Things to Do When You're Having a Nervous Breakdown

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Call Hunter’s grandfather, 
beg him to babysit – claim you forgot 
you had to work. 
Call work pretending Hunter has the flu – 
you cannot make it in. 
Dig through the dusty boxes crowding your garage shelves. 
Retrieve your acrylics, 
and horse-hair brushes.  
Dig through your underwear drawer, 
clawing toward the back. 
Search for Exacto blades.  
Give up.  
Drag a chair outside, trailing scratches on the hardwood along the 
way.  
Crank feminist music full-blast.  
Paint a mural of dolls, and rain, and graves covering your chair.  
Call Wal-Mart. 
Confirm they stock Exacto blades.  
Call Dr. Pelligrini 
rumble Prozac and plead 
Trazodone.  
Digest the two-week appointment wait.  
Get pissed off. 
Slip the feathered duvet from your bed.  
Slink down the hallway and enter the first door on your left. 
Barricade yourself, blanket-wrapped, in the shower.  
Dissociate.  
Stare at the white walls, and cry.  
Give up. 
Call Rajan at work and apologize.  
Call the hospital. 
Request a twenty-four hour evaluation, but decline 
an ambulance ride. 
Get pissed off.  
Cry.  
Give up.