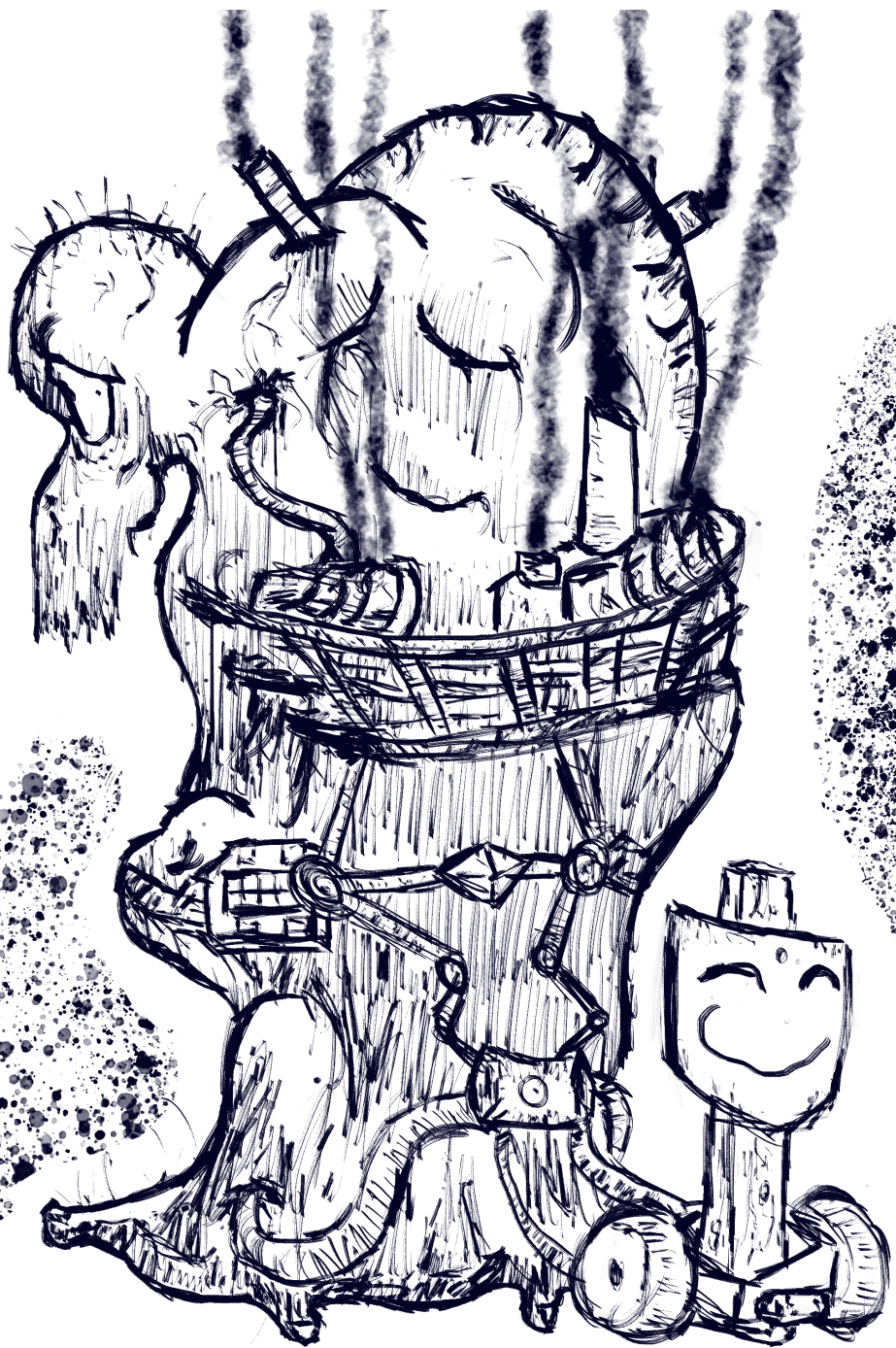


Expressions
of my Mental
State

Eric Tofsted





(Anxiety)

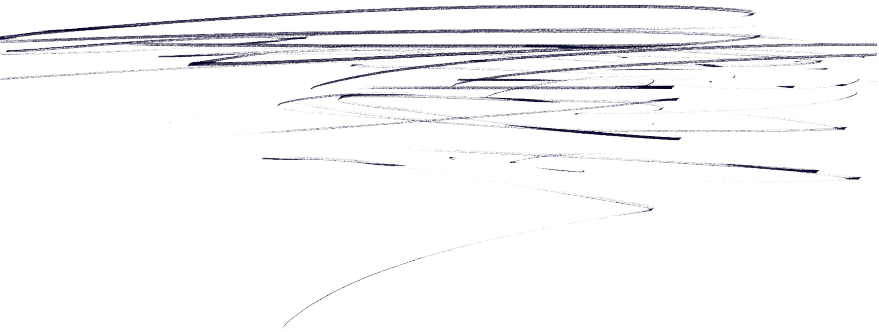
Putting up barriers doesn't work
when you don't know what's attacking you.

I am dragged forward out of necessity,
hiding my filth and my fright.



(Depression)

Deep down underground,
away from those who can see,
I lay in the space inbetween
trying to regain my sense of self
before it dies.







(Mania)

WOW_{wow}
WOW hey there

this feels good (it's almost too good)
am I really a god?

I'm invincible

I'm perfect

I want to
do everything

(and everyone)
wait what's happening?

what's happening to me?

do I deserve this?

am I actually happy?

or is it just a dream?

