

Enervation

You sit in the silence of your dim room and do nothing. You are too emotionally exhausted to think properly.

What's the point of moving on?

You ask yourself. Over and over. All the sadness and negative emotions pouring over you. It's too much. Like you are a diver, being dragged down by a heavy weight. Crawling and clawing towards the surface, but unable to get there.

you just
feel like
you want
it all
to end.

You think back to the fight you had with your mom. What was it about again? It doesn't matter. All you can think about is the way she screamed. The yelling. The anger that was so intense that it transcended normal human communication.

You're done.

What's the point of going on?

You've felt these feelings before. Your parents are worried for you. Out of fear of what you might do to yourself they send you to the hospital.

it's pointless

just
want
it
to
stop

When you get there you meet other people. Hearing their reasons for being brought there helps give perspective. There was a girl who was kidnapped by her best friend. She was sold as a sex slave. Another was an addict to drugs you didn't want to try. They have crazier reasons to be there than you.

Maybe it's not so bad

If these people can find reasons to keep on living than so can you.

