

It's just one of those days  
Where I feel everything at once  
And then nothing at all

"What's wrong?"  
I'm not sure  
But  
I do, but I can't put it into words  
Too many moving pieces  
Too much going on  
I can't decipher it myself

Isolated & alone  
Angry & scared  
Mentally exhausted  
Tired  
Stuck  
Struggling  
Just done

Feeling like I can't ask for help anymore  
It's been 3 years  
Get it together  
Energy and money invested  
Time sacrificed  
All for you  
Why are you still struggling  
Why did you relapse  
Pull yourself out  
And fast

Never understand  
Until it happens to you  
It's not logical  
But that doesn't make it easier  
Wrestling with your mind  
Never get an escape  
What was once tug-of-war  
Back and forth

Turned to being dragged on the ground  
By the same rope you once could pull

Will I truly be carefree again  
Or am I chained to the illness  
When the chains tighten  
And the voices paralyze you  
What can you do  
What do you do  
Listen  
Because it quiets down  
At least for a minute  
One minute of relief  
One minute to think clearly  
But then  
The return  
Stronger each time

Am I going crazy  
I feel nothing  
But also panic  
All at once  
Waves come over me  
Trapping me under  
Suffocated  
Thrown out  
But pulled back in  
Just like my mind  
Why can't it decide  
This limbo  
Is killing me

e.g.