

# Klonopin

*Imani Sundiata*

Klonopin.                      Zoloft.                      Xanax.

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**Klonopin, Zoloft, Xanax.**

Popping pills  
Body chills  
Bottles on my person

Klonopin, Zoloft, Xanax

I said:  
    <<Anxiety attack>>

Mama heard:  
    <<Doctor visit.>>

Doctor said:  
    <<Depression.>>

Mama said:  
    <<Hand-me-down  
        The family crown  
        Of mental illness.>>

I said:  
    <<Numb me.>>

Doctor said:  
    <<**Klonopin, Zoloft, Xanax.**>>

Daddy said:  
    <<                      >>

Daddy said:  
    <<                      >>

Daddy didn't say anything.  
How could he from the grave?

Sometimes I wonder, if the stroke didn't catch him first,  
Would the safety of food lull him to a swollen throat sleep.

News said:

**<<You can eat yourself to death, you know?>>**

News said:

**<<You can overdose on food too.>>**

Body said:

**<<Overeat until your throat fists.>>**

Mama said:

<<Daddy had depression.>>

Mama said:

<<Sister has depression.>>

Sister said:

**<<Depression has Mama.>>**

I said:

<<Klonopin, Zoloft, Xanax, numb me.>>

Counsellor said:

**<<The medicine is only temporary.>>**

I said:

<<Food, save me.>>

Body said:

<<Pop the pills.>>

<<Eat to kill.>>

<<Depression runs in the family.>>

said:

**<<Who wants to be beautiful when you can swallow pills and ice-cream all day?>>**

said:

**<<Avoid the mirror, so you can't think too hard when you don't recognize what's in it.>>**

Body said:

**<<Stop thinking so hard, you only live once.>>**

<<So why not live life dying for the next bite.>>

I said:

<<I eat to feel good.>>

Counselor heard:

<<Doctor's visit.>>

Doctor said:

**<<You've gained weight since the last time I saw you.>>**

I said:

<<I hate this body.>>

Body said:

**<<I'm gaining the weight to fill the space of your missing appendage of a father!>>**

said:

**<<You should be happy I care, I'm the only one who does!>>**

I said:

<<Klonopin, Zoloft, Xanax, numb me.>>

<<Food, save me.>>

Body said:

**<<Pills didn't do this for you, I did!>>**

**<<Food wasn't there to save you, I was!>>**

said:

**<<I vessel this spirit, I can react however the hell I want!>>**

**<<If I tell you to crave food, then you crave food!>>**

**<<If I tell you to cry, you cry!>>**

**<<I told you to write a poem, and you wrote a poem!>>**

**<<See, look how good I treat you!>>**

**<<Pills and food never had a say in this!>>**

**<<Why do you keep giving them all the credit?>>**

I said:

<<Sometimes I wish I didn't have a body to begin with.>>

Body said:

**<<You're so ungrateful!>>**

Mama said:

<<I am so grateful that God graced me with you.>>

I said:

<<God cursed me with me.>>

God said:

**<<This body is only temporary.>>**

I said:

<<Don't you get it? That's what I'm afraid of.>>