

## The Things I Carry and Carried

I carry the SSRI with me throughout my day. The specific SSRI I carry with me is Fluoxetine. It is an antidepressant usually used to cure major depression, panic disorder, anxiety, etc. I carry a panic disorder with me. With the panic disorder I carry, it also forces me to bring extreme anxiety, worries, and a sensitive mind. I hold the Fluoxetine in my bare hands around 10PM every night and swallow it so I'm able to carry it in my stomach throughout my whole day. I used to carry a sick stomach with me everywhere I went, memories of a traumatic event that happened when I was 12, and contemplation of whether I should still stand on this planet or not. The Fluoxetine took away the things I carried around the end of 2015, and became the new substance that I carry with me everyday. I used to carry the urge of waking up at 4AM to scream, cry, and puke, but now that I have this drug, I get to carry the relief of knowing that I won't do so, and that I will sleep peacefully through the night. The drug that I carry inside my stomach also took away my contemplation and made me come to realization that I love the planet that I stand on. I believe that I will always carry the memories of my trauma, no matter how old I am and no matter what medicine I take. The Fluoxetine did not necessarily take away the memories, but it took away the pain that I carried with me for 4 years. Instead of the pain of the memories, I now carry this substance that gives me the ability to get through my days without having panic attacks and over-thinking. I wish I could have gotten rid of the things that I used to carry with me by myself, but I think I deserve a little credit.

*You certainly do! I had no idea  
was going on - thank you for sharing  
I've found a relief similar to yours. ♡*

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