*Reality is a Prison*

*L.E. Jadot*

If it’s all

in my head,

why,

Why does it

feel so real?

Why,

Why does it

hurt me so

much? And I

believe that the

saddest, most tearful

utterly maddening thing

is how it's

so much easier

to not say

anything

at

all.

To not display

any kind of

suffering is said

to symbolize strength

but they don't

know how much

strength it takes

to do much

less. The reality

is

that

reality is

simply a prison.