

***73 POEMS
FROM THE
MENTAL
INSTITUTION***

CHRISTINE SMART



A collection of poems inspired while in the mental hospital. Poems include those of recovery, inspiration, hope, relapse, desperation, mental illness, depression, and much more. The goal of this book is to reach out and help anyone in need.

73 Poems from the Mental Institution

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/8046.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**

Your free excerpt appears below. Enjoy!

73 Poems from the Mental Institution

by Christine Smart

Copyright © 2015 Christine Smart

ISBN 978-1-63490-410-0

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Bradenton, Florida, U.S.A.

Printed on acid-free paper.

BookLocker.com, Inc.
2015

First Edition

This book is dedicated to my parents, Skip and Shirley and my sisters Elizabeth, Jennifer, and Samarah. Thank you for being a loving, supportive family.

Relapse

Back and Forth

I rock back and forth on this hospital bed
Over and over just lost in my head
The thoughts are consuming and never relent
I push them down deeper, down to their
descent
Each fifteen minutes they check me to see
If I am still here and have not gone crazy
And as they all see me go forward and back
They don't realize it's just how I react
To voices and visions that corrupt my head
So forward and back on my hospital bed

Never Again Be Okay

I woke up this morning just like all the rest
But this time my mindset was not at its best
Cut open your wrists, now do it today
I know I will never again be okay
But doing so I know would cause a distress
On family and friends that I know I have left
So as I try hard not to do what they say
I know I will never again be okay
I hallucinate every day of the year
And it has brought out all my strongest of fears
That I have to deal with now every day
I know I will never again be okay
The voices get louder and calling my name
They're begging me now just to end all my pain
So as I give in and on my bed I lay
I know I will never again be okay

Stigma

I'm always asking why I need therapy
She named problems like borderline personality
Schizophrenia is the one that hit the hardest
Suddenly my IQ was not the smartest
Post-traumatic stress disorder followed me for
years
I didn't know it contributed to my fears
Depression and anxiety come with the rest
So maybe that's why myself I detest
I don't want to fall into the stigma of insane
But I've already passed that, will never be the
same
I guess I have to admit that I'm stuck like this
And forever my best friend will be my therapist



A collection of poems inspired while in the mental hospital. Poems include those of recovery, inspiration, hope, relapse, desperation, mental illness, depression, and much more. The goal of this book is to reach out and help anyone in need.

73 Poems from the Mental Institution

Order the complete book from

[Booklocker.com](http://www.booklocker.com)

<http://www.booklocker.com/p/books/8046.html?s=pdf>

**or from your favorite neighborhood
or online bookstore.**