

Cassy Hite

WRIT 3500

May 3, 2019

Revision

Waiting

The fluorescent overheads radiate off the iPad in my hand.

I select the answers

They need to *assess* me:

Not at all.

Somewhat.

Very Much.

What if I don't know.

We don't *talk* about that.

I'm supposed to be tougher than this.

They expect me to be strong. My masculinity makes me **strong**.

It's supposed to protect me, but I've let my biology down.

And yet, my brain allowed me to fail.

Now I'm only weak.

Some of the questions come easily.

Some, I know what they want me to say.

Some, I know what they want me **not** to say.

I know what the "right" answer is.

I can't bring myself to answer honestly.

I have had times when I feel particularly low or down for 2 weeks or more.

I don't know when this started.

I don't like thinking about it

I don't want to be admitted.

I don't want to be an inconvenience.

I don't want people to think I'm *unpredictable* or *frightening*

I don't want to make them feel *uncomfortable*

I don't want people to think that I'm *dangerous*

What if I need *medication*?

I know the way it sounds.

I know the way it seems,

but I've seen the way that people react.

I know people who have mental illness.

Everyone does.

In the last 12 months I have experienced stress, change or loss

I don't know what it means.

Nothing seems to have changed,

yet everything is different.

I've lost everything.

But no one else can see that.

I'm still here, still standing.

I'm making it through, right?

I have to be.

I haven't lost **anything**.

But maybe I have lost **something**...

If I need emotional support, I have someone who could help me

It's not like I'm alone.

I have plenty of friends.

I have family.

I just wouldn't know what to say.

If I had to say something.

I'm scared they would know even less.

If I had to speak up.

I know people make jokes.

I know people assume.

I know people get scared.

I know people distance themselves.

I don't want my people to be those people.

I'm not scared.

I'm just not ready.

I don't want to admit there's anything wrong.

But I'm here.

They're calling my name.

It's time to go into the office.

I have needed treatment for a mental health condition.