

Depression

PTSD - Neverending Riding

(c) 2022, by Don Poss

Roller Coaster ride,

Ups and Downs,

Twirls, Loops, and Backward bounds.

The High ...

Why can't I always feel this great?

Euphoric, happy as can be,

Feels like my old self

The slide down ...

Sometimes Gentle, rough, or a catastrophic crash.

The Bottom

Is where you land.

Flatline the danger.

Without help you will never see it coming,

or understand what's happening.

With help, you learn the signs, and guard against the abyss.

And realize it my always be, and better days are ahead.