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Tides & Mental Illness

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Tides & Mental Illness

It was low tide yesterday. I forgot how much I love her at low tide.

Because
At high tide
Her waves crash around us,
Causing Destruction.

And I become desperately sad.

But being sad and shocked after a night of her rage
Is like being sad and shocked that the tide comes in and out of the ocean.

I have seen this cycle too many times to remember how many
Yet, time and time again I forget

I forget about her tides.

They come in slow,
Crash.

Maybe there is a reason that she claims her tides are calmed by the sea.

Maybe she feels at home.

I do not like her tides.
I resent them and her and them and her.
I am trying to learn to brace for them.

I do not love them but I do love her.