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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
mumble 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.