Perhaps Insanity

Sometimes I get  
this feeling  
in my heart  
and mind:  
An ache—a  
cold  
and  
empty  
ache  
that makes me  
want to cry  
and rip out my hair  
and claw our my   
heart.  
But at the same time,  
it is numbness  
that captivates me  
entirely and makes  
me walk around like a ghost.  
And yet, it is a   
loudness in my head:  
too many thoughts, ideas  
and my mind skips  
from one to another  
so quickly and quietly  
that I cannot keep up and that   
terrifies me.  
And this feeling  
terrifies me because  
I don’t know what the hell  
is wrong with me  
and how one feeling  
can captivate and control  
me so wholly  
and in so many ways  
and make me feel like  
I’ve lost my mind altogether.  
Am I crazy?  
I am scared.  
I don’t know what is  
wrong with me and  
what causes this.  
I will go around in   
a haze and won’t remember  
what I did for   
hours  
on   
end.And then I’ll  
panic and   
I’ll start to sob  
and hyperventilate  
because I don’t know  
what is going on.  
It is terrifying.  
And I’ll be clawing  
my face suddenly because  
it doesn’t feel like mine.  
I’ll start trembling because  
I don’t know  
what to do  
and I don’t know  
how to deal  
and I just don’t know and it  
scares me.   
And I’ll rock   
back  
and  
forth  
holding my head because  
I don’t know where it will  
go if I let go.  
And I feel sick  
and stupid  
and ugly  
and gross  
and afraid.   
I feel so afraid.