

“Resisting Self-Diagnosis on the Road to Healing” by Angel Dye (Howard U)

1.

The first thing to remember is to forget the word *crazy*.

It’s a knee-jerk reaction after an attack—

sweeping away panic in the metro station, you cannot see any other rationale above the flood in your eyes.

Gathering the embers of an unexpectedly stoked flame feels like hopscotching on the edge of insanity.

But swallow the curse away from your lips, and bury it between the staccato breaths struggling to steady in your chest.

2.

Uncork the bottle of your body, where secrets are stored away and sealed under pressure.

You practice sweetening conversations with extroversion and concealing smiles, but be brave enough to bleed between lines, if only for yourself to see.

3.

Watch the garden that grew you wither from the weight of its own rain.

Wonder if it is really just a field of weeds. Wonder if you are too.

Still, resist its heirloom terminology.

4.

Weaving faith and the desire to be fixed together will leave you knotted and tangled until you are prey in your own web.

If you are going to kneel, pray for strength. Then rise realizing that you are not broken.

5.

Resolve to take the static and screeching inside of you seriously.

Even when you have to crawl or tiptoe toward your truths, trust the counsel in the footprints stamped before you.

Allow it to sketch a legend and a compass to your cartography.

6.

When silence deafens and sadness engulfs, reach for the raft of love surrounding you.

When the tide recedes, remember to forget the word *crazy*,

and instead teach your mouth *whole* until it is true.