

Random quote: "If thou are a master, be sometimes blind; if a servant, sometimes deaf." ~ Thomas Fuller  
- (Added by: [yudelka](#))

Losing it 11/8-11/14

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[kymgmoore](#)

New User

Posts: 1

Location: Southern North Carolina



**Posted** 2005-11-11 10:07 AM (#3574 - in reply to #3111)

**Subject:** RE: Losing it

Today I've had it! Can't take anymore. Everything's in turmoil. Chaos everywhere!

Feels like I'm drowning. Pulling my hair out. One by one. I think I'm choking. People are staring at me. I'm on edge.

Complaints. Deadlines. Demands. More stuff to do. Not enough time to do it.

I hear voices. They sound scary. I think they are dead.

Everything's out of control. No where to escape. I can't hide. They're watching me. They're talking about me. Might be trying to kill me. Might get fired.

I can't breathe. Can't move. I'm confused. Can't think. Maybe it's a conspiracy. Massive confusion all around me. The walls are closing in. No. Wait. The walls aren't moving.

I need a drink. Oh, I don't drink. Got to pick the kids up. Who's going to cook? Too scared to drive. Might have an accident.

My head is pounding. Might be a brain tumor. My heart's racing. Might be having a heart attack. No, can't be a heart attack. Not a good day. I'm overwhelmed. No one understands. Nobody cares. Why am I the dependable one? Can't anybody else do something?

Oh shut up. I don't feel like talking. It's too late. Leave me alone. Think I'll go to bed. Yeah, go to bed. Where is my bed? Oh. Ok. I am in bed. This is too much. Enough is enough! Am I having a nervous breakdown? No, can't be. Don't have time to have one.

Hold up. Wait a minute. Where is everybody else? Oh, they're in bed too. Snoring no doubt. I see how much they care. I'm burdened with things! Too many things to do. But they aren't even my things. Nobody's worrying about me. So why am I worrying? Cause nobody else is. But why me? Who nominated me?

Oh, now I get it. They gave it all to me. No. Wait. That's not it. Because I opened my catcher's mitt. I caught everyone's problems. I caught all of the garbage. Did I voluntarily take it? Hmm...

Well, I don't want it anymore! None of it. These aren't even my battles! Everyone is getting their issues back. I have enough to deal with. Got to let it go! All of it. Tomorrow is a few hours away. Think I'll go to the park. Relax. Grab a bite to eat. Watch the ducks. All day! Yes, that's a wonderful idea!

Must save me! Let me pray. Time to get some sleep. Tomorrow is a new beginning!

[jasipper](#)



Expert

Posts: 2336

**Posted** 2005-11-11 11:03 AM (#3594 - in reply to #3574)

**Subject:** RE: Losing it

kymgmoore - 2005-11-11 9:07 AM

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Location: Montgomery, AL

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Good job, Kym!

It sounds like the life of a Mom. Try some Welbutrin. It works wonders!

Seriously, you captured the laborious, nearly incapacitating travails of the everyday. Very well done!