



depression

the singles

janel kuypers

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|  
**depression**

Losing a loved one  
is better  
than  
losing yourself

because  
how many years  
has it been  
that I wished  
that I just  
died

and my soul  
was at rest

# cliques gathered together

Went to my high school reunion recently,  
and yeah, it was funny  
to see mister popularity,  
mister suave and debonaire,  
thirty pounds heavier  
and surprisingly shorter looking,  
come to *me*  
to say hello  
and ask how I was...  
But by the end of the night  
it was just like high school again,  
while all the cliques  
gathered together on groups,  
and I sat on the sofa alone  
at the hall entrance,  
waiting for something to happen.

take face

I'll have to clean myself up,  
like I always do,  
and put on the fake face  
to continue everyday life.  
Because when anyone asks,  
"What's wrong?",  
your honest answer  
would be "Nothing",  
because if you can't justify living,  
and you see no point  
to anything in the world,  
well,  
you can't explain that  
to people who ask,  
and expect them to understand.

just beyond those front doors

After another year  
of school dances  
I was never invited to,  
I was once asked  
to monitor the entrance  
to one of the dances.  
This way, I'd watch  
happy couples entering together,  
and I'd hear the music  
just beyond those front doors  
to where all the "important people" went.

Yeah, *that* lifted my spirits.  
That helped me feel  
not so desperately alone.

**know what i know**

I'm getting used to  
putting on a plastic smile  
to appease the masses

*Can't they tell  
that this is fake emotion,  
that this smile  
is just a show?*

If they knew what I knew,  
I think,  
if they felt what I felt,  
then they too would know  
that life is filled with fakeness  
and life is just a show.

on **that** summer day

When most Americans  
turn sixteen,  
they get a party,  
or presents,  
cards when they turn  
sweet sixteen.

But on that summer day  
when *I* turned sixteen...  
I'm sure my family  
said happy birthday  
to me,  
but I was so alone that day  
that I had to walk  
to where my friend worked,  
to stop myself  
from crying,  
just so I wouldn't feel  
so alone  
on my sixteenth birthday.



**pistol case**

Once I got to the point  
where I walked into the bedroom,  
opened the closet door,  
pulled out the cardboard box,  
then opened it to pull out  
a pistol case.  
I placed the pistol case on the bed,  
opened it,  
saw the unloaded twenty-two  
and the filled magazine.  
I held the magazine  
filled with bullets,  
reminding myself  
that it was always an option  
before I put everything away.

I'm  
tired of trying

I'm tired of trying  
to have a positive attitude.  
I'm tired of trying  
to tell myself  
that I'm worth something,  
that I'm good looking,  
that I have something to say  
that someone wants to hear.

So I go to a bar,  
and I stand on my own,  
and I leave on my own,\*  
and ... I'm sorry.  
I'm tired of trying.

*\*from the Smiths' "How Soon is Now"*

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