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I'm Not Happy

by Sue Thompson

I'm not happy, but I am not unhappy about it, it is a state of mind isn't it. Happiness that is.

Have I ever truly been happy? I ask myself. You sort of get used to being woeful and wretched.

Like an old jumper, you know the smell of it, the touch of it and it feels so comfortable, that you do not want to change it. So why throw away the feeling of unhappiness, no I enjoy being unhappy. I do not want to be one of those upbeat cheery people, who have a constant grin on their face. The ones whose lives are wonderful. They have everything. No give me depression, self loathing, low self esteem, I am happy with that. I want to walk around with a long face, a constant fear of rejection. Allow me the chance to be a negative self destructive person.

They say what you give out you get back so let me give you doubt and fear and sadness. Because that is what I want in return.

When I wake every morning it is with trepidation, I step into each new day with a void in my heart, a feeling of hopelessness. My life is a constant round of disappointments. Nothing good ever comes my way. I wallow in unhappiness. I feel desolate, life is barren. Nowhere to go with it. A stagnant pond, with no movement, no hope. Dead.

And when I die no one will remember me, no one will shed a tear for me, no one will come to my wake. I will have no friends to miss me. I will lay in the ground and decompose, alone and unhappy. No one will mourn me.

There will be no head stone over my grave. No one will visit and stand at my feet.

Life will go on with one less person on this planet, who didn't live a life of fun, of laughter. Let's hope that I am reborn. When I am reborn I can shout "I am not happy, but I am not unhappy about it.

I will turn over a new leaf and be ultra positive, a new body a new mindset. I will have friends galore as everyone will want to be with this self assured person. I will ouse love, give out what I want to receive.

But inside I will still be that same person, you cannot really change even if you are reborn. So I will not be happy but I won't be unhappy about it.