Brian Tonnessen 10/12/14

My Personal Battle

 “Depression is like wounds that never show on the body that are deeper and more hurtful than anything that bleeds.” In the poem “My Personal Battle” Lyndell M informed you on the ways that depression can hurt you, achieving your goals and conquering the battles of depression. When you get depressed you always think pessimistic and the sad and bad feelings last for days. Depression is a severe despondency and it can affect your life negatively (mentally, physically and emotionally).

 Depression is being personalized by using the word depression to describe as if it was a person. Depression can hurt you and it is hard to fight. In the quote “Release me from this infinite tunnel and spiral of utter sadness” Lyndell shows you that she wants to get away from the depression that is holding her and is keeping her in a loop of sadness that she can’t escape from. Once in the depression stage it is hard to get over because it’s like you are in a continuous bad dream that will never end. As you could see in the 3rd stanza she talks about how depression is the deepest part of her soul. Also, she tells us about how depression is taking away all her happiness and memories in her life. In the quote “You have left me lifeless and a walking corpse, breathless and lifeless with no joy and no future” Lyndell informs you about how her life was meaningless and she felt like she was a walking corpse that no one cared about when she was in the depression part in her life. Also she says “ depression is taking away her stars from her heart and her spirit” which means that all her memories, optimistic feelings and good times are all being slowly taken away and forgotten about because of the effect that depression did to her. Depression can hurt you mentally by making you think you are a no body in people’s lives and that you shouldn’t exist. Depression can hurt you physically by making you want to hurt yourself. Lastly, depression can hurt you emotionally by making you sad and not wanting to do anything in life. Depression is a hurtful disease that is hard to cure. As I say “Depression is like a wall, it is hard to knock down no matter how many times you try to knock it down”.

 Depression can be hurtful and can harm you, but you can overcome and achieve your goals throughout your life. In the 2nd stanza she explains how depression has been by her side for a long time and how her heart is no longer being filled with happiness and joy because depression is not letting her be free and let her have plans for happier moments to return to her. She wants to overcome this depression so she can live her life the way she wants to and to actually feel the feelings of happiness and joy again. In the quote “I hope when I depart from the earth you will finally release your hold and allow me to be free, to fly with the birds and glide with the winds of time” Lyndell is trying to explain how when she dies, hopefully depression will finally at least let her go when she dies and not hold on to her. Let her fly with the birds and be with the winds of time. Allow her to do what she wants to achieve in life and not be taken over by a cloud of sadness. She hopes to overcome this sadness, loneliness and the feeling that no one likes her and to attain what she wants for her life to be as her life progresses on.

 Conquering depression is not an easy thing to run over and isn’t easy to just overcome. I was depressed once when my mom was in the hospital. I had the same feelings of sadness, no one wanted to help me get past through this stage, and also I had the same feelings that Lyndell had. I tried to overcome that by talking to people about my problem and they gave me feedback on how to achieve my goals. Also during that stage I felt like my heart was empty and there was no enthusiasm and no meaning in life. I wanted that feeling to go away so I could do the same as Lyndell did which was to enable me to footprint the steps to move forward in life and not be held back by any obstacles. In the 1st stanza she talks about how she known depression as if it was a friend to her. And how depression would hold her hands through the dark times and through the coldest and blackest times. Then she goes into saying how she is trying to break free from the grasp of the depression and try to overcome the stage and to dig deep and take the deepest part of her soul and never go back to that part again. She wants to move on in life and not think about how depression affected her and how she has a better life going ahead and not looking back. In the quote “she has plans for happier moments to return” she wants to fill her heart with happiness and she has greater plans. She wants all those great moments and memories in her life to come back to her again so that she could feel complete.

 In my conclusion, Lyndell fought her way through the obstacles that depression has thrown at her and she achieve getting past it. Now, she has a brighter future and she can think optimistic about everything. I can connect to this because the steps that she went through in life and the ways she overcame that depression happened to me. “Be faithful in the small things because it is in them that your strength lies.”