

**a few days with a SICK brain**

**10/30/2020**

Oh how I wish to stop the dreadful pain  
That oozes from my head throughout the days.  
How nice it'd be to cease thoughts in my brain,  
Though don't we all know they'll remain, always?  
I wish to bang and bash my throbbing head  
On something just to halt my damning thoughts  
Those thoughts that circle, never stop, I plead  
And nothing seems to make them fucking stop.  
Not talks or tests or distracting ways do  
What I crave so dearly, a break from me.  
A break, just a break, from cycling doom.  
How to achieve, I cry, how to be free?  
The answer is a journey, tis indeed  
Trials and errors to find what I need.

**11/06/2020**

The voice it  
pulls the  
dark black veil  
over what I thought I held.

The stable thoughts  
they slip  
away and I'm left with  
my own self-made hell.

The spiral begins  
and so I  
descend  
to the place where my true thoughts can be.

No more faking  
and making it seem like  
I'm fine  
just the true honest darkness I deserve.

All the hate and the pain  
just comes  
gushing on out,  
with no breaks cause that's not how we roll.

The truth,  
the real truth  
well there is no cure  
this is how I am and how I'll be.

Curled up  
as I spiral  
letting thoughts take me over  
let them scratch me and beat me  
until I  
bleed.

And I cry and I  
shake but they'll never  
go away  
so  
I do the best that I can.

Let it wash on over  
the body and mind.

It'll be what it is,  
after all, it is mine.

**11/11/2020**

Too good to be true, I knew it would be.  
If only I had asked anyone,  
You would have told me, But would I have seen?  
The mistake was made, it had to be done.  
How stupid I am to think I'll be fine.  
It's never been easy, this I know well.  
We've been through, repeated thousands of times.  
Maybe I'll learn, though maybe I can't.  
I'm full of ups and downs and jerks and shakes  
Of dreadful tears, held tight till they erupt.  
Really, I'm only the scrapes and mistakes  
A collage of chaos, thrown and taped up.  
I guess this is how I'm bound to be.  
It's the sad darkness that takes over me.