

Be Kind
By: Gina M. Newton

Character

This isn't good enough. I'm not good enough. I can't do this today. I can't do this anymore. Ever again. I can't do anything. I can't eat. I can't sleep. I can't...I...I just can't. I won't go back there. Never. I won't. I can't. I...I...I.... (*hyperventilation, falls to knees, scream*).

(Silence for 5-10 seconds. Only breaths can be heard.)

Depression

I'm always so alone, and I feel unloved and unwanted. Nothing I do seems to ever really matter.

Anxiety

I try to surround myself with positivity, but I find myself feeling too overwhelmed. I feel like my world is caving in, so I just avoid socializing.

Sleep Disorder

All I want to do is sleep without waking up every other hour. I can't seem to get my thoughts to slow down, and it's been going on for so long I can't remember what it's like to have a normal sleep schedule.

OCD/OCPD

I find myself with fear of what might happen if anything in my life is less than perfect. If I leave my closet door open while I'm sleeping, will I wake up the next day?

PTSD

I would love to spend time with friends and family like I used to, but I just can't. Everywhere I go, I'm reminded of the horror I lived through.

Character

You don't know what I know.

Bipolar Disorder

Sometimes I feel motivated to socialize and have fun, but ten minutes in I feel sad. I try to stick it out though, for I know I'll feel energetic again soon.

Schizophrenia

I experience paranoia and even hallucinations. More than that, I feel disconnected from my body and as if I have no place in society.

Character

You don't see what I see.

Eating Disorder 1

I avoid going out with friends because I don't want to eat in front of anyone. I worry so much about my weight and even try to stay below-normal weight.

Eating Disorder 2

I avoid eating in front of people because I don't want anyone to know how much I eat. I feel like my eating habits are out of control.

Character

Please.

Always be kind.

You never know what's going on in someone else's mind.

Forget judgement and you never know what you may find.

Please.

May we all be aligned?

Maybe then we can all unwind.

PTSD

I struggle to draw the line.

OCD

Hate having deadlines.

Depression

I generally just say, "I'm fine."

(Pause. Wait 3-5 seconds before the next line.)

Eating Disorder 1

Hold me; I'm so cold

No one cares

'Til all the cards fold

Eating Disorder 2

Ask me to brunch

PTSD

But please do not punch

OCD

No one seems to learn

Bipolar Disorder

Until looking at an urn

Schizophrenia

I'm not crazy

Depression

And I'm not "just lazy"

Anxiety

My scars are seen
But please don't be mean

PTSD

You are not a void
I just have to avoid

OCD

I don't mean to control
I've fallen into a black hole

Sleep Disorder

I lie awake at night
Searching for any light

Bipolar Disorder

I'm not always okay
And that's fine to say

Schizophrenia

I'm sorry your scared
But I live impaired

Sleep Disorder

I struggle to sleep.

Eating Disorder 1

I struggle to eat.

Bipolar

I struggle with being alive.

All Except Character

Please. Be kind.

There's a lot on my mind.

And so much that I have resigned.

Character

I will not apologize, in any size.

Especially for my cries.

But you shall watch me as I rise.