

# You are Not Alone: Inner Struggles of a Human Mind

## Poem 1: I Need to be Brave

You don't know what it's like,  
What it's like to be me.  
You don't know what it's like  
To live with OCD.

Anxiety.  
Worry.  
Fear.

Doing things over and over,  
And never feeling content.  
Thinking the rituals predict things  
With the amount of time spent  
On this. On that.

Tapping.  
Stepping.  
Looking.

Superstition? Maybe yes, maybe no.  
Driving your mind crazy,  
Feeling like you just need to go  
Crawl into bed  
Or a quiet place to breathe  
Just trying to get some relief  
Because my belief  
Is like a thief  
Stealing my happiness  
And peace of mind.  
I always feel like I'm a bother,  
Or I'm in a bind.

Annoying.  
Crazy.  
Not good enough.

I need to believe that I am strong.  
I need to believe that I belong,  
Belong here just as another  
Person does, does to live.  
I feel like I have love to give  
To anyone who crosses my path.  
I want joy, I want to laugh.

Peace.  
Love.  
Happiness.

That's what I crave.  
I just suppose,  
I need to be brave.

## Poem 2: When Morning Comes

This is the part of me  
The world doesn't see.  
The bumps, the bruises, the cracks.  
I feel my chest tighten  
As I am trying to breathe,  
Wondering what this girl lacks

Is she lacking the oxygen to live?  
Is her heart going to give...?  
Dare I say it, give out in the night?  
Thoughts like that will give her fright,  
But she might?..  
No. Nonsense. This girl is only twenty-two.  
She has a full life to live,  
(And so do you)

This girl looks in the mirror  
After a good cry  
Seeing that she looks a mess.  
She takes a deep breath  
And lets out a sigh,  
Going to bed is best.

A good night's sleep will freshen the brain,  
She thinks as she closes her eyes.  
Just then, it suddenly starts to rain  
And just like that she starts to rise

Up, up, up out of bed  
Her mind racing like a horse  
She's always thinking, always dreaming  
A mile a minute of course.

Her chest no longer burns  
Hot like a fire  
She's calm, cool, half aware  
Not fully awake,  
She begins to tire  
And falls back into bed with care.

As you already know,  
This girl is me.  
When morning comes,  
I feel brand new and free.

### **Poem 3: Let the Calm Mind Win:**

I need to keep busy.  
My mind is always  
Going, going, going.  
Doing everything fast,  
Like a full tornado blowing.  
Top speed. Don't stop.  
On, and on, and on.  
I hope it's not always like this,  
Until I'm dead and gone.

Calm down. Slow down.  
Take a deep breath in,  
Take in the moment, stop.  
And let the calm mind win.  
Read this poem slow,

You know that you're speeding.  
Go with the flow,  
Don't think about how fast your heart is beating.

I'm not a maniac,  
If that's what you think.  
Not like a freaky girl  
Who seems to have had too much to drink.

I think I'm actually quite nice,  
I've made people smile  
I'm someone who would break the ice  
But sometimes I'm shy for a while.  
It depends on who I'm around  
I've been called so many things  
They would sometimes make me frown  
By saying I'm either quiet or an intense human being.

I prefer the word passionate  
I feel I care too much,  
I need to relax for a bit,  
Take a deep breath and such.

Now you do one breath,  
It's now your turn.  
Is there anything bothering you?  
I know it's none of my concern.  
So maybe write it down,  
Get it all out  
Just for yourself, in a notebook  
It'll help, without a doubt.

P.S. Write good things too  
And read those in time of need,  
When you need to be lifted up,  
I can tell you, it will help, totally guaranteed.

## Poem 4: Living in Fear

What is this fear I'm having?  
About death, about failure.  
It's just a constant nagging,  
I need to find a cure.

Exposure therapy they said,  
It will get you right on track,  
I know this is all in my head  
And I want the old me back.

The part of me  
Before the paranoia and pain  
Back when I was eighteen  
Back before the rain.

The storm, the thunder,  
The chaos in my head,  
The constant negative wonder.  
I want the sun instead.

## Poem 5: This is NOT the End

Confidence, self esteem  
Don't let that lack.  
Don't be arrogant or cocky though  
Just have a strong bone in your back.

Don't let people step all over you,  
Stand up for yourself  
But do it with kindness,  
It's good for your mental health.

You are so strong,  
And your worth is great.  
You belong, trust me you belong  
Don't let your heart be overcome with hate.

People will let you down,  
Friends will come and go  
Even if you live in a small town,  
Just know...

There's a whole world of people out there.  
Potential spouse, potential friend,  
Meet new people, give them a chance,  
This is NOT the end!