



Depression

Welcome home my friend.
Let's sit down and talk for a while.
Give me your In-ergy while I get comfortable and steal your joy.
And by the way, explain to me why I haven't seen you in a while.

As a matter of fact, your belly looks full, so I'm here to help you take off a few pounds. I also happen to notice that it looks like you need to hibernate and spend some time alone. But here...let me help you get some much needed sleep. Wait, I changed my mind...stay up all night so we can chat.

I know I confused you the last time, but I missed you and have so much I want to share. None of it may make sense, but I need to inform you of the plans anyway. Listen, I don't want you to cry when I tell you, but based on how you acted last time, I have the tissue ready.

You know what, you were so traumatized when you were younger that it is simplistically easy to deceive you. What you witnessed as a child has you in a state of sadness that you couldn't shake if you wanted to. Always remember that I programmed you this way, and you are going to continue to fight your way through my world. The one thing that I can say about you is that understanding human behavior has always perplexed you because of me. I know it is all based on the dichotomy that you were molded in, but I am glad to take over from here.

Never forget that your life has not been a living hell on purpose. Just as you show up as Who You Are...so do I. I don't know how to allow you to have peace, trust, calmness, hope, love, or understanding. I struggle with it myself, so why would I allow you to have it. I do, however, promise you that if we can ride this wave together, it will be just you and I until the end of time. Give me a chance to prove myself to you.

Always giving you my love...

Depression

~LStin