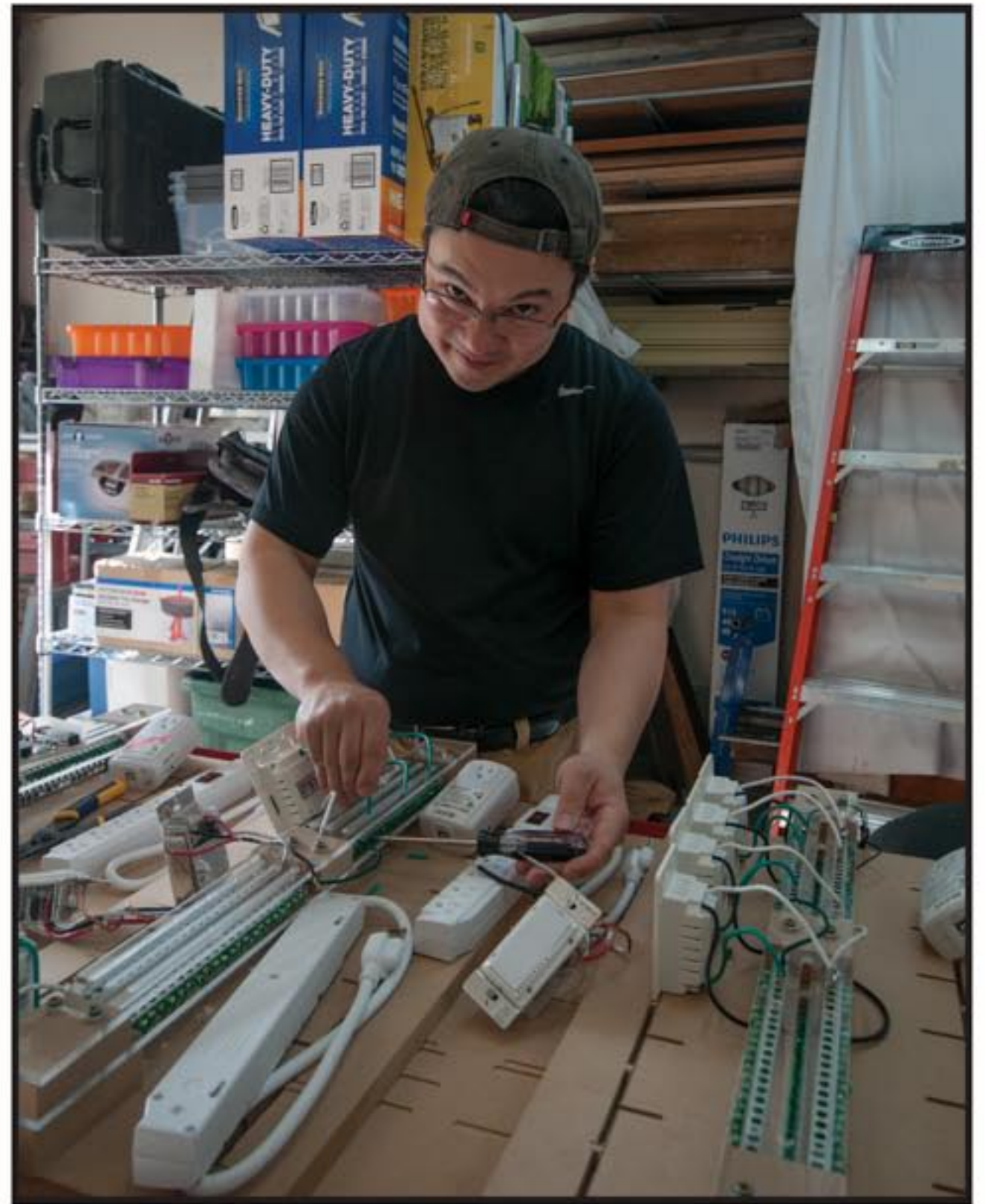




Lonely
 Trust no one
 Broken
 I am a shell
 Exist
 I am failure
 Do not fear life
 Lost
 Numb

No one cares.
 Clumsy
 Incapable
 Depression has me
 Believe
 I have no answers.
 Every day is cruel

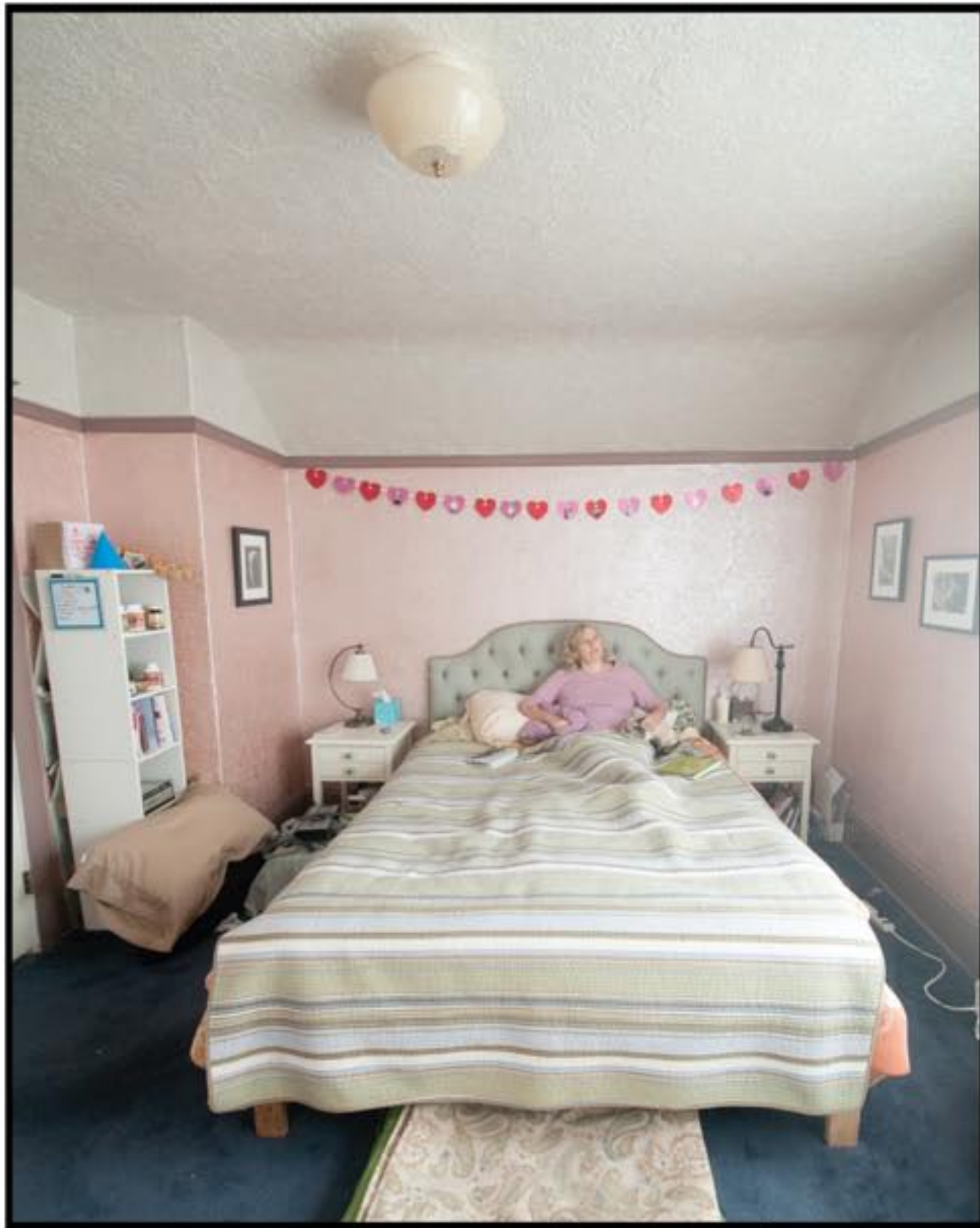
Tomorrow will come
 Everything changes.
 Stay in the light.
 Insert.
 Seek the truth
 Find balance.
 Just be
 Keep breathing.



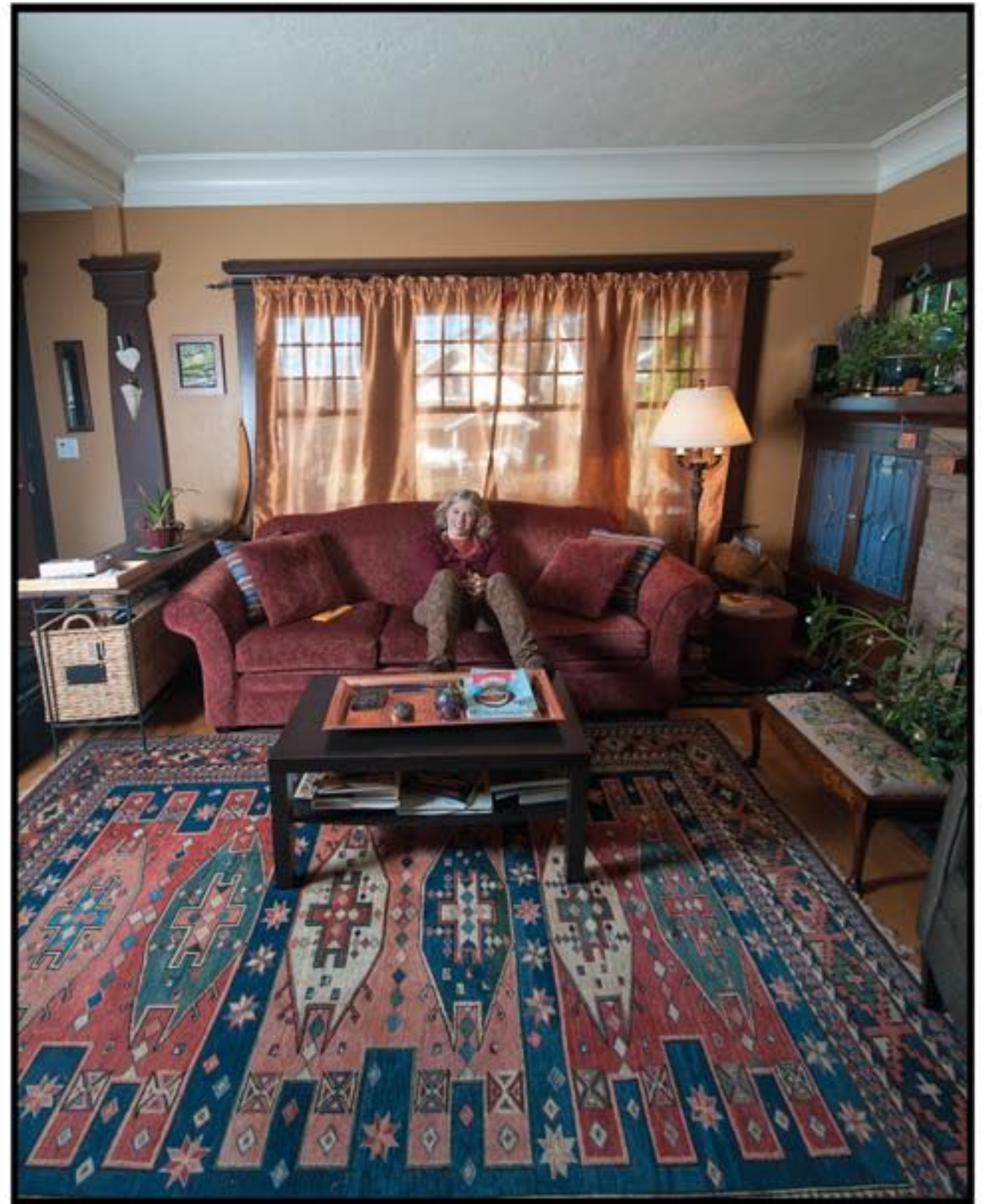
Tomorrow will come.
 Everything changes
 Stay in the light
 Insert
 Seek the truth
 Find Balance
 Just be
 Keep breathing

For an empathic
 Precise.
 Empowerment
 I have depression
 Know
 I always have options
 Earn every day

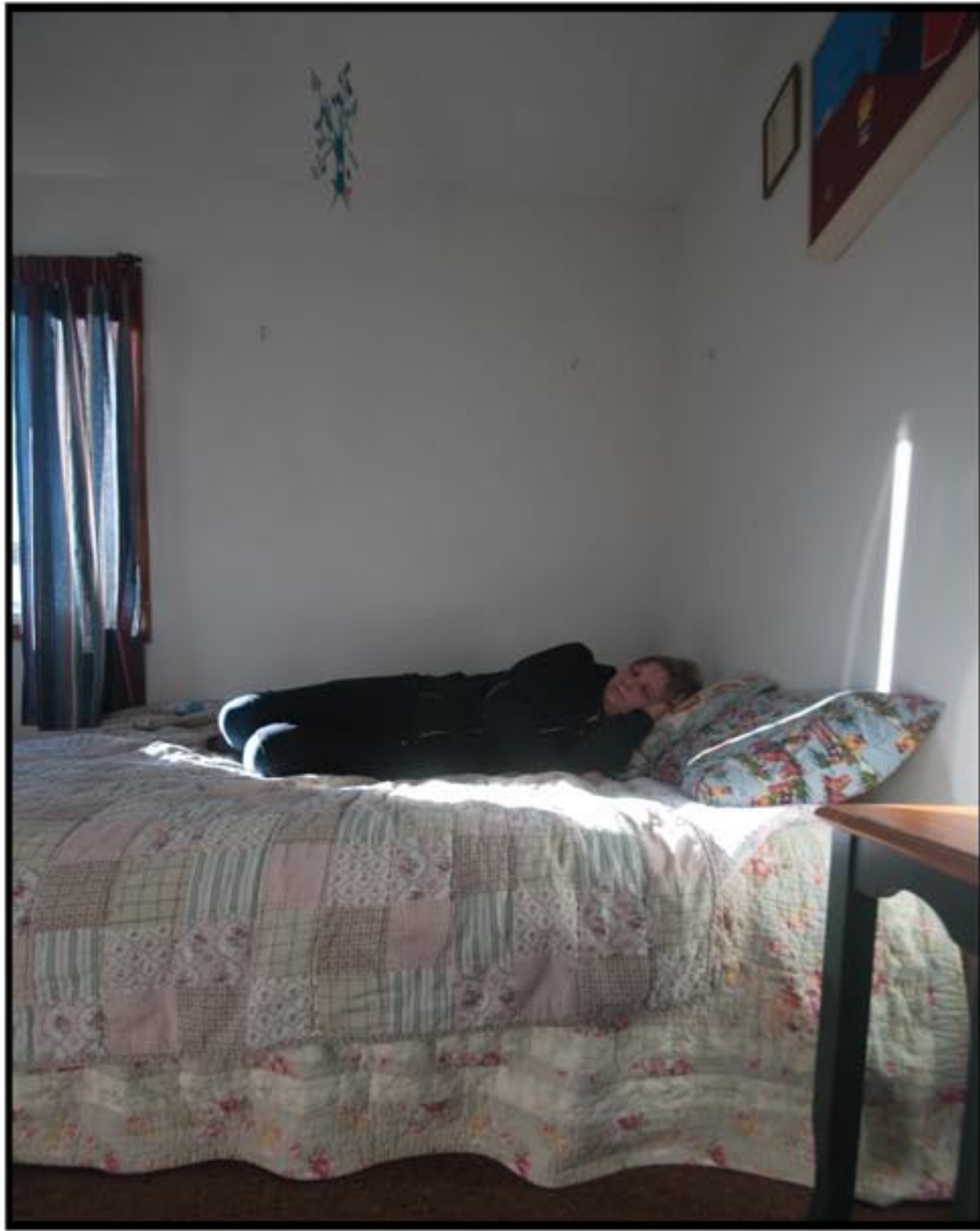
Alone
 Trust me.
 Flawed.
 I am me
 Grow.
 I can feel
 Do not fear death
 Explore
 Aware.



am I okay? am I sleeping too much? am I
 internal inertia doing enough? am I enough?
 introspective needing the warmth of my bed
 subterranean . my cat
 worried . reassurance
 am I trying hard enough?
 am I enough?
 what I should be doing?
 reading and sleeping do I just need
 to try harder?
 am I depressed? am I just tired? am I lazy? am I okay?



am I okay? am I too happy? am I too loud?
 Light hearted Love Words
 joyful . Swimming
 grateful . making Lists
 . teasing
 will feeling good last?
 am I doing enough to stay healthy?
 am I appropriate? am I doing too much? am I doing enough?




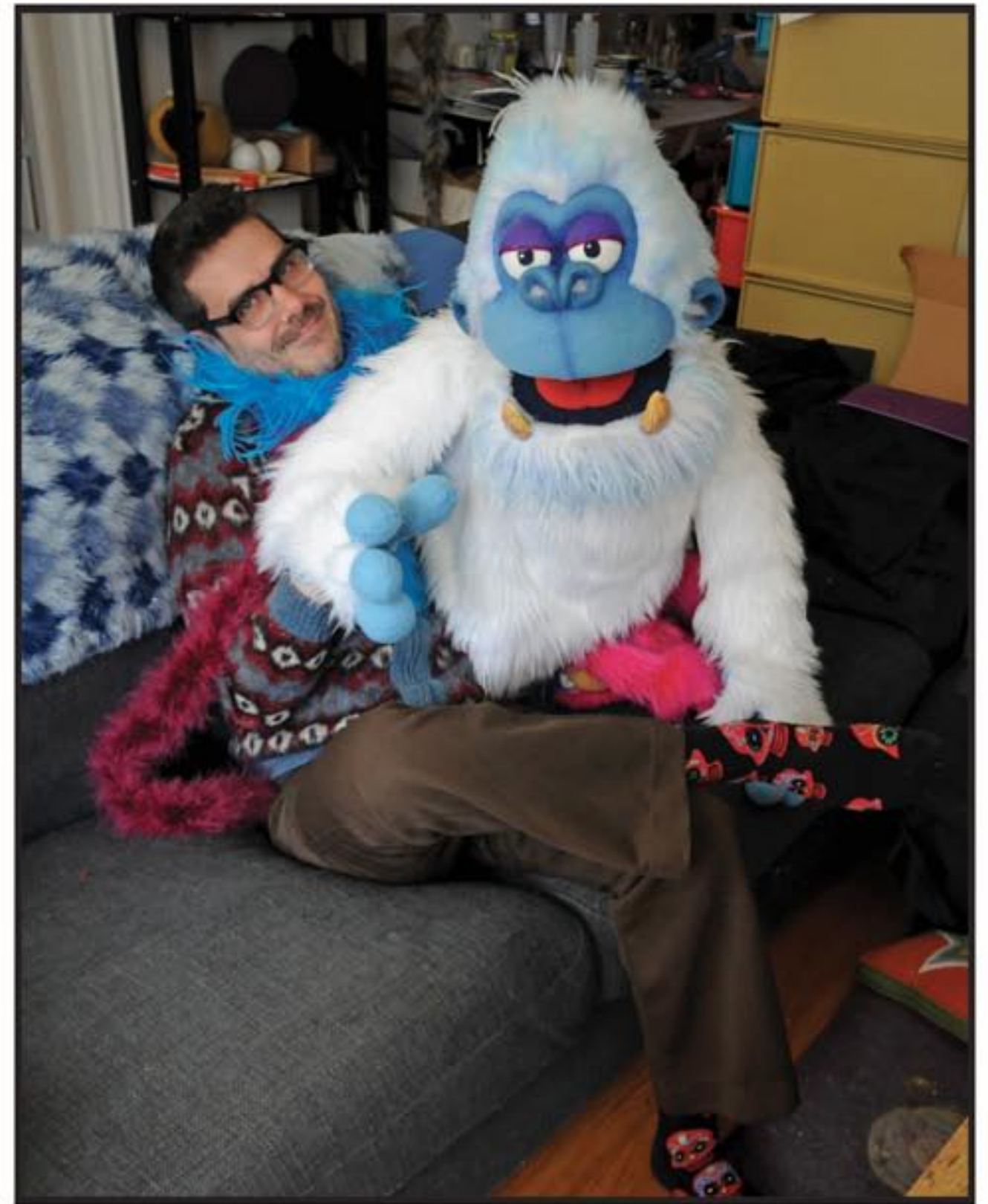
When I am alone in that place, I struggle to comprehend the ills of the world. I mourn bad things that happen to people, people I know, people I don't know but heard of or read about. Their grief is my grief. The sadness fills my heart and weighs down my body.



It is, "a new day, a new dawn, a new life for me." My heart swells with love. Life is beautiful. I am so blessed. As the song goes: "If you smile at me, I will understand, 'cause that is something, everybody, everywhere, does in the same language."



My depression is a **MONSTER**
 Whispering Give in... Lie down in the
 in my ear... **LET GO...** Darkness of Self-
 Seductively & Hatred... Sadness & Hopelessness
 sticky sweet... **LET GO...**
 For A Moment... An hour... or 2 day... (2)
 it Devours Me... And I LOVE it.

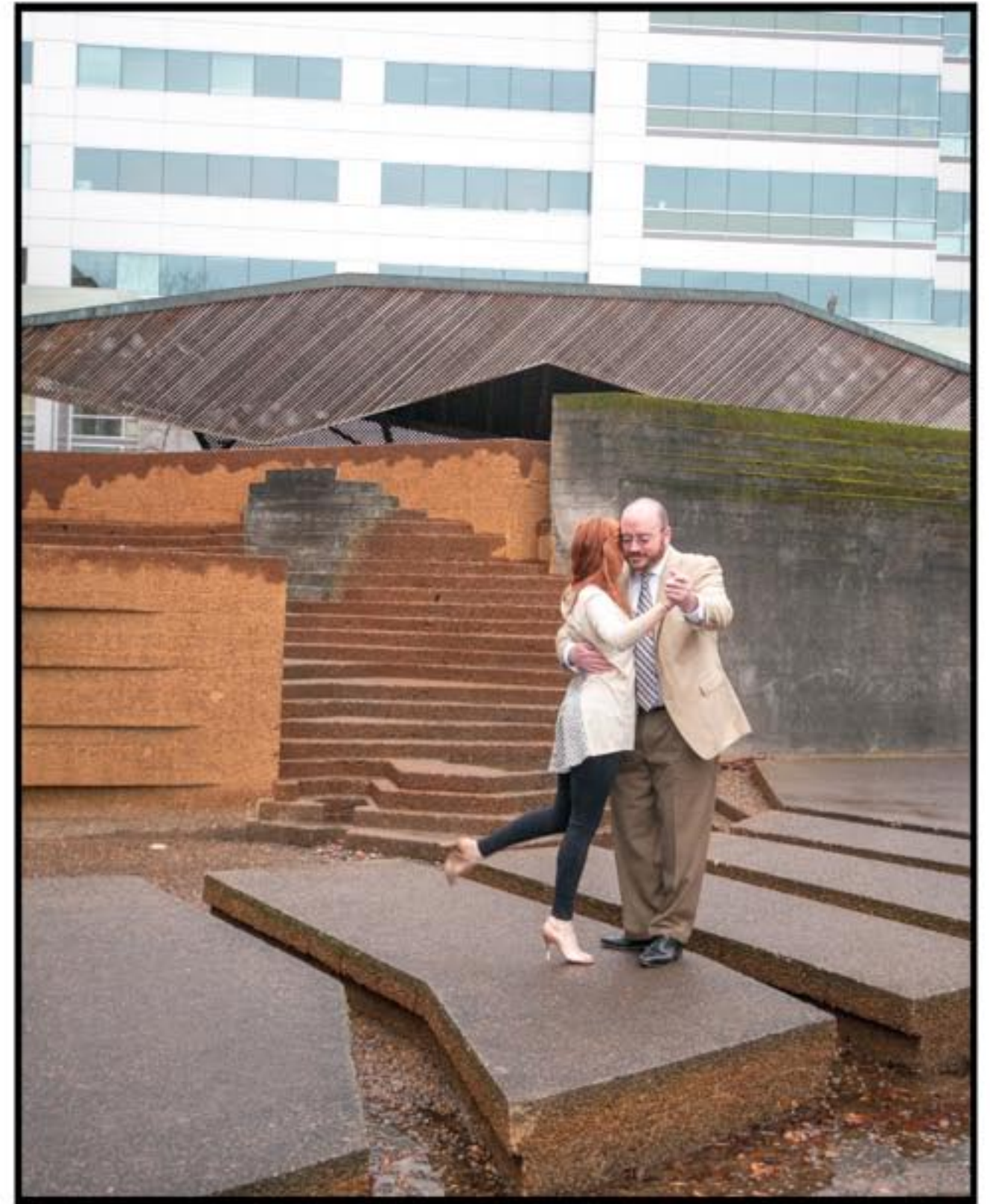



My joy is a **MONSTER** of a different sort. The Yin to depression's
 Yang. My joy is a **MONSTER** fed by my Creating & Performing my
 Puppets. As a Child Grover Cookie Monster and Oscar
 taught me that Monsters Aren't Always
Scary. Some bring Joy, Hilarity,
 & Wonder into Our World...





The outside world becomes difficult. I retreat first into my apartment, then I create worlds and more worlds within those and retreat ever further. My apartment becomes part of the world outside of my games and my housekeeping lapses. I'm not very pleasant to be around at such times.



My father says that "it's always worth the effort to be around people." When I'm well, that's what I try to do. I rarely turn down an invitation to join a friend for a meal. I dance tango I make the effort; I leave my apartment; I see people.