

The Monster of Mental Illness

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FIRST PLACE – POETRY

All hope is gone in one thought
Feeling the pit of mental suffocation
The pain and suffering
Though there's always hope

The wrenching feeling of emptiness
And feeling no such happiness
And no sense of worthiness
Though there's always hope

No feeling of accomplishment
Feeling like you're not wanted
Like you're just a burden
Though there's always hope

There's always a light
That shall be followed
In order to feel the senses of
Worth, accomplishment, and healing

The feeling of light in your chest
Senses of happiness
And excitement in what you are doing
The best feeling of conquering
The monster of mental illness