“I fall asleep with the strange feeling of wanting to be different than I am or being different than I want to be, or perhaps of behaving differently than I am or want to be.”

Anne Frank, 28 November 1942
“Rauter, some German bigwig, recently gave a speech. ‘All Jews must be out of the German-occupied territories before July 1st. The province of Utrecht will be cleansed of Jews (as if they were cockroaches) between April 1st and May 1st, and the provinces of North and South Holland between May 1st and June 1st.’ These poor people are being shipped off to filthy slaughterhouses like a herd of sick and neglected cattle. But I’ll say no more on the subject. My own thoughts give me nightmares!”

Anne Frank, 27 March 1943
“It’s impossible for me to talk here! Mr. Van Daan goes on the offensive, Mother gets sarcastic and can’t say anything in a normal voice, Father doesn’t feel like taking part, nor does Mr. Dussel, and Mrs. Van D. is attacked so often that she just sits there with a red face, hardly able to put up a fight any more. And what about us? We aren’t allowed to have an opinion! My, my, aren’t they progressive! Not have an opinion! People can tell you to shut up, but they can’t keep you from having an opinion. You can’t forbid someone to have an opinion, no matter how young they are!”

Anne Frank, 2 March 1944
“The atmosphere is stifling, sluggish, leaden. Outside you don’t hear a single bird, and a deathly, oppressive silence hangs over the house and clings to me as if it’s going to drag me into the deepest regions of the underworld. At times like these, Father, Mother and Margot don’t matter to me in the least. I wander from room to room, climb up and down the stairs and feel like a songbird whose wings have been ripped off and who keeps hurling itself against the bars of its dark cage.”

Anne Frank, 29 October 1943
“I sometimes wonder if anyone will ever understand what I mean, if anyone will ever overlook my ingratitude and not worry about whether or not I’m Jewish and merely see me as a teenager badly in need of some good plain fun.”

Anne Frank, 24 December 1943
“By that I mean that we’re treated like children when it comes to external matters, while, inwardly, we’re much older than other girls our age. Even though I’m only fourteen, I know what I want, I know who’s right and who’s wrong, I have my own opinions, ideas and principles, and though it may sound odd coming from a teenager, I feel I’m more of a person than a child, I feel I’m completely independent of others.”

Anne Frank, 17 March 1944
“It’s difficult in times like these: ideals, dreams and cherished hopes rise within us, only to be crushed by grim reality. It’s a wonder I haven’t abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart.”

Anne Frank, 15 July 1944
“This morning Mr. Van Hoeven was arrested. He was hiding two Jews in his house. It’s a heavy blow for us, not only because of those poor Jews who are once again balancing on the edge of an abyss, but also because it’s terrible for Mr. Van Hoeven. The world’s been turned upside down. The most decent people are being sent to concentration camps, prisons and lonely cells, while the scum of the earth rules over young and old, rich and poor. One gets caught for black marketeering, another for hiding Jews or other unfortunate souls. Unless you’re a Nazi, you don’t know what’s going to happen to you from one day to the next.”

Anne Frank, 25 May 1944
“I went downstairs all by myself and looked out the windows in the kitchen and private office. Many people think nature is beautiful, many people sleep from time to time under the starry sky and many people in hospitals and prisons long for the day when they’ll be free to enjoy what nature has to offer. But few are as isolated and cut off as we are from the joys of nature, which can be shared by rich and poor alike.”

Anne Frank, 13 June 1944
“We’ve been strongly reminded of the fact that we’re Jews in chains, chained to one spot, without any rights, but with a thousand obligations. We must put our feelings aside, we must be brave and strong, bear discomfort without complaint, do whatever is in our power and trust in God. One day this terrible war will be over. The time will come when we’ll be people again and not just Jews!”

Anne Frank, 11 April 1944
“The war isn’t even over, and already there’s dissension and Jews are regarded as lesser beings. Oh, it’s sad, very sad that the old adage has been confirmed for the umpteenth time: what one Christian does is his own responsibility, what one Jew does reflects on all Jews.”

Anne Frank, 22 May 1944
“It’s utterly impossible for me to build my life on a foundation of chaos, suffering and death. I see the world being slowly transformed into a wilderness, I hear the approaching thunder that, one day, will destroy us too, I feel the suffering of millions. And yet, when I look up at the sky, I somehow feel that everything will change for the better, that this cruelty, too, shall end, that peace and tranquility will return once more. In the meantime, I must hold on to my ideals. Perhaps the day will come when I’ll be able to realize them!”

Anne Frank, 15 July 1944