

“Appearance”

It happened over five years ago I don't know why, all I remember is that I wanted to curl into a ball I hope that I died. Now I know that sounds a bit drastic but please hear me out because this is how my life got turned upside down.

I thought I was invincible that I could do it all but something in my mind was dead set on proving me wrong. One day I was like Batman (cunning & skilled) and the next I was like a baby hopeless and scared. Why did this happen to me who could I ask but there was no one around that had the answers at hand.

One thing I knew is that I couldn't blame God because he didn't do this to me the same way he didn't kill my mom. Cancer wasn't something he gave her, it was mother nature he already knew that she was brave, but he never could've expected that she would stare death in the face and be even braver. He wasn't being cruel he was just doing his job, to see if we would fall apart or stand up and be tall.

Now the same does apply to what's happening here but what happened to my mom was a lifetime ago in a different year. So, I move forward from the past to the present day and I still wonder why people can't understand that I'm afraid. Now I know I just jumped around and skipped a lot of my current life, but I had to put them into perspective to explain my blight.

I was no longer me at least not from before because the two sides of my brain were now waging a war. It was the logical part fighting the bully inside and that bully is what kept knocking me onto my side. I couldn't think straight my mind was racing and no matter what I did I couldn't keep pace with it.

I just wanted to be “normal” but what does that even mean is the dictionary’s explanation the only thing that people see? On the outside I look healthy, alive and strong, but no one can see the battle inside me that wages on. There are millions of people who are sick in this world but since we don’t look like it on the outside we’re often ignored. The only time you hear about us is when things go bad and every news station covers it for days on end. The reality is that we shouldn’t all be put in that light when only 4% of us are prone to violence and fight.

Nonetheless, you always hear “its really the quiet ones that you should fear”. Why, are we not people too or are we just like a piece of gum stuck to the bottom of your shoe? I may be mentally ill but I’m not crazy one bit but to you I’m no different than that crazy gunman on TV that even I know is a piece of shit!

My mind may be at war but now I’m fighting back, I’m gaining ground, going at it pound for pound, just like a boxer but with no ends to the rounds, I never take a break, lose my faith, never try to act fake, I just simply can’t do it there’s too much at stake!

I may look okay to you because of my outside appearance but if you stop and take a closer look you might be able to see it. If someone looks sick on the outside everyone’s like “oh I’m so sorry”, well I don’t want pity that’s something I’ve never requested, so sit down, shut up, silence your cell phones and listen.

There are 42.5 million people in America that suffer from mental illness on a day to day basis trust me at one time or another you have seen one of our faces. Haven’t you heard that looks can be deceiving that’s 100% the truth this isn’t “fake news” you’re hearing!

Rick Santorum said that there would be less cases of the mentally ill if families would stay together, he said that dads need to stop running away, well guess what asshole I'm a dad who stayed. Like I said you always hear the bad and never hear the good, but I raised two kids on my own Rick and I'm from the hood. Don't worry though I ain't mad at you son cuz I'm a better man now than I ever was. So, you can take your theory and shove it up your ass with the rest of you chumps, oh and by the way fuck you and fuck Donald Trump!