

Why is dad being so weird to me? Every time we watch a movie he always makes me really uncomfortable and awkward. I don't really know who to talk to about this so I guess ill just write it here, hopefully no one finds it since no one really looks on this iPad. he used to normally only touch me in weird places but now it is getting uncomfortable more and more often when he does stuff like putting his hand in my underwear..... maybe I should talk to him about it, but mom's not home yet and I dont wanna make him angry.

为什么爸爸对我这么奇怪？每次我们看电影时，他总让我感觉很不舒服和很尴尬。我真不知道该和谁说这件事，所以我想我只能在这里写下来，希望没人会发现，因为没有人会看这个 iPad。他以前通常只会在奇怪的地方摸我，但现在越来越不舒服，他会把手放在我的内衣上之类的事情。也许我应该和他谈谈，但妈妈还没回来，而且我也不想让他生气。



Thursday, March 29, 2012 at 11:30 PM

Today dad asked me to sit on his lap and he talked to me for a while about nini and my other friends, and I think he got mad when I said that I was making origami in class. I thought it might get weird again and it did but not really in the same way...

He just grabbed my hand and then he put it on his pants. It felt really really uncomfortable and I was like "what are you doing" and he was like "what" but he just kept doing it.... And then I took my hand away and I thought it was over because he didn't really comment on it, but then he did it again after 2 mins or so.....

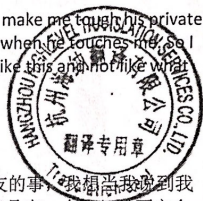
I dont really know what he was doing but it felt like he was trying to make me touch his private parts... It's just very creepy and awkward but at least its better than when he touches me, as I hope that when he does the weird stuff in the future then it will be like this and not like what he normally does

2012年3月29日, 星期四, 下午 11:30

今天爸爸让我坐在他大腿上, 和我聊了一会儿 Nini 和我其他朋友的事, 我想当我说到我上课做折纸时, 他很生气。我以为情况可能还会变得奇怪, 的确是有一点, 但是不完全一样.....

他抓住我的手放在他的裤子上。这种感觉真的很不舒服, 我就像“你在做什么”, 而他就像是“什么”, 但他却一直这样做着.....然后我把手拿开, 以为事情就过去了, 因为他没说什么, 但是大约2分钟后他又做了一次.....

我真的不知道他在做什么, 但感觉他是在试图让我摸他的私处.....这令我毛骨悚然和非常尴尬, 但至少比他摸我好。所以我希望他将来做奇怪的事情的时候是像这样的(摸他), 而不是像他平常做的那样(摸我)。



Saturday, February 2, 2013 at 7:45 PM

I am always so scared and angry because I feel like dad just keeps touching my private parts and I don't know what to do about it.

2013年2月2日, 星期六, 下午 7:45

我一直很害怕和生气, 因为我感觉爸爸一直在摸我的私处, 而我不知道



Sunday, February 17, 2013 at 10:45 PM

Whenever I take a shower I always try to shower really quick because I'm scared that dad will come in. today I was taking a shower and he came in like usual and sat on the toilet for a long time, and he kept looking at me but when I looked back at him, he just looked away but I looked in the mirror and he was looking again.

What makes me really really nervous is that I can't even lock the door because he gets really mad. Last time I locked the door cuz I wanted to pee, he kept banging the door and I said I was in the restroom, he said he didn't care because there are no locked doors in the house.

I just feel really scared and angry because whenever he stays in the bathroom he either keeps staring at me with a weird look on his face or he just tries to touch me while I put my clothes on..... I kept saying, stop, or that maybe he should go, but he never listens.

2013年2月17日, 星期日, 下午 10:45

每次洗澡的时候, 我总会尽快洗完, 因为我怕爸爸会进来。今天我洗澡的时候, 他像平时一样进来了, 坐在马桶上很长一段时间, 他一直看着我, 但当我回头看他时, 他就把视线移开了, 但当我看向镜子, 他又看着我。

让我真正感到紧张的是我不能锁门, 因为他会非常生气。上次我想小便的时候把门锁上了, 他一直猛敲, 我说我在用卫生间, 他说他不管, 因为在这套房子里就不应该锁门。

我感到非常害怕和生气, 因为每次他在浴室里的时候, 他要么一直盯着我, 脸上带着奇怪的表情, 要么在我穿衣服的时候, 他就来摸我.....我一直喊停或者让他离开, 但他从来不听。



Thursday, December 11, 2014 at 10:32 PM

Today I talked to mom about dad touching me inappropriately again and she wasn't very helpful. She told me to go to the police, but I don't want to be huge. I don't want dad to know about it. I'm really scared that if he finds out then he will hit me again and hit me again or leave the family. I don't know what to do.

2014年12月11日，星期四，下午10:32

今天我又和妈妈说了爸爸摸我的事情，但她不太帮助我。她让我报警，但我不想报警，因为我不想爸爸知道这件事，我真的很害怕，如果被发现了，他会很生气，还会打我或者离开这个家，我不知道该怎么办。



Monday, December 29, 2014 at 9:46 PM

Dad put his hand in my underwear again just now and I just thought of something. I was always really uncomfortable about this whole thing, but it wasn't that bad because I didn't really even know that he was doing something wrong, which is really messed up. I guess I was really stupid to think he was telling the truth when he said that he was only doing what he did because he loved me. But the point is, I think that now I feel scared and awful all the time because I know that what my dad is doing is wrong, yet I have no way of stopping him because I want to have a happy family. In a way, that's so much worse than only feeling bad because now I know that he is doing it for his own pleasure, and it will keep happening over and over again.

2014年12月29日，星期一，下午9:46

刚才爸爸又把手放到了我的内衣上，我好像忽然想明白了。我对整件事一直只是很不舒服，但这还好，因为我根本不知道他是在做一件错误的事情，这才糟糕。我想我真的很笨，以为他说是因为爱我才做那些事情是真的。但关键是我现在才知道我一直都感到恐惧和糟糕是因为我知道爸爸的所作所为是错误的，而我没法阻止他，因为我想拥有一个幸福的家庭。从某种意义上说，这比单纯感到难受情况还要差，因为现在我知道他纯粹是为了满足私欲，而且这种情况还会一次次地发生。



Tuesday, February 10, 2015 at 7:43 PM

Dad keeps touching me and I get very nervous whenever I sit on the couch because he sometimes puts his hands in my shirt or in my pants. That's why I tried to sit on the couch less now, but instead (like today) dad just asks me to sit with him instead. I even tried saying no, but he said that he will stop sending me to school if I don't.

2015年2月10日, 星期二, 下午 7:43

爸爸一直在摸我, 每次坐沙发我都会非常紧张, 因为他有时会把手放在我的衬衫或裤子里。这就是我现在尽量不坐沙发的原因, 但是(就像今天)爸爸要我和他坐一起。我甚至已经拒绝过了, 但他说如果我不和他坐一起, 就不送我上学。



Thursday, April 16, 2015 at 10:45 PM

Why is dad always screaming at me... today he sent me death threats and said that he will take everything away from me if I don't listen to him. Whenever I try to talk to him about him not touching me he always screams and throws things and calls me useless and trash.

I got really sad and scared, so I said that if he kept going, I would tell mom again and everyone else. But then, he told me that no one would even believe me and that that would think that I'm just a messed up girl. I don't want to tell other people because if dad finds out he might kill me.

2015年4月16日, 星期四, 下午 10:45

为什么爸爸总是吼我.....今天他向我发出了死亡威胁, 并说如果不听他的话, 他就要把我所有的一切都拿走。每次我和他说不要再摸我的时候, 他总会吼我还乱扔东西, 骂我是没用的垃圾。

我真的又伤心和害怕, 我跟他说如果他还是这样, 我会告诉妈妈和其他所有人。但他告诉我没人会相信我, 他们会认为我只是一个糟糕的女孩。我不想告诉别人, 因为如果被爸爸发现了, 他会杀了我。



Tuesday, July 21, 2015 at 9:43 PM

I'm really scared that one day dad will just kill me or beat me up. I feel that his anger issues are getting worse and worse every day. The worst part of it is that he doesn't even stop touching me even when he is mad. I feel like I am just his stress relief and it's so disgusting.

2015年7月21日，星期二，下午9:43

我真的很害怕有一天爸爸会杀了我或者打死我。我感觉他的脾气一天天越来越坏。最糟糕的是在他生气的时候都没有停止摸我，~~我~~ ~~觉得~~ 我是被他用来缓解压力的，这实在是让人恶心。



Sunday, November 29, 2015 at 5:55 PM

Mom said that if I ever wanted to help myself, I need evidence that dad has been touching me, but it seems so hopeless. Just now I texted him on wechat saying that he should stop touching me, and I hoped that he could say something so he could at least acknowledge it. But he just ignored it. But when I think about it, I'm actually kind of happy that he did because I don't want him to get mad and hit me again.

2015年11月29日, 星期日, 下午 5:55

妈妈说如果我想帮自己, 我需要找到证明爸爸一直在摸我的证据, 但这看起来让人如此绝望。刚才我在微信上发短信给他, 让他以后不要再摸我, 我希望他能回复一点内容, 至少可以用来证明他承认做过这件事。但是他不复消息, 可是当我想到这个时候, 我反而有点庆幸, 因为我不想让他再生气又打我。



备注

我们的上交的 U 盘，档案上的“Modified by”日期，和“Created by”日期，可以解释为下：  
Modified 为文件第一次修改日期，Created 建立在 U 盘日期“(从电脑移到 U 盘上)”

