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Sec 4

English IIXL / Shakely

Original Poem Log # 4

*One log hides another, as one idea, one chore.
Many of these you'll provide, I trust.
Painful, tedious, insufferable, yet a must.*

Date 3 / 7 / 14

Title "Psychosis" (Optional; add later? First Idea to Hit you?)

Context (*Required*. When/Where Written? Impetus/Catalyst/Source of Inspiration? Who or What?)
"Psychosis," though seemingly a degrading and derogatory title for a poem, was inspired by the Social Justice Summit on mental health issues that took place during the week of March 3rd on the Jesuit High School campus. I wrote some of the poem directly after the last day of the summit, which was a recap of all of the events that happened during the week, and I finished the poem later at home on the same day. The poem is particularly influenced by the mental disorder known as schizophrenia, which is characterized by a breakdown in thinking and by poor emotional responses, but also by the more severe psychosis, which oftentimes involves a loss of contact with reality. "Psychosis" is meant to introduce the reader into the mind of someone with an extreme mental disorder.

Meaning (*Required*. **This is more important than poem itself**): Immediate CM re: the process, the product, your satisfaction/dissatisfaction level.

- 1 What were you trying to accomplish with poem? Theme? One-word ? CM/20 Questions?
- 2 Initial impressions once completed ("...started off good, .lost it"; Satisfaction / Dissatisfaction with it? Other?)

Although I know very little about mental diseases and disorders, considering I have neither really experienced one myself nor do I know of anyone who currently suffers severely from such a problem, the entire purpose of "Psychosis," quite similarly to the reason for the Social Justice Summit itself, was to breakdown the barriers surrounding the taboo topic of mental health and to introduce the reader into the everyday struggles and problems a mentally affected person has to endure. For the most part, people who act oddly, look different from others, or have problems or issues in their lives are generally outcast from society, as people do not want to be associated with or have to deal with them. Nevertheless, "Psychosis" is meant to evoke from the reader a sense of compassion and sympathy for the mentally afflicted and to encourage them to expand their horizons so that they can grow to be more considerate and thoughtful of others. The people who struggle with pain and hardships are the ones who ultimately need the most attention and care but unfortunately receive the least, and so the main goal of this poem is to promote a greater awareness and understanding of those that are suffering, particularly from mental illnesses, in society. I was fairly pleased with this poem after its completion, as it does not seem to flow as well as I would have liked it to, but it at least captures the essence of an extreme mental illness.

Relevance / Allusions (optional): Connections? Personal experience [Micro]? Historical [Macro]? Lit allusions?

"Psychosis" is completely relevant in modern society because of the increasing amount of pressures and stresses that are imposed on society's inhabitants, leading people to experience severe anxiety and even inducing mental disorders. Unfortunately, many of these people are afraid to accept that they have a problem and seek help because they do not want to ruin their images and reputations among friends and family, which can cause even more drastic and severe difficulties. The fact of the matter is that about twenty percent of the population will experience some sort of mental disorder in their lives, and so we cannot mentally or physically lose those who could contribute to society in extraordinary ways. It is our obligation to immediately help and comfort those at risk from a mental health disorder. Even Abraham Lincoln himself, one of the greatest leaders the Unites States has ever seen, suffered from clinical depression, proving the potential of the mentally afflicted.

Form (optional): Anything you tried to do? Nothing? Diction? Poetry Terms? Symbolism? Why?
I didn't really try to do anything intentional with this poem except for the fact that the last line is separated from the last stanza by a gap, breaking up the consistency of the five-line stanzas. This gap was utilized to invoke a dramatic and emphatic ending to bring closure to the poem. Also, although it is not well explicated, the various sights and sounds the speaker experiences in the first two stanzas were supposed to hint at the fact he was killing himself but did not know it.

The Poem Itself (attached): (Rough Draft Perfectly Acceptable. Need not be a neat copy. Or you may attach draft work if