



# MIRANDA

writes



VOL 12

# *DISPARATE THOUGHTS*

## *DISPARATE ACTIONS*

I've started tapering off my medications this month - per instructions from my psychiatrist of course. I feel like I have to say that every time. Even though I'm tapering slowly I am definitely noticing the effects. I had a particularly bad night recently - in the middle of a snow and ice storm. I can't feel suicidal when the roads are safe, nope not allowed. That night I did something I hadn't done in a long time. I cried. For over an hour. It was such a relief. And also horrifying. I started to question whether or not I'm actually ready to taper off my meds.

After I made it through that night (with the help of some very very supportive friends) I decided that I am ready. Yes, the suicidal thoughts are scary and feel all consuming. And also I feel like I have the skills and support to work through them. And that my meds have likely been making me even more numb to my feelings. I'm ready to work through them and I'm ready to feel the depths of them. As a writer, an artist, and a human I owe myself the opportunity to feel and to heal.

I also don't think that my meds are all to blame for the difficult patch I'm going through. Writing has been both therapeutic and sometimes it can take me to a place I'm not ready to visit. Yet I feel like all these seemingly disparate feelings and places and thoughts and behaviors are somehow connected. Like they all stem from one root.

When I'm sad I don't want to be reminded of anything but everything reminds me of something.

I feel like I'm ruining everything.

I don't want to kill myself I just don't want to exist anymore.

Tonight I feel like I'm a bad person. I'm a bad person because I knowingly do bad things. God help me Sabrina. I will forever be an angst teenager.

I wouldn't believe that nobody understands me except that I've been told by so many that they don't understand me, they can't figure me out, I think too much. Is that the source of my problems? I think too much? How can I think less? Or how can I harness the thinking for good?

So many visions of pool decks. Of racing outside in the summer sunshine. I miss being fast. I miss feeling successful, purposeful. I miss making my mom proud. Now I just sit alone in the dark trying to make myself feel better. Hmm. More thinking. Remember you're happy to be feeling again, even if it's making you feel sick. It hurts to sit still but it's exhausting to do anything else.

What's the point? I work so hard so I can sometimes have a break? Work hard so I have a place to be comfortably sad. Maybe my contradictions are too great and that's why I can't keep relationships, friendships, jobs...

How can I make things feel magical again? I really need to accept that no singular thing is going to make me happy.

# *DISPARATE THOUGHTS*

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And so I'll try to be better. Haven't I been trying to be better for years now? What if this is as good as I get? It's interesting how some behaviors are treated differently than others. Cutting myself was "better" than getting black out drunk and causing problems for my friends and the people around me. They're both forms of self harm, but the cutting was private.

Somehow I can only feel extremes - exuberance and confidence or complete self hatred and disgust. I need to teeter from one to the other to arrive in the middle.

What do I need in a relationship? Do I need someone who can give me grace in even my worst moments? I want to be able to be myself and I want to be able to talk freely. Respectfully still of course. Maybe it isn't all me. Being around others who are so emotionally reactive hurts me. It reminds me of being with Daniel. Of never knowing what I was doing to make him mad. Or if it was me he was mad at. Or if he was mad. Egg shells.

I need someone who can give me grace as I give them. Someone who is also trying to be better. Because it's not all on me to be better - it's up to all of us.

Some big time opposites/dialectics. The vastness of the world and the connectedness of the world. Finding something comforting and also having trauma connected to it. Life is ultimately meaningless on a grand scale and yet each of our lived experiences can be meaningful. Feelings are just feelings and also they can have a great impact on us.

What if I took care of myself the way I want to be taken care of? If nobody is going to prioritize me then I guess I should. But also I did that for a long time and I'm tired from it.

You've heard of codependency, now introducing emotional dependency. And today I learned I still have a lot of shit to unravel and figure out. I knew it, I just didn't see how broadly things were still affecting me. I'm angry and sad about it. Some of it is a result of choices I've made, some of it is a result of other people's choices, and some of it is just the result of being human. How much unraveling do I have left to go? I don't know how much more I can handle.

Do I not want to write because I don't want to deal with my feelings right now?

There's something about the aloneness. Forced aloneness because of who I was. A lot of it had to do with being poor. Somehow still scraping by to appear just normal enough. But weird in just enough ways too. Having to take the bus everywhere because we didn't have enough money to fix the car. Getting to be on the swim team but never having the "right" swim suits. My mom worked so hard so that I could have the opportunity to have an easier time. Or at least, that's what I assume.

# *DISPARATE THOUGHTS*

## *DISPARATE ACTIONS*

I never want to feel that alone, that invisible, inhuman, disregarded, intangible, that one-dimensional again. Because I know now that I am none of those things. If I feel that way then I know I'm in the wrong place. Because I don't want to feel that way and I know that I don't have to feel that way ever again. The world is so much bigger than the streets we grew up on.

It is this deep aloneness that makes me vulnerable to emotional dependency.

It's the feeling of "otherness" instead of "aloneness." Having someone to be alone with makes it feel a lot less alone. Otherness with another is a bond. It's security. It's rare. It comes out as possessiveness - she's MY person. My mom was MY person. Giselle was MY person. Nicole was MY person. Daniel was MY person. The feeling that no one will ever understand either of you the way you understand each other. Wait, that's unhealthy? But it sounds so nice. It feels so nice. Yes, and. There's always a yes, and.

Why do I think so few people can see me for who I truly am? Why do I care how other people see me anyway? Because I know who I am and that is what is important. Do I know who I am? Isn't that the whole reason we're up in the middle of the night scribbling out questions under a rechargeable reading light? Listening to Surfer Blood makes me feel like me again. The Eagles too. What used to make me excited? What makes me excited now? Remember when you used to listen to the radio and just be content with whatever was on? And now choosing a playlist for a fifteen minute drive or for falling asleep to or for studying to feels overwhelming. If you could go back in time and relive one year of your life without changing anything, when would that be? Sophomore year of college (2014-2015). When I would drink and ask people to tell me their life stories. That's me. I want to feel that light again.

It's not about unraveling and unlocking eternal happiness, but for allowing more space for moments of bliss and excitement. Nights like tonight.



CASH  
MURKIN

# *texts to myself: march 2021*

March 6, 2021

- they're in the poems I write the art I draw
- art I create

March 12, 2021

- we learn how to love people by loving people
- Love is 3am. Red rain boots. Old gray sweatpants.

March 16, 2021

- nothing is ever as good as it seems

March 17, 2021

- where do I feel safe?
- I don't like feeling tied down or stuck

March 18, 2021

- I am most envious of people who seem content with their lives. Why can't I be content with my life? What am I missing?
- Done putting energy into people who make me question myself
- tired of letting people treat me the way they want to treat me and not the way I want to be treated

March 19, 2021

- Different trains of thought: it's the way it is get over it you have to sacrifice certain things it's just how life is OR maybe the way we set up our society is wrong and there are other ways to live a life
- not burnout, workers exploitation

March 23, 2021

- anxiety of work not from life/death situations but the anticipation for them or perceived threat

March 25, 2021

- Life feels like a Velvet Underground song right now
- Me consoling myself. A disheveled past me. Kisses her forehead and tells her we're proud

# RECIPES FOR DEPRESSION

## Salmon Patties

- ① in a large mixing bowl, crack 2 eggs.
- ② add one 14.75 oz can of pink salmon to the mixing bowl. Set aside.
- ③ crush half a sleeve of saltines in a sealed bag.
- ④ combine eggs and salmon - I recommend using your hands.
- ⑤ add the crushed saltines to the mixture and combine
- ⑥ form into patties and cook in butter over medium heat on the stove until cooked through.

serve with your favorite bagged salad or side



# *MEDICINE IS NOT MAGIC*

## *allergic reactions*

After 2+ years working in the veterinary field I have accumulated some not so common knowledge and insights into animal health. Complete and total disclaimer I am not a registered or licensed veterinary professional so please do not take this as official medical advice. I am limited to my experiences.

As we head into spring and summer, we are already seeing an increase in both chronic/seasonal allergies as well as acute allergic reactions. What is the difference and when does it become an emergency?

Chronic allergies are usually caused by something the pet is continually exposed to - an ingredient in their food, pollen, detergents, etc. It can cause itchiness (often seen as excessive licking or rubbing), hair loss, redness, and hives. It is a good idea to make an appointment with your regular veterinarian to discuss these symptoms.

An acute allergic reaction usually occurs when the pet is exposed to something temporary like a bee sting, a vaccine, a plant, etc. This is a more serious condition known as anaphylaxis. It is important to treat the reaction as soon as possible to avoid the progression into systemic anaphylaxis which affects the entire body and is life threatening.

### Symptoms

- itchiness and redness
- hives
- facial swelling
- hypersalivation or drooling
- vomiting
- diarrhea
- difficulty breathing



If you suspect your pet is experiencing an allergic reaction, call your veterinarian or local emergency veterinarian after hours. Not all allergic reactions present the same so it is important to be vigilant of your pet's history. If they received vaccines that day and are now experiencing vomiting and diarrhea (even without facial swelling or hives) have them evaluated right away.

Depending on the severity of the reaction, treatment is usually very straightforward. If the patient is stable, we typically start with a dose of diphenhydramine (the active ingredient in benadryl) and a dose of a corticosteroid (unless the patient is in heart failure, on an NSAID, or other variables as determined by the veterinarian - again, why it is important to be knowledgeable about your pet's medical history). They will want to monitor for the signs of the reaction to improve before discharging. Hospitalization may be recommended. In more severe cases, which are rare, treatment would be focused on stabilization which means keeping the airway open so the pet can breathe, providing IV fluids for hydration and blood pressure stabilization, and potentially emergency medications.

For sources and further reading click [here](#) and [here](#)

# CONVERSATIONS FROM THERAPY

## *emotional dependency*

I touched a little on emotional dependency earlier. This is a new concept to me. Sabrina asked me this week, "did you read that article I sent you?" I hadn't. "Is it because you're avoiding reading about emotional dependency?" Probably not but I read Codependent No More so I think I can handle an article about emotional dependency.

According to the article (*Emotional Dependency* by Lori Thorkelson Rentzel), these are signs of emotional dependency in a relationship,

- experiences frequent jealousy, possessiveness and a desire for exclusivism, viewing other people as a threat to the relationship
- prefers to spend time alone with this friend and becomes frustrated when this doesn't happen
- becomes irrationally angry or depressed when the other withdraws slightly
- loses interest in other friendships
- experiences romantic or sexual feelings leading to fantasy about this person
- becomes preoccupied with the other person's appearance, personality, problems, and interests
- is unwilling to make short or long-range plans that do not include the other person
- is unable to see the other's faults realistically
- displays physical affection beyond that which is appropriate for a friendship
- refers frequently to the other in conversation; feels free to "speak for" the other
- exhibits an intimacy and familiarity with this friend that causes others to feel uncomfortable or embarrassed in their presence

It feels like a cousin of codependency. I've experienced extreme emotional solitude and I've experienced extreme emotional dependency. If given the choice between living in emotional solitude or living in emotional dependency for the remainder of my life, I would choose emotional dependency. The threat of becoming solitary again is enough to keep me in emotionally dependent relationships. The right choice is neither. But we have to learn first that it is safe. That there is no real threat of emotional solitude. Because if we are emotionally secure, then we know how to handle our emotions. And by handling emotions I don't mean shoving them down or exorcizing them into an heirloom or something.

So, how do we overcome emotional dependency and become emotionally secure beings? Shit you guys, I haven't gotten that far. I do believe that a large part of healing lies in developing a sense of self. If you don't know who you ARE it is easy to get lost in another. A sense of self is more than just labels or hippie dippie knowing thyself. It's about knowing how to communicate with your body and your self. It's about knowing what you are feeling as it is happening. It's about knowing your boundaries. It's about having difficult conversations about those feelings and boundaries. It's neuroscience.

Please read *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel A. Van der Kolk. And wish me luck on my first EMDR session April 6!

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