

What would it be like, a world without seasons?

I light the flame to my cigarette,
Wishing the same spark would ignite within me,
I stumble further into the darkness,
The light now hidden in a sea of trees,
So beautiful and alive,
Flourishing despite the hammering of the rain,
Crashing down on their wings,
But still they are so free,
And my eyes are green with envy

I shiver in the evening breeze,
Desperate just to feel,
Something, anything
Except the thudding of my heart
The hurricane of the darkest thoughts,
Circling my damaged brain,
They eat away at the remnants of joy,
That I try to cling on to
My grip is loosening, and I fall,
Deeper, further into the depths of my despair

I see flowers bloom,
I see a world full of life,
So full of wonder and promise,
Forever beyond my reach
I see only a world of monochrome,
Monotonous to deny the seasons,
Of their growth and beauty,
I see nothing but emptiness and a fog of black.

No matter how I struggle to escape it.

A world forever changing around me,

But my life remains the same.

Each day a nightmare from which I never wake,

And the nights are restless and alone,

Accompanied by only the voices in my head,

Piercing my skull with their sharp claws,

Tearing me apart,

Oh how I ache to feel alive, once more.

Real prisoners – criminals – are treated better than this.

Struggling to breathe,
I drown in the silence,
No sign of life behind my eyes,
The walls constricting around me

Prison bars in my mind,
Block my thoughts from escaping,
My pulse is racing,
I tremble and I weep

Insanity creeps closer,
Feeling helpless once more,
The thoughts they keep racing,
Incarcerated behind that steel prison door

Apologise over and over again,
Promise myself it's just one day,
But the spiral keeps turning,
And further into my own head I sink

Losing myself in my feelings,
I scream into an empty void,
For I am hostage to my illness,
Forcing me further into a pit of darkness

I am a prisoner,
And the institution is anxiety,
Blocking enjoyment from my days,
My nights consumed with terrors.

Cruising down a river of tears, in a boat full of holes.

The sun shines bright,
But inside I am cold,
Destroyed by my plight,
My sadness is my muse.

More and more tears fall,
An overwhelming release,
But through the thick fog I crawl,
The thoughts they never cease.

A prisoner to my own mind,
A shadow of my former self,
To my fate I am resigned,
My regrets, they suffocate me

But each day I wake, and I push,
Push myself to make a better life,
Force my demons to hush,
Discover the light hidden behind clouds.

Mental illness – the free invisibility cloak.

You look my way,

But you don't see me.

You don't see the hurt

The sorrow I feel

You see only the smile

I plaster on my tired face

You see the laugh

I am forced to fake

The dark clouds engulf me again

Take over my soul, cause me more pain

I fight a blanket of fog

My thoughts dense and all consuming

I am drowning, ever deeper

The lights dimming,

I am empty, I am nothing

You don't see me

They call it the black dog,

But to me that makes no sense

Dogs are fluffy, loving

Nothing like the hell I endure

My heart thunders,

My world full of rain

I wake and I push myself to carry on

But you don't see me

I pop the pills from their blister

Milligrams of sanity

To hide the truth

And allow me to act

To paint the picture of the perfect life

I am just a number,

Another statistic, a sufferer

But you don't see me.

I fade into the background

But I want to fight

I am worthy

I deserve to live,

Not just survive

I will take these pills and fight my pain

I will talk, I will work, I will power on through

Until I find me again.

I don't want to fight, but I will if I have to – and I always have to.

I am not a sufferer,

I am a fighter

I am not ashamed,

And I will not be silenced

You flood my brain,

With jet black thoughts

But you can not destroy,

The roaring fire of my heart

Each day I exist,

I regain more of me

More of the person I was,

Before you made yourself known

And each day I exist,

I learn to live once again

I force you to the hidden depths of my mind,

No longer will I merely survive.