

Drowning

I'm such a burden

All I do is hurt people and cause problems when they don't even want me around.

They don't care about me, nobody does.

I'm in a room full of people and yet, I am alone.

These people who've shown me time and time again that they DO care but for some reason I can't believe them.

I'm not worth all this love that they show me.

I'm not worth all this.

I don't deserve to be here

I don't even know if I WANT to be here

I'm suffocated in an ocean of sadness, unable to keep my head above water.

This water pulls me down underwater and I struggle to pull myself back up.

Sometimes, I don't even want to pull myself back up.

I'd rather just let myself sink.

It creates a pit in my stomach and drags me down back into my bed.

The bed that I descend into for hours at a time as I wait for this feeling to pass.

I have no motivation to get up or live my life.

Because most of my life has been spent sinking into those bed sheets.

My bed is my "safe place" and yet as I lay there I am anything but safe.

I've completely wasted my life being stuck looking for a solution to a permanent problem that rolls in and out like a stormcloud.

Begging that one day the lightning will stop striking, and the cloud will roll away to never return again.

But it will.

It always will, and that's the sad truth.

So how do I live with that?