

Ppl Ask Me What Solitary Confinement Is To me...
Heres How I Answer That Question:

It's Dark And Gloomy.

It's Loneliness And Depression At it's Worst.

It's Waking Up To The Same 4 White Walls That Somehow
Seem To Be Closing In On Me Daily.

It's Worry And Stress. Not Knowing The full Details With
my Mothers Unfortunate Battle With Stage 4 Colon Cancer.

It's An Emotional Rollercoaster. Some days Are Better Than
Others But Most End In Tears.

It's Total Isolation With Only The Sound Of Voices And
Electronic Doors Being Openned And Closed.

It's The Same Radio Stations And Fantasies Of One Day
Being free To Experience Life With A Smile On my face
That'll Make my cheek muscles Sore.

It's The feeling of Submission And Helplessness When
Handcuffs Are placed On my Wrist (Hands Behind my
Back) Every Single Time Im 'Allowed' To Come Out of my
Cage for A Shower Or A Walk Around The Rec yard. (Another
Cage)

It's Bad Smells; The Sounds of feet Kicking On Doors
And The Usual Lies And War Stories That Guys Tell Each
Other In Order To Try To Impress One Another.

It's Occassional Suicidal Thoughts Bc Death Seems So
Much Better Than Slowly Rotting Away In A Cell Day
After Day.

It's Waiting On A Letter (Or E-message) from Someone

That Never Comes Anymore.

It's Loneliness And Depression All Over Again.

It's The feeling Of Regret for pushing ppl Out of my Life who Claimed To Love me (But who Didn't And Couldn't Love me The Way That I Wanted Them To.)

It's Mental Health Issues Intensified.

It's Stumbling Around In The Dark w/out A Sense of Direction.

It's Losing faith In God, Losing faith In ppl And Losing faith In myself.

It's feeling As if No One Cares Or Understands.

It's Losing Touch With Reality Whenever The Darkness starts To Swoop In Around me.

It's purgatory.

Trapped In Between Death And Insanity.

No light At The End Of The Tunnel Other Than Another Train Headed my way..

Your Next Question May Be: How Was I ~~AB~~ Able To Survive This mental And physiological Torture ??

my Answer To That:

I Don't Believe I Ever Did...