



Tears from an Unsuccessful Suicide Attempt

Asheeda Irene

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My own personal collection of poems and journal entries that I have written throughout my 12 years of living with depression and suicidal thoughts. I have put them in chronological order by dates to figure out why I have been struggling with this disease for so long. My journey through my teenage years were rough but I found comfort in writing about my depression to express my feelings when I didn't have a listening ear. In April of 2008 I was released from Friends mental hospital in Philadelphia where I was diagnosed with manic depression at the age of 18 years old. I went in and out of depression for many years after my short stay of 6 days in the mental hospital, but watching *Girl Interrupted*, one of my favorite movies that resembled my experience in the mental hospital, sparked my creativity which led me down the road to go back and read what my younger self wrote about our long battle with this paralyzing disease. As my present self I explain what each poem and journal entry meant to me as my younger self writing these delicate, fragile, and raw words. I take the readers back in time when my life was at its lowest. Writing has always been an outlet and a distraction for me to cope with my depression. I know this book will help a lot of younger people dealing with similar situations like mine as well for older adults who still continues dealing with depression. I found a revelation in reading the thoughts and poetry of my younger self. I realized that there is a horrific pattern that my depression has created in my past and present and now that I have completed this book I can now find peace, joy, and fulfillment in my life. It is a very raw and unfiltered story which will relate to all ages.

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