

Neo-Futurists Monologue: Peace

Sometimes I don't think I've ever known peace. But then again has anyone? I'm not really sure.

I've heard therapists say that always keeping busy and never giving yourself a moment to rest is a way of self harm but what does that mean?

For as long as I can remember I've moved from one thing to the other, always finding something new to stress myself out about. I've noticed after a while of doing that (always finding new and creative ways to distract myself from the raging frustration, confusion, and complete lack of peace that my parents and my friends made me feel growing up) you start to become kind of numb. Now I just feel numb all the time.

Sometimes I feel like I'll listen to someone tell a story about something that's supposed to be shocking and I know that I'm supposed to feel shocked but my body is incapable of feeling that.

Maybe that's why I can't ever seem to just fall hopelessly in love like I see people around me doing all of the time. I don't know.

It always feels like peace and a world of true feeling is always just right around the corner for me, but right as I'm reaching out my hand to grab it, it fades away like an object turning to dust because it's time to move onto the next distracting thing.

I used to think that I would achieve peace when I had at least one really great friend that I knew I could share anything with and vice versa. One of those friends where time just stops when you're together and nothing else seems to matter. Over the years, there have been different people that have made me believe I had that when I didn't but now I know that I have it so why isn't that enough?

Why isn't the peace that my best friend brings me in our friendship enough to overshadow everything else and carry over to all of the other bullshit? Instead it's just small moments of peace with him in a storm of everything else that feels like it's threatening to steal away what's left of me at any moment.

But maybe that's all we're supposed to get: small moments of peace. Maybe I'm chasing a mindset that simply doesn't exist. Whatever it is, I want a day off.