

# Solidfary mind

The title sounded like a good title for this essay about my thought A.K.A my Solidfary mind. There isnt anything wrong with liking being alone but the alone trip is used for a form of punishment.

I have had my share of foam rooms let me explain this so those who dont know can get a good picture of it. so picture this a pink or ugly green foam, the walls have some bad & angry stories written all over it and I mean literally.

There is human filth all over it let me put it a better way some people rub there toilet paper items on the wall they pee on them spit, spit on the wall

all while with out clothes, I cant tell you how often those team room are cleaned because the few I been in were still occupied if you know what I mean.

I normally ask the officer in charge to flush the toilet so I dont have to smell the next guys business for 3 or 4 days. This room is for people whom will threaten to harm (them) selves or other.

This soft room isnt a punishment and shouldnt be used for one. so the topic of this essay is the soft wall that softer or hold our screams. I ask for meds one time and sat in this room for 5 days with out clothes, once I stopped screaming I asked why I was placed in this punishment and got no answer.

The biggest, strongest Knights have become little babies screaming for help in these walls but I just slept and waited

I thought it was gonna be 3 day then I<sup>53</sup>  
talk to mental health but that wasn't the  
case. 3 turned in to 5, when they opened the  
door all my fears were gone leaving me with  
a new found I deal of solid-tary mind.

Your mind must be solid or you will  
not make it in an environment where a  
mental ill protect is used for punishment.  
I have been told get over it but I can't  
because I, not you, or them spent 5 day  
trying to keep my mind solid.

The first step is anger, the once  
you lose some of your (pride) helplessness  
come is the the lack of care but of all  
the people who experience this no one  
speaks on it after you have been subjected  
to our rights.

This is the Reason why today I  
will say it and Scream it with as much

force as the day they put me in that Room  
 alone with my weak mind. on the 3rd day  
 my body shut down on me. This means I  
 couldn't move or any thing. I turned purple  
 I prayed to god to get me out cause I really  
 wanted to live

I had to beg for water and toilet  
 paper the basic things the constitution says  
 we have the rights to have. But don't worry  
 its not a big deal right? When I asked how  
 long I would be in there I wasn't answered  
 no body knew or cared or they told me a sweet  
 bold face lie.

I stand to be counted my mind is  
 very much solid as it was for those night  
 wakes inside that Room.