardman	Oh okay what do you want me to work on? I just took ms.millers test ☐		File System (3)	
3704	SMS Messages	Incoming	9/30/2014	9/30/2014 9:09:06 AM(UTC-4)	From: 7745713150 Sam Boardman	Ill give u my flash drive and u can edit our introduction		File System (3)	
3705	SMS Messages	Outgoing	9/30/2014	9/30/2014 5:59:26 PM(UTC-4)	To: 17745713150 Sam Boardman	I dont thibk I'm going to school tomorrow		File System (3)	
3706	SMS Messages	Outgoing	9/30/2014	9/30/2014 6:09:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah I'm not I'm sorry		File System (3)	
3707	SMS Messages	Incoming	9/30/2014	9/30/2014 6:12:41 PM(UTC-4)	From: 7745713150 Sam Boardman	Why		File System (3)	
3708	SMS Messages	Outgoing	9/30/2014	9/30/2014 6:14:04 PM(UTC-4)	To: 17745713150 Sam Boardman	Im just really depressed		File System (3)	
3709	SMS Messages	Incoming	9/30/2014	9/30/2014 6:16:03 PM(UTC-4)	From: 7745713150 Sam Boardman	Not going to school won't make that any better. At school u will be with me and with friends and nt trapped in your house alone with food		File System (3)	
3710	SMS Messages	Outgoing	9/30/2014	9/30/2014 6:25:39 PM(UTC-4)	To: 17745713150 Sam Boardman	I know I was thinking that because yeah being with you always makes me feel better, but honestly Sam I ate so much today I cant even move and I never felt so fat before like Im gonnna puke. I've hit a low point like Im not gonna be able to function tomorrow I'm sorry		File System (3)	
3711	SMS Messages	Incoming	9/30/2014	9/30/2014 6:52:15 PM(UTC-4)	From: 7745713150 Sam Boardman	I don't know how I can help u		File System (3)	
3712	SMS Messages	Incoming	9/30/2014	9/30/2014 6:52:41 PM(UTC-4)	From: 7745713150 Sam Boardman	U need to not starve yourself because this is what happens		File System (3)	
3713	SMS Messages	Outgoing	9/30/2014	9/30/2014 6:55:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Its okay, dont worry about it I know. But I'm trying I promise		File System (3)	
3714	SMS Messages	Incoming	9/30/2014	9/30/2014 6:57:30 PM(UTC-4)	From: 7745713150 Sam Boardman	You have to think about how your actions will make you feel after the fact. Never lose sight of how u feel now and how u don't want to have to feel like that again		File System (3)	
3715	SMS Messages	Outgoing	9/30/2014	9/30/2014 7:07:54 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah youre right thank you, I really need to start doing that. I havent felt this bad in a while and it happened so sudden and randomly. Like I was fine a few days ago. Ive been thinking of Conrad a lot lately too, its my fault Sam. Psychology class today reminded me of that. You dont have to say anything trying to tell me its not because I know it is. I was wondering when the day would come when this would all sink in for me and when I'd finally break down from it all, and the days finally here. I finally know how it feels when people say they lose their sense of life		File System (3)	
3716	SMS Messages	Outgoing	9/30/2014	9/30/2014 7:10:04 PM(UTC-4)	To: 17745713150 Sam Boardman	This is why I asked for a hug today, I needed one from you		File System (3)	
3717	SMS Messages	Incoming	9/30/2014	9/30/2014 7:31:49 PM(UTC-4)	From: 7745713150 Sam Boardman	don't say that. I know it may be late in the year but I think switching out of that class would be good for u. Cus u over analyze it. And you know it's not your fault. I know that u know that because we have talked about this. It's the negative things in life that caused him to do that, and u were one of te few positive hings. And I guess it's hard for me to understand completly too cus u never really saw him. Life without him is different, but it doesn't change your day to day activity. So be grateful for tht.		File System (3)	
3718	SMS Messages	Outgoing	9/30/2014	9/30/2014 7:52:58 PM(UTC-4)	To: 17745713150 Sam Boardman	I am grateful for that, and yeah Im gonna talk to Mrs. Morin about what she thinks I should do on Thursday. And it is tho because I told him it was okay to do it Sam. I helped ease him into it and told him it was okay, I was talking to him on the phone when he did it I coud have easily stopped him or called the police but I didn't. liits hard to understand because youve never helped someone with a suicide. I know I never saw him much, but I was with him since 2011. We tlaked everyday for 4 years. I had my life planned with him i told you he was my person, and now idk what to do because i dont think any guy will ever love me like he did and its just not the same without him here. But before he died, he told me he wants me to beat my eating disorder for good and how he believes in me that I can, so I need to try harder for him because I know hes watching		File System (3)	
3719	SMS Messages	Outgoing	9/30/2014	9/30/2014 8:10:41 PM(UTC-4)	To: 17745713150 Sam Boardman	I mean I have to do this for me, because someone once told me that you need to want to do things and get better for yourself, not for someone else. So I want this for me, but its something I can do to make him proud. And even you too		File System (3)	
3720	SMS Messages	Outgoing	9/30/2014	9/30/2014 8:12:10 PM(UTC-4)	To: 17745713150 Sam Boardman	(someone is you btw)		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3721	SMS Messages	Incoming	9/30/2014	9/30/2014 8:35:42 PM(UTC-4)	From: 7745713150 Sam Boardman	U did not cause him to feel like he had to kill himself. He was gonna kill himself regardless. He was unhappy and u had nothing to do with him beig unhappy. And don't u feel like u can't get another guy. U may think tht he was perfect, but he's only perfect from the narrow perspective u had. He had issues, which he was not able to put behind him. If u were to ever have an in personal relationship with him, it wouldn't be all perfect how u may want to think. Someone who is that depressed wouldn't be able to like be completly happy in a relationship, as he didn't have many close relationships with people he saw everyday. Now I am only sayin this so tht u see that he was not the ony guy for u, and he was not completly perfect for u. U will find someone who will be able to make u happy. Your life planned with someone like that would be so limited because of his severe issues.		File System (3)	
3722	SMS Messages	Outgoing	9/30/2014	9/30/2014 9:04:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Youre right, I have to accept that he was gonna do it regardless. Thank you for all of this Sam. But idk I feel like I cant get another guy. Im not like other girls, boys dont like me like that and idk why. Can you be honest and tell me why you think they don't? And youre right he wasnt perfect, no one is, he had a lot of issues I couldnt help him control. I guess I just hoped one day hed recover, and that I'd help him get over them and hed be fine. But it was stupid to think that because lifes not a fairytale. I appreciate that you said that because I do see it now thank you. I hope I find someone. And youre so right, it would have been limited and I probably wouldnt of had the life I could with his issues as a priority. Plus with my issues it would be a funny farm. Wed probably end up living together at a mental hosptial		File System (3)	
3723	SMS Messages	Incoming	9/30/2014	9/30/2014 9:12:00 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha Well we are in high school still, like u havnt even gotten to meet like any guys! Guys at this age like sluts as girls that they know they can get action from. Guys don't see u in that disrespectful manner. Once we go to collage and u et the chance to meet new people an the shyer boys come out if their shells, people will be more drawn to u cus of ur personality and cus ur beautiful in a non slutty way. People don't think of u as on the market cus u don't present yourself like that to them. And haha exactly. U need someone that can lift your spirts, and him holding all those burdens on u was not something u would be able to live with ur whole life		File System (3)	
3724	SMS Messages	Outgoing	9/30/2014	9/30/2014 9:27:15 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah haha thats true I haven't. And that was a really good and detailed answer thank you for that I appreciate it. Youre absolutely right. Im not a slut at all like I dont come across that way and it also makes it seem that way because I dont go to parties or drink or anything so that adds onto it. But I mean I'm not a virgin sooo cmon guys haha. But yeah im hoping college boys will see me for who I am and like me for that. They will be more mature I'm hoping and realize that lifes not all about geting the next hot girl in their pants. But thank you for saying all that it really means a lot to me. And do you remeber telling me I needed someone who is positive and who can lift my spirits when Coco was still alive? Like I told u he was getting bad again and contemplating suicide and u told me to not get involved with him because I needed someone who would help me rise and not continue to make me sink. I should of listend to you. But youre right, I do need someone like that. Id go eben more insane dealing with my issues and his my whole life		File System (3)	
3725	SMS Messages	Incoming	9/30/2014	9/30/2014 9:34:38 PM(UTC-4)	From: 7745713150 Sam Boardman	Exactly, like boys now are so immature. And the mature ones are too shy. And Michelle who have u had sex with? Cus sometimes u say u had sex and other times u say u havnt! I know u didn't have sex with Conrad tho. And it's a good thing to be a virgin so IDC haha. I don't like lying u know that, and I won't believe u if ur gonna try and say u and Conrad had sex. But along with having someone positive to lift yor spirits,think of me! I usually am a positive person. Now imagine being with me everyday when all I did was complain and Tell U how sad I am (I'm not sad don't worry haha). Then it would be harder on u. The negative outweighs the positives.		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3726	SMS Messages	Outgoing	9/30/2014	9/30/2014 9:51:22 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha how do you know that I havent had sex with him? I mean youre right, but why and how are you so sure? And yeah I know u dont like lying so im sorry yeah I havent had it...with a guy...HAHA. I just feel like a fucking 5 year old I literally do nothing like I dont drink or smoke or even drive yet. Idk if its embarrassing or not I mean it kinda is but I went to third with Coco thats the truth lol. And okay I'll think of you! You always do lift my spirits haha I mean youre usually always positive, everyone has their negative days. Idk if youve figured out yet but youre one of the most important people in my life, my anchor. And okay i'm imagining that and youre right, it would be harder on me I can see where youre going with this. But you know me, I'd just always try to help you feel better and I'd actually like that you were telling me your problems so I could help haha. But I can see what u mean that it would get to a point where it was too difficult to handle, especially with balancing my issues on top of it. Are you sure I dont annoy you or make things harder on you when im sad?		File System (3)	
3727	SMS Messages	Incoming	9/30/2014	9/30/2014 10:04:26 PM(UTC-4)	From: 7745713150 Sam Boardman	Well I know u havnt because u havnt really met him in person much, and when u did it was when u were younger. You aren't that kind of slut that would go on vacation and have sex with the guy u meet haha. And like I know u, like hooking up with people is something I know ur not completly comfortable with. Especially if u arnt cometyly comfortable with ur body. And Especially since u only saw him a few times. like those few times seeing him wouldnt necessarily be awkward, but u def wouldn't feel comfortable jumping into bed with him. And I'm gonna be honest, I have a hard time believing u went to third haha. But don't u ever be embarassed of being a virgin. Both horny and nice guys and all girls appreciate virgins if u think about it. Like horny guys want to be ur first, nice guys respect that u havnt gotten with a lot of douch bags, and girls don't think of u as a slut. And haha ur getting ur licence soon so hopefully that Will make u feel more mature.		File System (3)	
3728	SMS Messages	Outgoing	9/30/2014	9/30/2014 10:16:16 PM(UTC-4)	To: 17745713150 Sam Boardman	You literally have the best responses hahah. And you literally know me so well like you fucking know me I love that because you understand. Yeah getting my lisencc will def help out with the maturity level haha and yeah I'm not the type to do that. And yes I'm not that comfortable with hooking up with people because of my body. Like if I liked what I looked like then I'd be confident enough to want to. But yeah for now Im not comfortable with it. And haha YES I DID GO TO THIRD! I'm acctually serious I really did. It was nice he actually had a pretty big dick lol too much info sorry but I swear I went to third, it was kinda a force by him but I did. And okay thank you for saying that, like I am embarrassed about it but you just made me feel a lot better about it so thank you. Youre right about all their perspectives about being a virgin haha like youre exactly on point. But Sam I mean if girls count, me and Alice did stuff...idk if this makes you uncomfortable talking about it so if it does please tell me.		File System (3)	
3729	SMS Messages	Incoming	9/30/2014	9/30/2014 10:33:04 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha I know u so well, like I can read ur thoughts ☺ and how was it a force and when did it even happen? Well tell me tomorrow cus ima fall asleep. Answer everything tomrrow NIGHT MEESH		File System (3)	
3730	SMS Messages	Outgoing	9/30/2014	9/30/2014 10:38:42 PM(UTC-4)	To: 17745713150 Sam Boardman	Yeah you literally can haha its scray, you basically know me better than I know myself lol☐ But okay I'll tell you tomorrow and answer my question about like Alice tomorrow too! Because I need to know. SWEET DREAMS SAMMIESTAR ✨ (I always do the shooting star emoji so you can wish upon a shooting star lol)		File System (3)	
3731	SMS Messages	Outgoing	9/30/2014	9/30/2014 10:39:32 PM(UTC-4)	To: 17745713150 Sam Boardman	Its not scray actually its awesome haha because you like understand and get me		File System (3)	

Timeline (3768)

#	Type	Direction	Date	Time	Party	Description	Deleted	Source Extraction	Carved
3732	SMS Messages	Outgoing	10/1/2014	10/1/2014 12:50:25 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay so he would always pressure me into having sex with him. Like he'd always ask me to have it and always asked if I was ready yet. Youd be proud of me because I stood up for myself and told him I wasnt ready to have it yet and that I'd have it with him eventually because I wanted him to be my first time, I told him that and he knew. I told him when I was ready it would be with him so theres no rush. So he accepted that, but he wanted me to blow him and stuff too and do things to me and like yeah I wanted to and wanted him to, but at the same time I was pressured into it because I didnt think I was that ready to do that stuff either. This was in 2011 so I was 15. I just wasnt in a rush because like I knew hed be my first for everything. But I went to his house and no one was home so it just happened. Like he took off his pants and shoved his dick at me and I didnt wanna say no and make him mad because I was afraid he wouldnt like me anymore and I did love him and wanted to do this stuff with him, I just didnt feel exactly ready. But he forced it on me so there was no way around it		File System (3)	
3733	SMS Messages	Outgoing	10/1/2014	10/1/2014 12:52:22 PM(UTC-4)	To: 17745713150 Sam Boardman	But I guess he never will get to be my first time which actually makes me really sad because I wanted him to be		File System (3)	
3734	SMS Messages	Incoming	10/1/2014	10/1/2014 6:59:35 PM(UTC-4)	From: 7745713150 Sam Boardman	I will talk to u about this tomorrow in person. I hate texting and don't have the patience right now. I rather hve these convos in person		File System (3)	
3735	SMS Messages	Outgoing	10/1/2014	10/1/2014 7:10:45 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay thats fine! I know you do. But can you at least answer my question about Alice because theres things I want to tell you, and may wanna tell you in the future or happening now with like Allie, but idk if youre okay with it		File System (3)	
3736	SMS Messages	Outgoing	10/1/2014	10/1/2014 8:22:30 PM(UTC-4)	To: 17745713150 Sam Boardman	Let me know about that tomorrow too then haha, I just don't wanna talk to you about it if you arent comfortable thats why I asked		File System (3)	
3737	SMS Messages	Outgoing	10/2/2014	10/2/2014 9:51:38 AM(UTC-4)	To: 17745713150 Sam Boardman	Did you do p.127 #s 5-75 multiples of 5		File System (3)	
3738	SMS Messages	Incoming	10/2/2014	10/2/2014 10:43:32 AM(UTC-4)	From: 7745713150 Sam Boardman	YES		File System (3)	
3739	SMS Messages	Outgoing	10/2/2014	10/2/2014 10:46:13 AM(UTC-4)	To: 17745713150 Sam Boardman	Can you help me with it haha I have no idea how to do it		File System (3)	
3740	SMS Messages	Incoming	10/2/2014	10/2/2014 12:11:44 PM(UTC-4)	From: 7745713150 Sam Boardman	I wish I saw this in study ☺		File System (3)	
3741	SMS Messages	Outgoing	10/2/2014	10/2/2014 12:23:14 PM(UTC-4)	To: 17745713150 Sam Boardman	Haha yeah same but its okay		File System (3)	
3742	SMS Messages	Outgoing	10/2/2014	10/2/2014 3:21:26 PM(UTC-4)	To: 17745713150 Sam Boardman	Can you bring me back like grapes		File System (3)	
3743	SMS Messages	Incoming	10/2/2014	10/2/2014 3:31:12 PM(UTC-4)	From: 7745713150 Sam Boardman	I'm not even going home now ☺		File System (3)	
3744	SMS Messages	Outgoing	10/2/2014	10/2/2014 3:32:05 PM(UTC-4)	To: 17745713150 Sam Boardman	Oh you're going straight to the gym and back?		File System (3)	
3745	SMS Messages	Incoming	10/2/2014	10/2/2014 3:33:35 PM(UTC-4)	From: 7745713150 Sam Boardman	Yeah		File System (3)	
3746	SMS Messages	Outgoing	10/2/2014	10/2/2014 3:35:09 PM(UTC-4)	To: 17745713150 Sam Boardman	Okay		File System (3)	
3747	SMS Messages	Outgoing	10/2/2014	10/2/2014 3:58:13 PM(UTC-4)	To: 17745713150 Sam Boardman	Erin said it might start at 4:30 because jv is ahead of schedule, but take your time and workout and do you. Its all good dont rush haha		File System (3)	
3748	SMS Messages	Incoming	10/2/2014	10/2/2014 3:59:13 PM(UTC-4)	From: 7745713150 Sam Boardman	Haha yeah I'm not rushing, I'll be there no later than 5		File System (3)	
3749	SMS Messages	Outgoing	10/2/2014	10/2/2014 3:59:38 PM(UTC-4)	To: 17745713150 Sam Boardman	No worries		File System (3)	
3750	SMS Messages	Outgoing	10/2/2014	10/2/2014 4:36:37 PM(UTC-4)	To: 17745713150 Sam Boardman	Do you still wanna even go		File System (3)	
3751	SMS Messages	Incoming	10/2/2014	10/2/2014 4:43:27 PM(UTC-4)	From: 7745713150 Sam Boardman	Here		File System (3)	
3752	SMS Messages	Incoming	10/2/2014	10/2/2014 4:45:51 PM(UTC-4)	From: 7745713150 Sam Boardman	In in here!		File System (3)	