STATE OF MIND Unfulfillable longings Feeling quilty, I am evil, weak Feeling empty, barren, depleted Desperate, I've run out, nothing left I can't go on Gloom, black cloud Overwhelmed by evil, suffering, there can be no God Gnawing anxiety, persistent worry Restless anxiety when you feel it coming on Nameless, objectless anxiety 🕲 dread Urge to run away @ escape Intrusive thoughts and memories, can't escape the pictures in your head Trapped, no way out, frantic Fear, terror, panic Feeling of pointlessness, futility, despair Bleak despair

Drowning, losing my mind

Nervous exhaustion

I am going crazy, my head will explode

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80 Prayer of the Knowers