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## Darkness

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# Darkness

*Mackenzie Pollock*

The Darkness swirls and presses on every inch of your mind  
All-encompassing sounds, scratching and ringing, screaming to be heard  
The self-deprecating words looping around and around  
Useless, Freak, Pathetic, Weak, Useless, Freak, Pathetic, Weak  
They spin, twisting, turning, leaking out and coating everything you do

So you put on a mask  
One with the brightest smile and the easiest laugh  
A mask that projects color to cover the Darkness behind it  
You fake the light  
Because Darkness fears the light

You start the tasks  
The clicking of pens, The tapping of feet, The pulling of hair  
Repetitive tasks to try and replace the repetitive words  
Anything to pretend you don't feel the Darkness building  
It never works

The thoughts start  
'They're late, maybe they were in an accident?'  
You hear a crack as a line forms in the mask  
'That group is laughing, it must be at me, what did I do wrong?'  
A piece flakes off, the first chip in the mask.

Thoughts connect, each creating a chip or crack in your perfect mask  
The more thoughts, the more cracks  
The more cracks, the more thoughts  
The cracks twisting and turning creating beautiful spiderwebs of  
negativity  
Until it shatters

The pieces falling away as the Darkness surges  
Each piece embedding in your skin, causing rips and tears where more  
Darkness seeps out  
It slithers out enveloping you in its cocoon of madness  
All you see is black, all you hear is scratching  
Wanting anything or anyone to make it stop

You may force it back once more  
Maybe build a new mask  
But it will always be there  
Waiting for you to break once more  
To swallow you up, to suffocate you

In total Darkness