

Just going through
the motion

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Not really alot to do but sleep is a main one but right now I'm just going through the motion. Its a daily struggle to keep my mind focused on whats important. with the coronavirus in affect I feel like life is very short but god aint done with me yet.

my mom is getting old and she cant find to many things to live for so its better if she has a reason to live. I lost my boys once now it looks like my mom will get them again. I'm just going through the motion.

I'm not as young as I use to be but I not as old as people make me out to be. They just turned the lights out in this cage of mine but I love the clank it helps me live better and to think

when your back here, in the dungeon you
got to have a reason to live or you become
a nobody.

At one time I felt like a nobody but
things are getting better when I can express
my thoughts to you on this paper. I guess
you can say I'm just going through the
motion that's all. Some times writing is my
only release in this dark tunnel of mine
cause I'm just going through the motion.

I think: Now this is my thoughts
that's all, That the reason this is so hard
is cause not enough people knew what
going through the motion really means. Today
its silent in the (Foam Room) this is the
place where people who want to harm
them selves or other is put (I is not a
punishment) I say this for all those who
think putting a human being in a Foam

Room is humane!! its not, you cant tell
if Im pretending to be mentally Retarded by
putting me butt-necked in this Room!!

I hear people scream, yell, sing all
to pass time in this 4 walls of destruction.
I try to find out my purpose in life
but most days I just be going through
the motions.

I ~~do~~ this now so that I can
remember once Im no longer in side this
box what it feels like to be all alone with
my thought and nothing else. NO money, no
cars, no family only me, my self, and I.