



Thoughts

Tracy Wittko

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A mind is a terrible thing to lose...or to be lost in. Trapped in the labyrinth of your own mind... A mind, lost in the depths of depression...it's a maze. You never know whether you're going to eventually get out, or if you'll just keep circling deeper and deeper. On the brink of being too lost to yell for help, I keep a journal of my descent; a map of where I've been, a string to try to find my way back. In the hopes that my string, my journal, will keep me from going over the edge, help me to navigate through, I leave a glimpse into the labyrinth for everyone else...

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