

20 words or less

about depression

20 words or less about depression – 2

compiled by maamyyrä

words : The Icarus Project [theicarusproject.net](http://theicarusproject.net)

pictures : wikimedia commons [www.wikipedia.org](http://www.wikipedia.org)

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To **The Icarus Project** Community



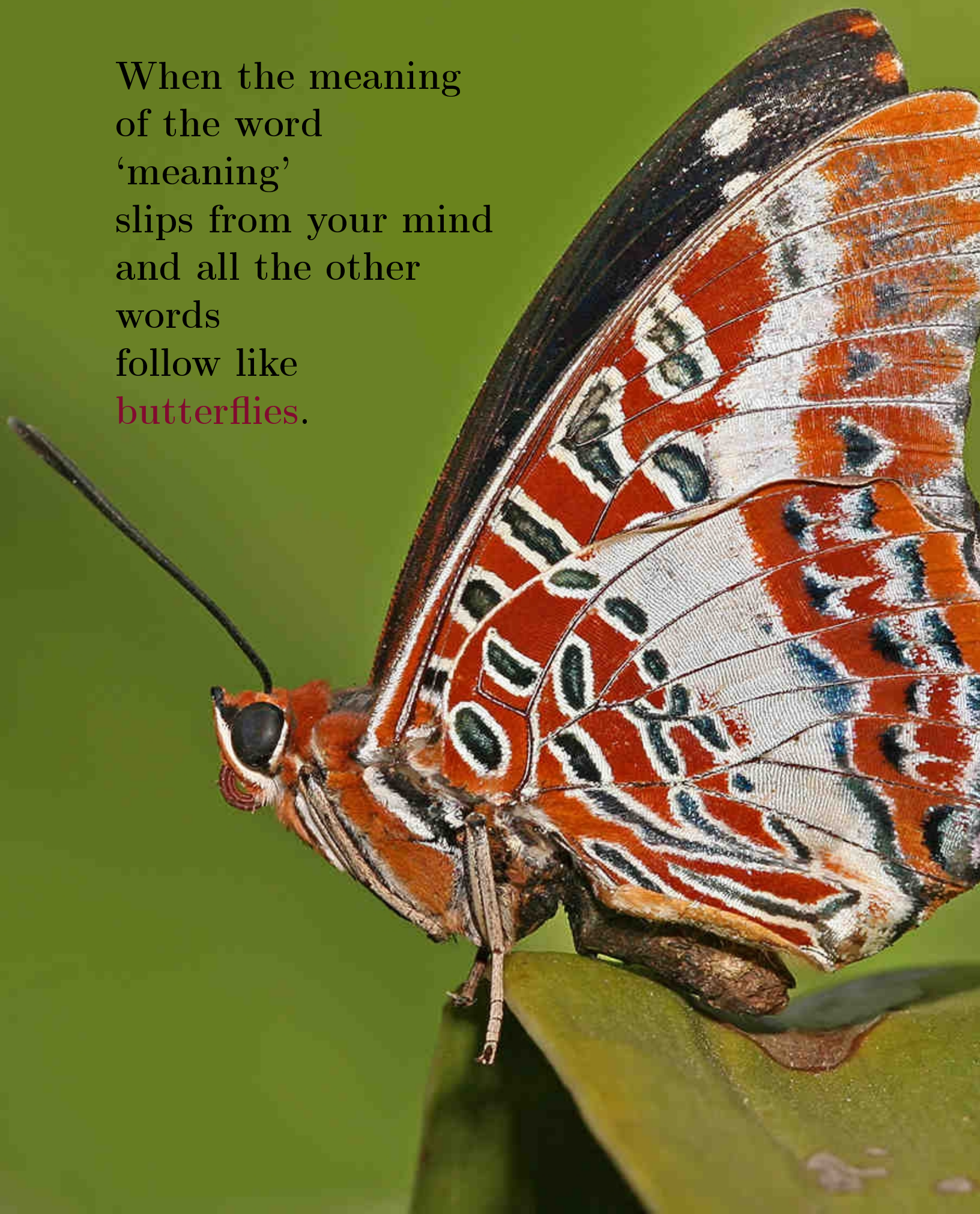


it is the feeling of the world

as too big for you to matter

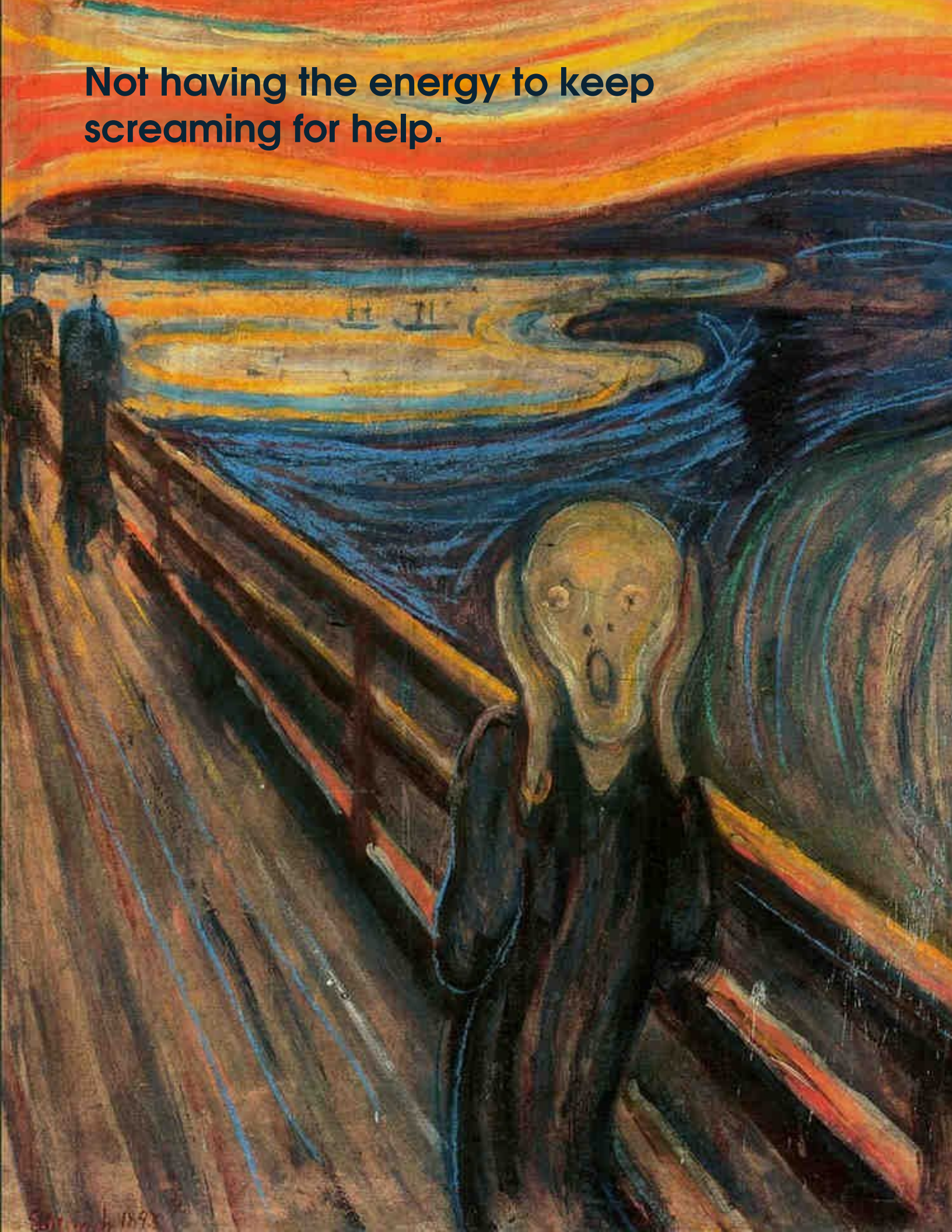


When the meaning  
of the word  
'meaning'  
slips from your mind  
and all the other  
words  
follow like  
butterflies.





**Not having the energy to keep  
screaming for help.**





U	E	J	I	H	U	N	Y	S	T
D	N	A	U	U	E	E	E	M	A
W	N	A	I	P	L	U	T	O	N
A	G	H	P	L	I	Z	O	O	E
R	D	E	I	H	C	T	M	N	W
F	H	W	H	O	P	B	E	O	Q
R	A	C	O	E	A	A	R	R	T
U	S	A	T	R	R	N	C	P	L
R	T	A	E	H	D	T	U	E	U
I	E	U	C	U	F	L	R	O	V
A	R	F	A	I	R	A	E	A	O
T	O	A	I	N	I	A	B	S	A
O	I	A	T	E	O	E	N	A	S
E	D	I	D	D	O	E	D	U	T
E	S	Z	E	E	H	O	P	H	S



fighting  
shadows





stuck somewhere  
between alive and dead



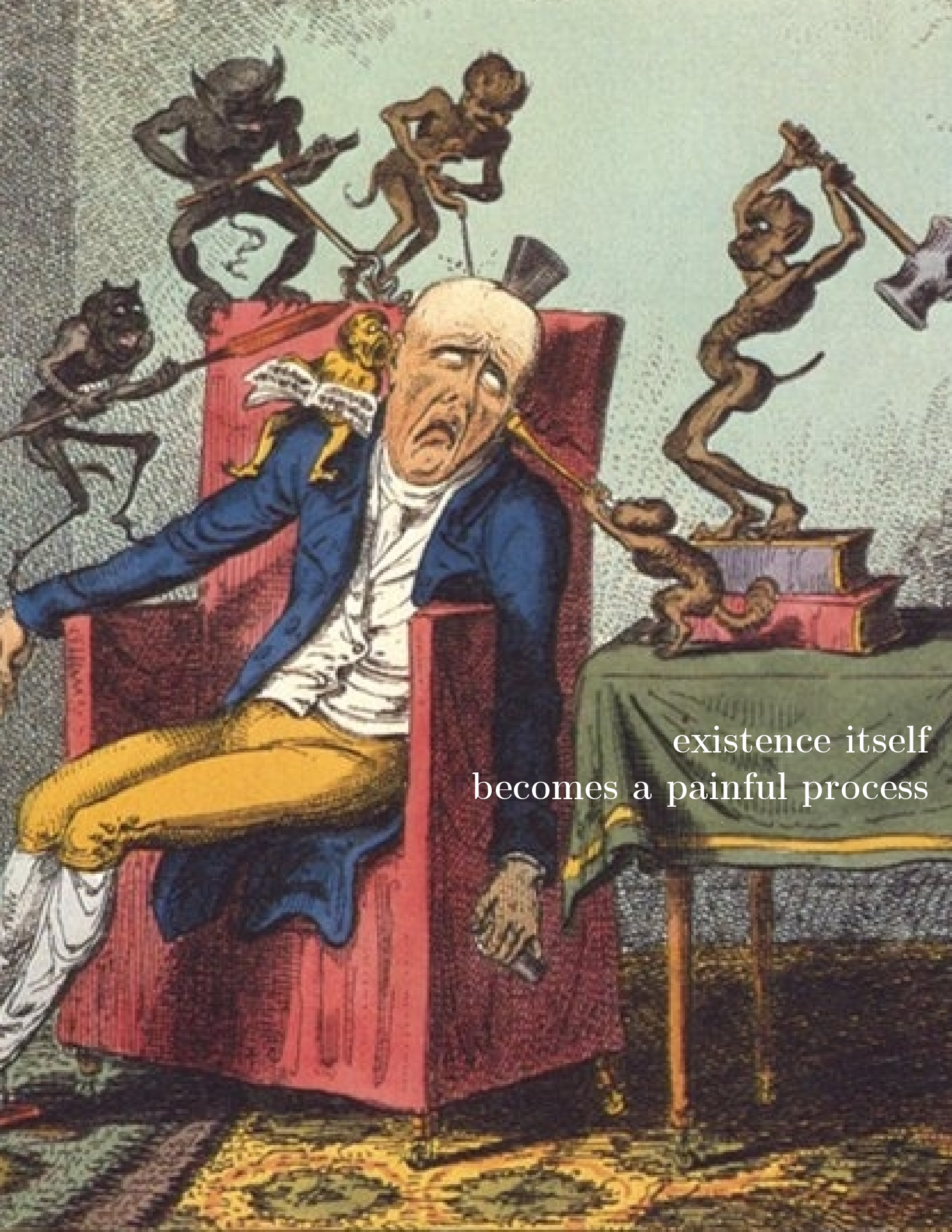


Utter dissolution of self.

Open prison that stretches forever.

Eaten alive by fear.

Your psyche turns against you in revulsion.



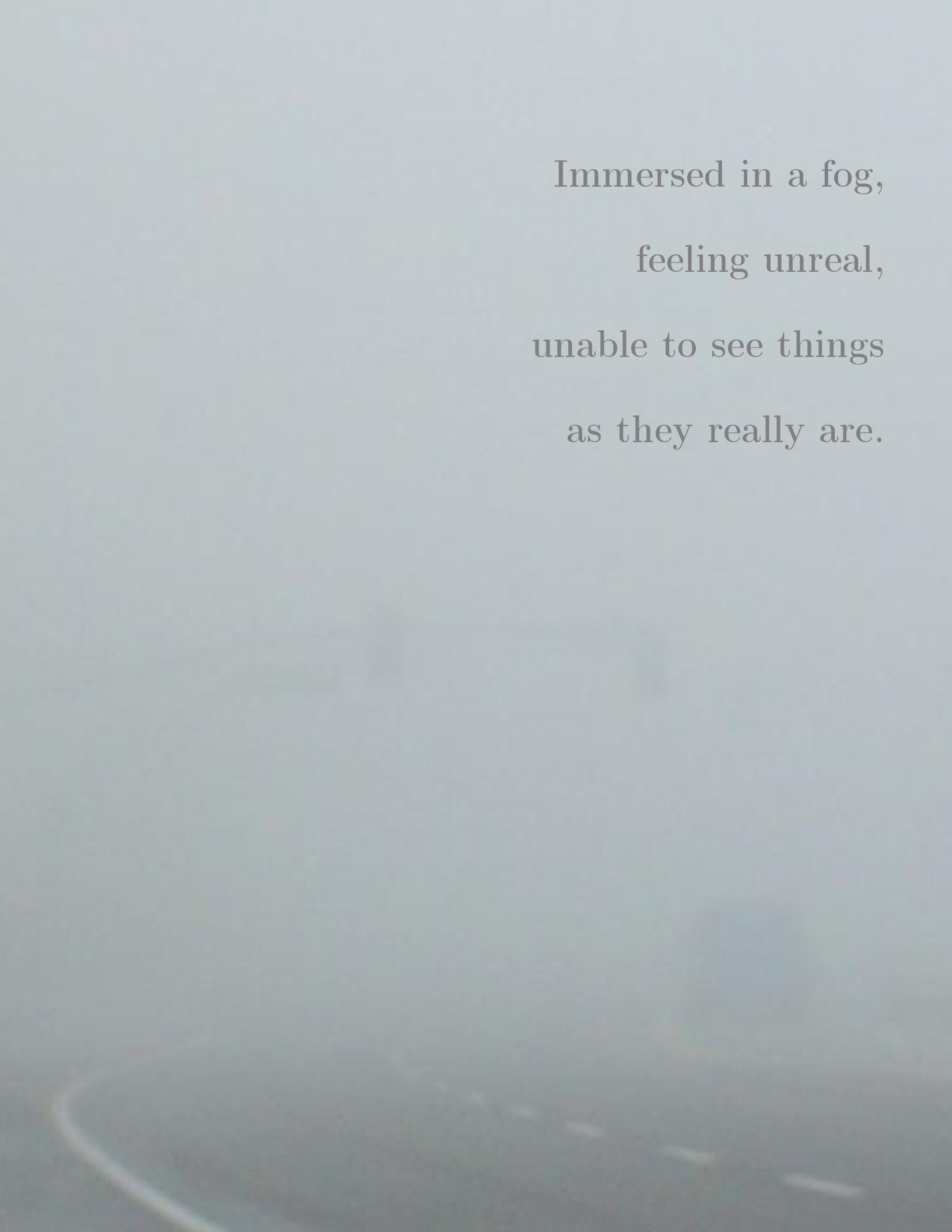
existence itself  
becomes a painful process



it takes the floor out from under me





A photograph of a road shrouded in thick fog. The road is dark and has a series of dashed white lines that recede into the distance, creating a sense of depth and perspective. The fog is a uniform, pale grey color, obscuring the horizon and any other details in the background. The overall mood is mysterious and ethereal.

Immersed in a fog,  
feeling unreal,  
unable to see things  
as they really are.



Hours,  
days,  
weeks,  
months  
...

in bed.

There is  
no night  
or day.

O

The socially acceptable choice for keeping



under control.

a flooded landfill





Sour, unbrushed teeth.



It doesn't matter 'cause you're not  
opening your mouth . . .

Don't want to do anything,



**STOP**

loathing because you can't,  
pushing because you know you have to ...

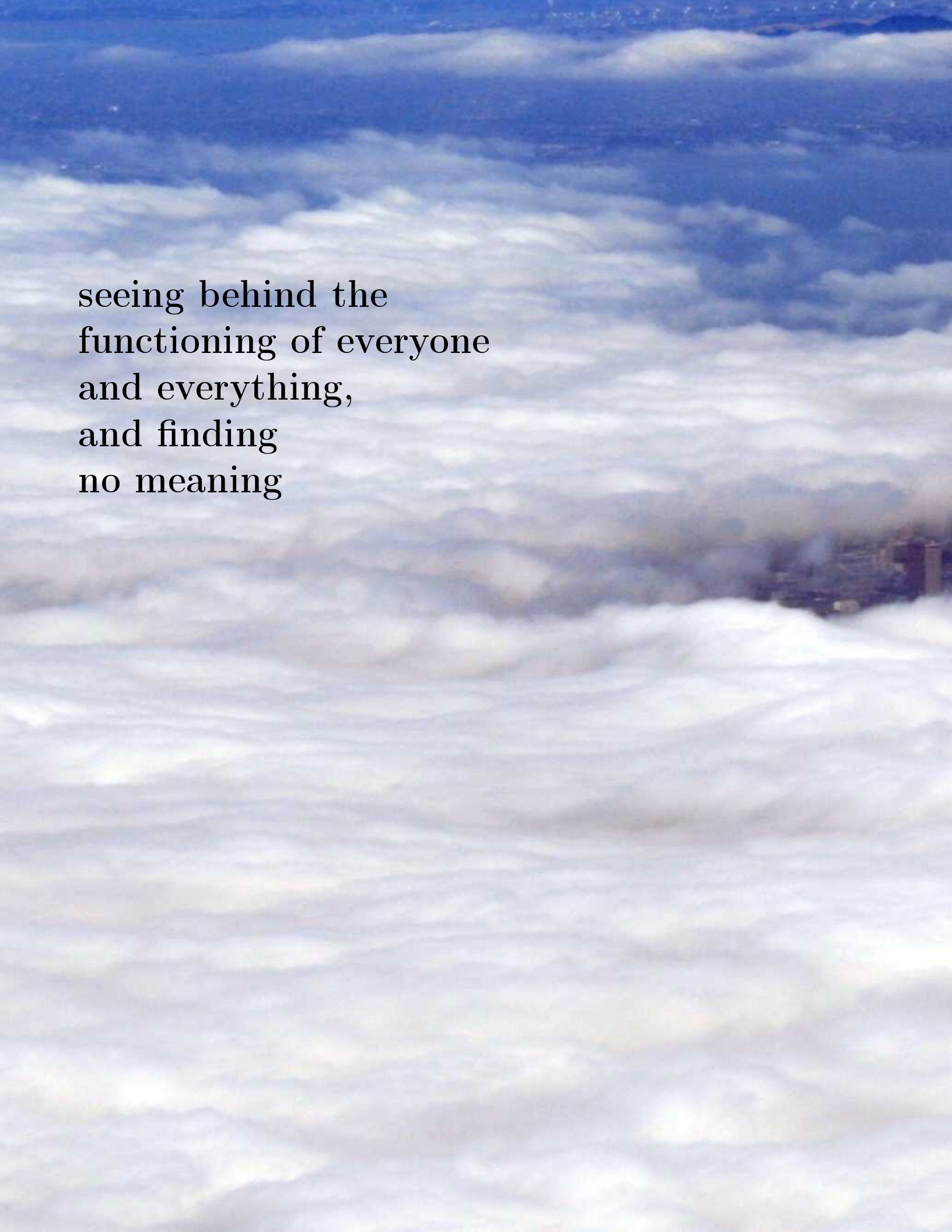
like compression

you're really aware of yourself  
and can't see outside of yourself





A hollow, hopeless shell.  
Joyless, loveless, alone.  
Seeking perhaps oblivion as  
an exasperating consolation.  
Muted, surrounded by shadows.  
Enslaved.

An aerial photograph showing a vast expanse of white, fluffy clouds covering the ground. In the upper portion of the image, a clear blue sky is visible. On the right side, a small portion of a city is visible, with buildings and a tall chimney emitting a plume of smoke. The text is overlaid on the left side of the image.

seeing behind the  
functioning of everyone  
and everything,  
and finding  
no meaning



I can't hear music  
or see color  
or sense meaning.

Every cell in my body feels sick.  
There is no relief except sleep.



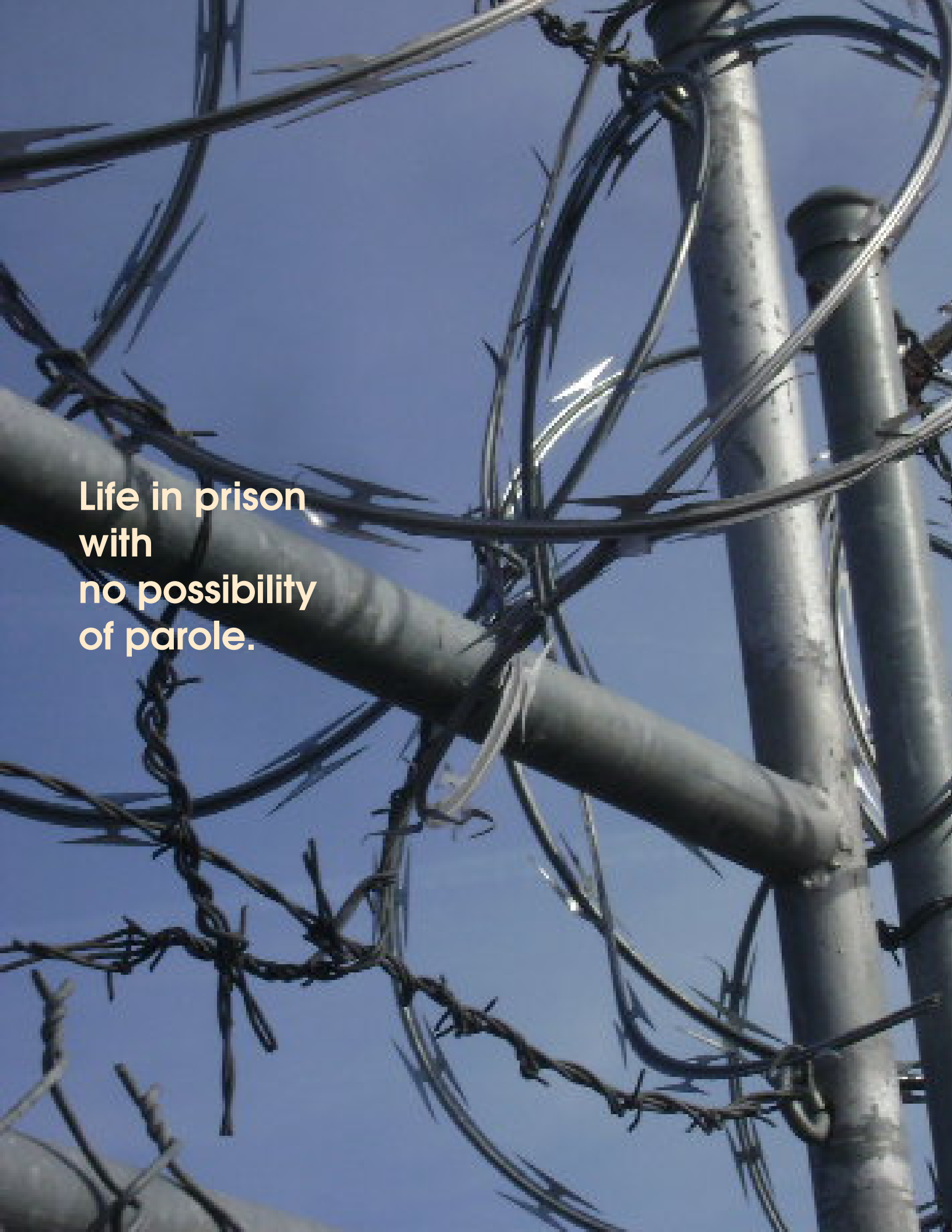


unending

stickiness,

grit,

and apathy



Life in prison  
with  
no possibility  
of parole.



It feels like being bullied year after year by the same kid in school.






A photograph of a yellow baseball bat and a white baseball lying on a patch of green grass and weeds. The bat is positioned diagonally from the top left towards the bottom center. The baseball is located in the lower right quadrant of the image. The text is overlaid in the upper right area.

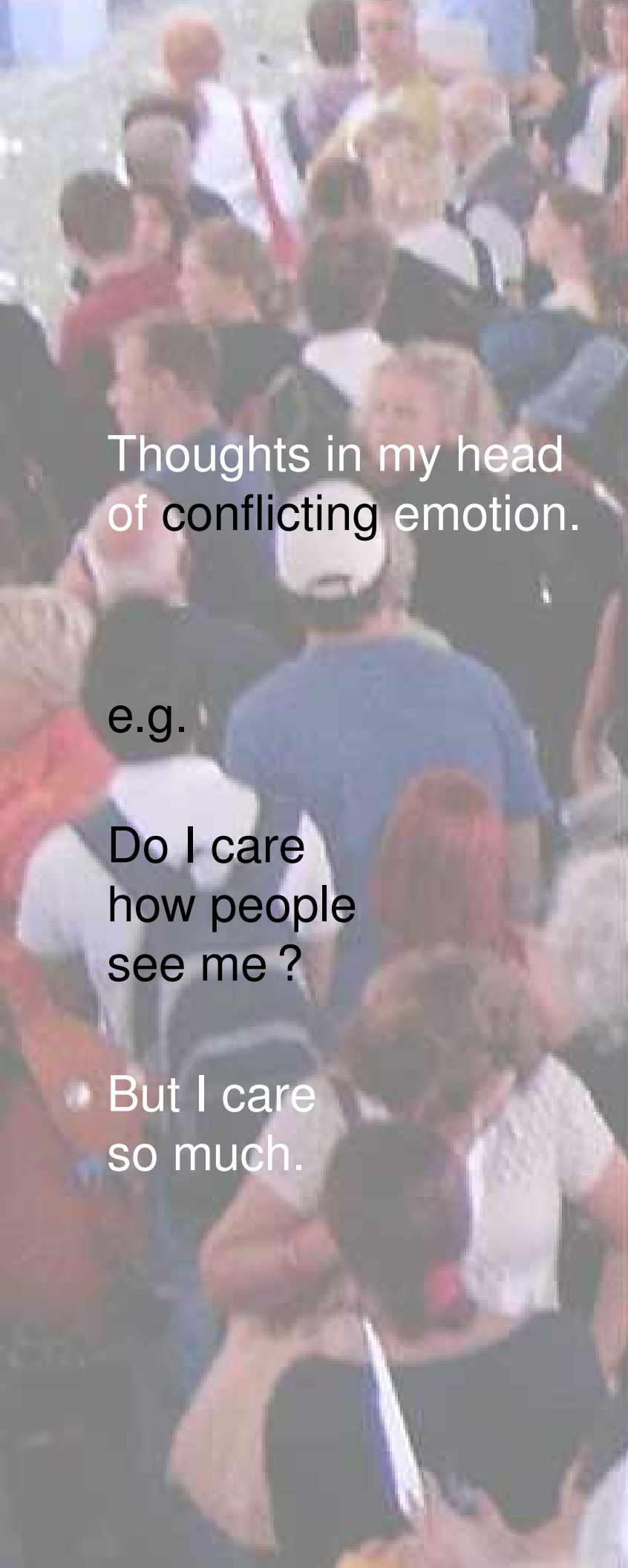
It feels like turning the corner  
and being beaten by  
guys with baseball bats.



A photograph showing the lower half of a person standing on a red carpet. The person is wearing dark trousers and black shoes. The red carpet is laid on a grey, textured surface. The text is overlaid on the red carpet.

I'm a smoking, smelly leper  
staring tearfully, hopelessly shackled,  
as 'the others' vainly parade life's red carpet.





Thoughts in my head  
of conflicting emotion.

e.g.

Do I care  
how people  
see me ?

- But I care  
so much.





burning myself and  
pressure that crushes  
my head



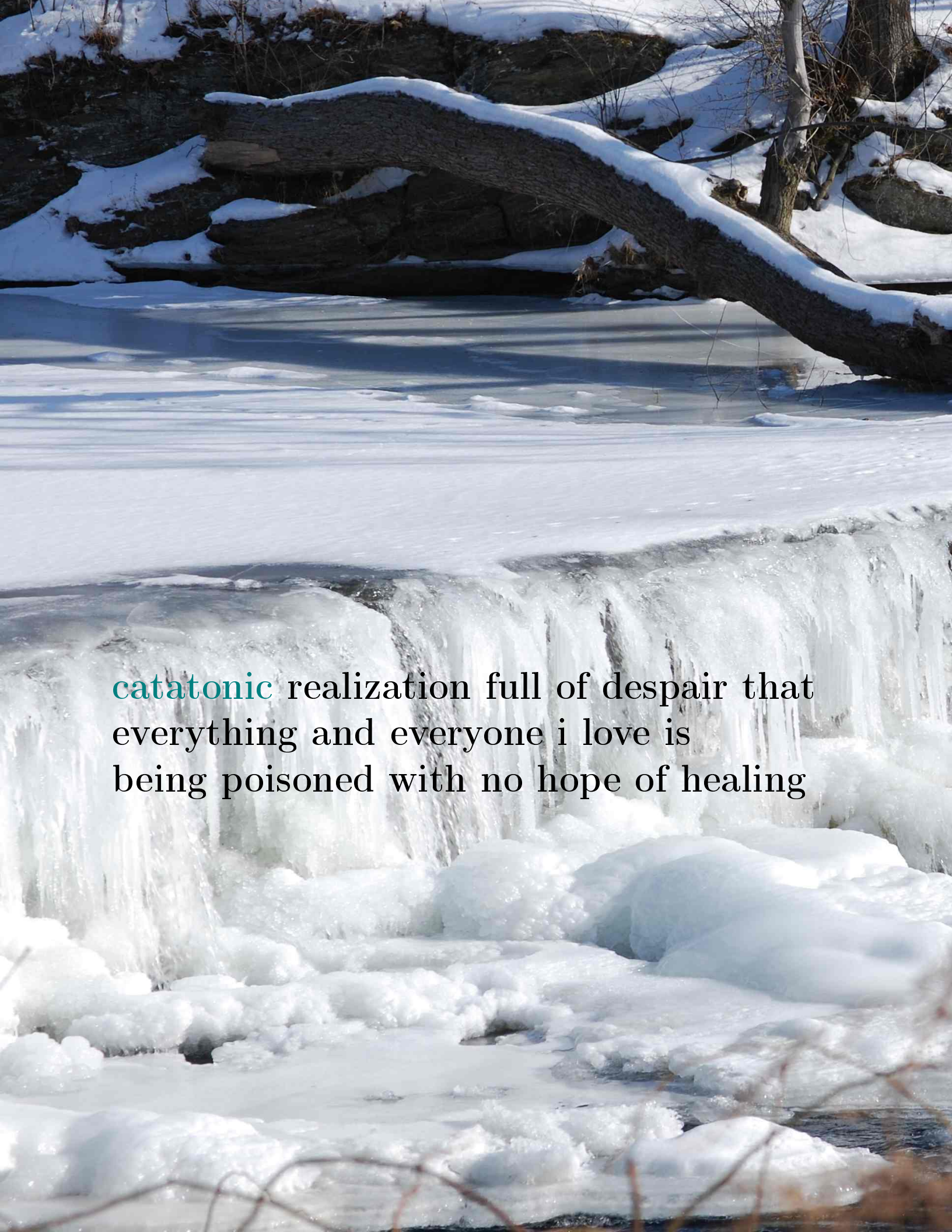
The ghost in the house...



Screaming for help  
from the bottom of a  
deep, deep well.





A photograph of a winter landscape. In the foreground, a waterfall is partially frozen, with water cascading over a ledge of ice. The water is white and frothy. The surrounding area is covered in snow and ice. In the background, a large, dark, snow-covered log lies horizontally across the frame. The sky is not visible, and the overall tone is cold and desolate.

catatonic realization full of despair that  
everything and everyone i love is  
being poisoned with no hope of healing



A satellite image of Europe and North Africa. The landmasses are shown in green and brown, while the surrounding oceans are dark blue. The Mediterranean Sea is visible between Europe and North Africa. The text is overlaid on the left side of the image.

sometimes

a day

just

breaks

into

halves





pain behind the eyes  
when even looking at lovely things

and you dont want people  
to see your eyes

one giant **lose-lose** situation

	Swerve	Straight
Swerve	Tie, Tie	Lose, Win
Straight	Win, Lose	Crash, Crash

*Fig. 1: A payoff matrix of Chicken*

	Swerve	Straight
Swerve	0, 0	-1, +1
Straight	+1, -1	-10, -10

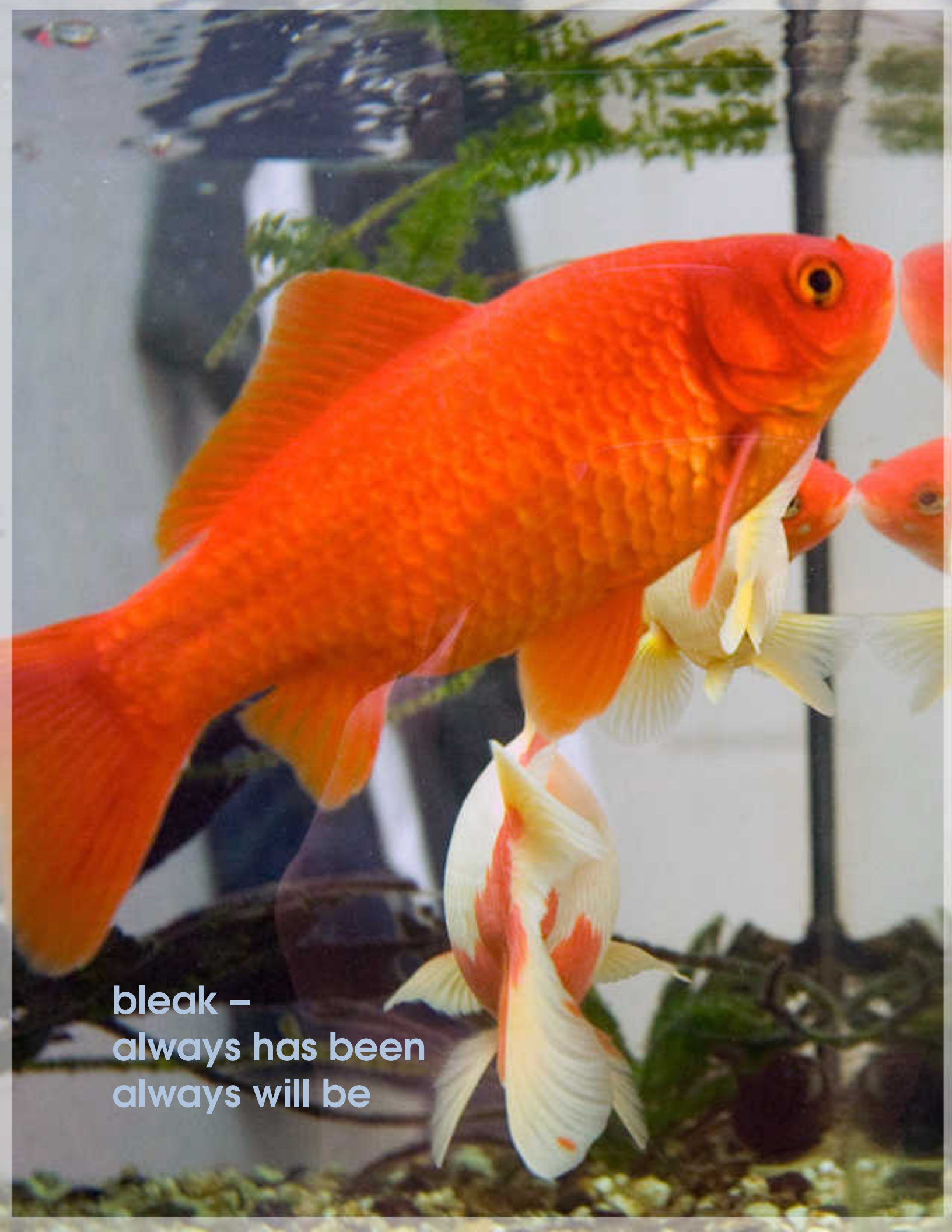
*Fig. 2: Chicken with numerical payoffs*



trapped



for ineffable reasons, with the self-hatred  
experienced from lack of logical causes  
creating a feedback loop

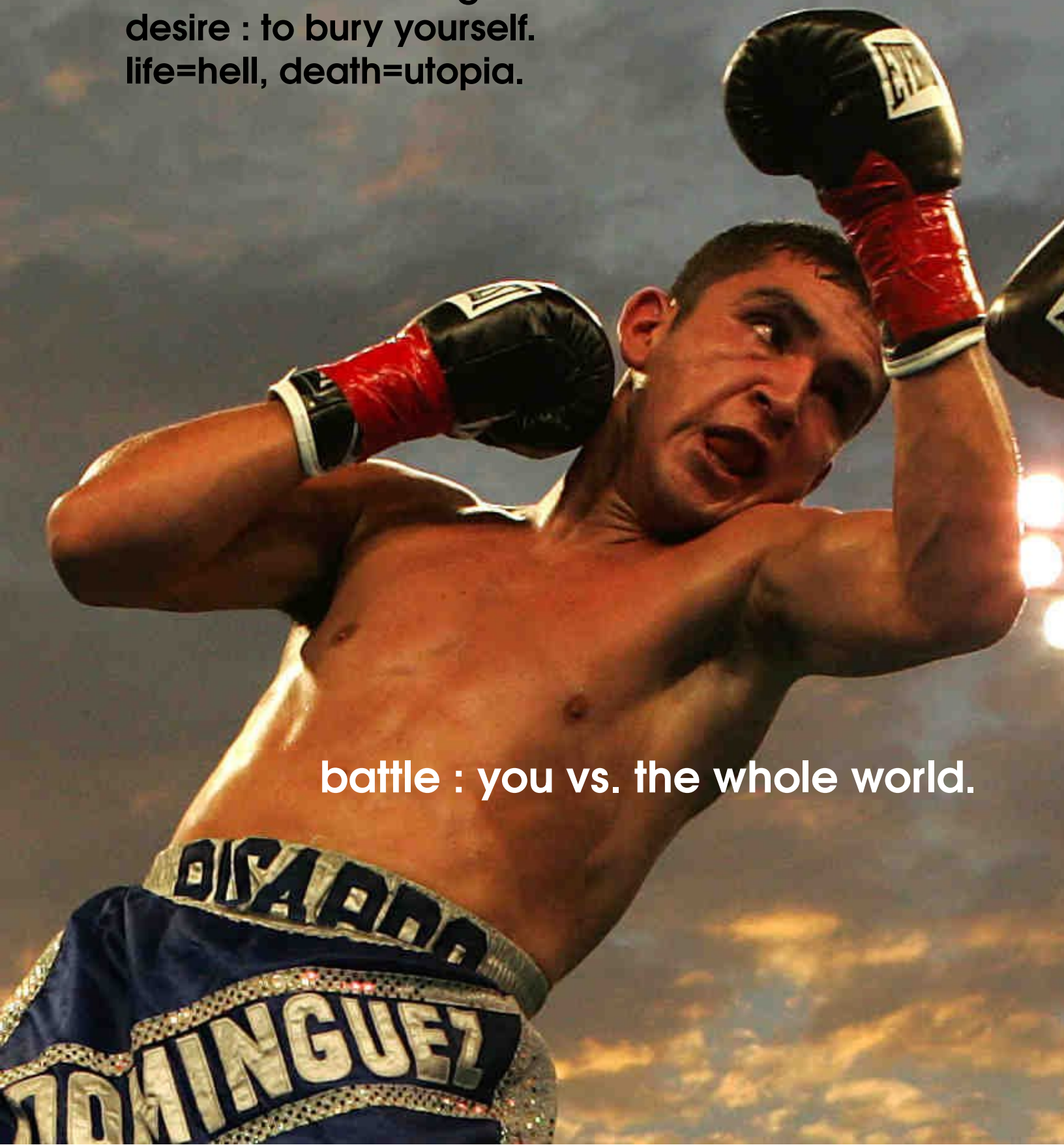
A large, vibrant orange goldfish is the central focus, swimming towards the right. Its scales are finely detailed, and its fins are spread. In the background, several other fish are visible, including a white fish with orange patches and other orange fish. Green artificial plants and a dark, rocky substrate are also present in the aquarium setting.

bleak –  
always has been  
always will be

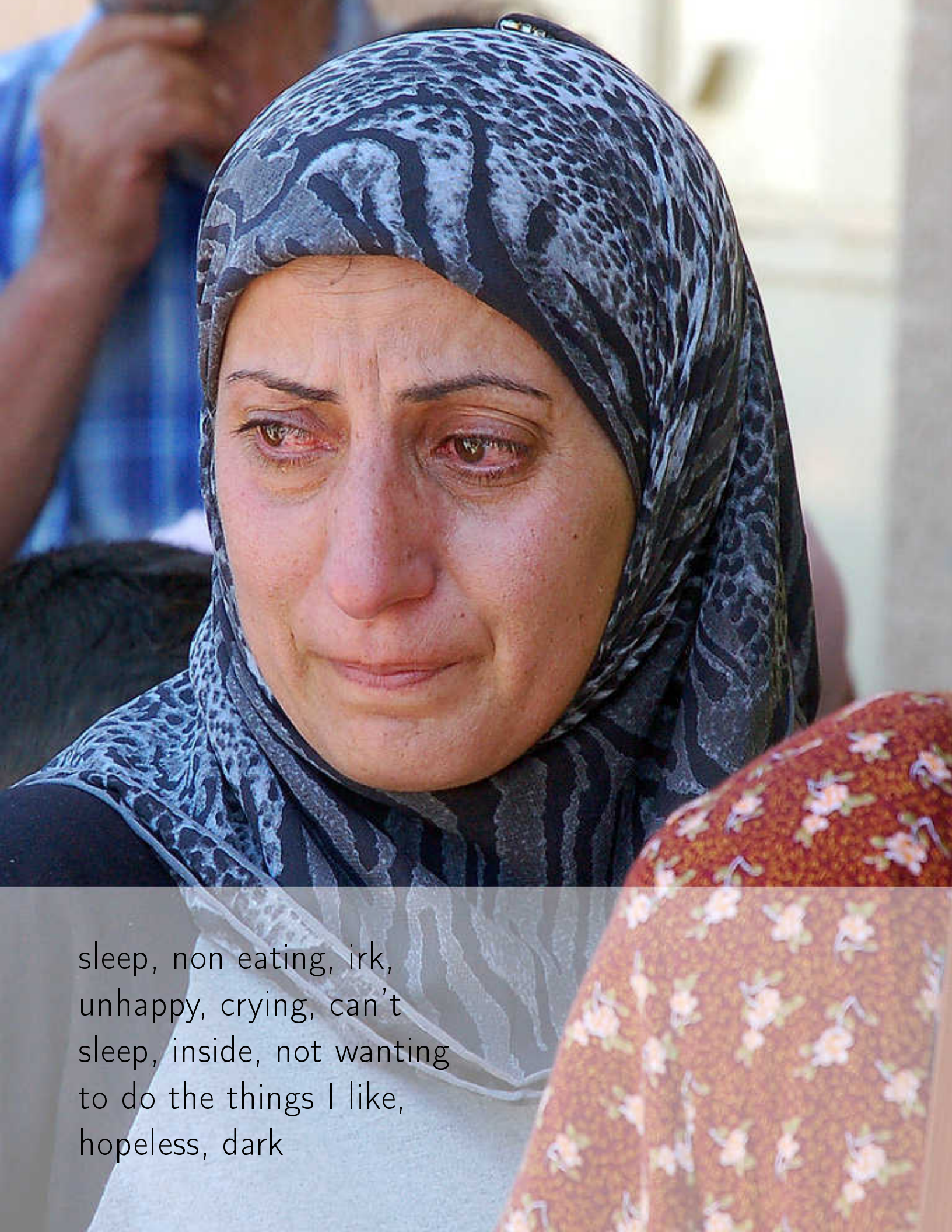


waking life = sisyphian task.  
sensation : drowning.  
desire : to bury yourself.  
life=hell, death=utopia.

battle : you vs. the whole world.

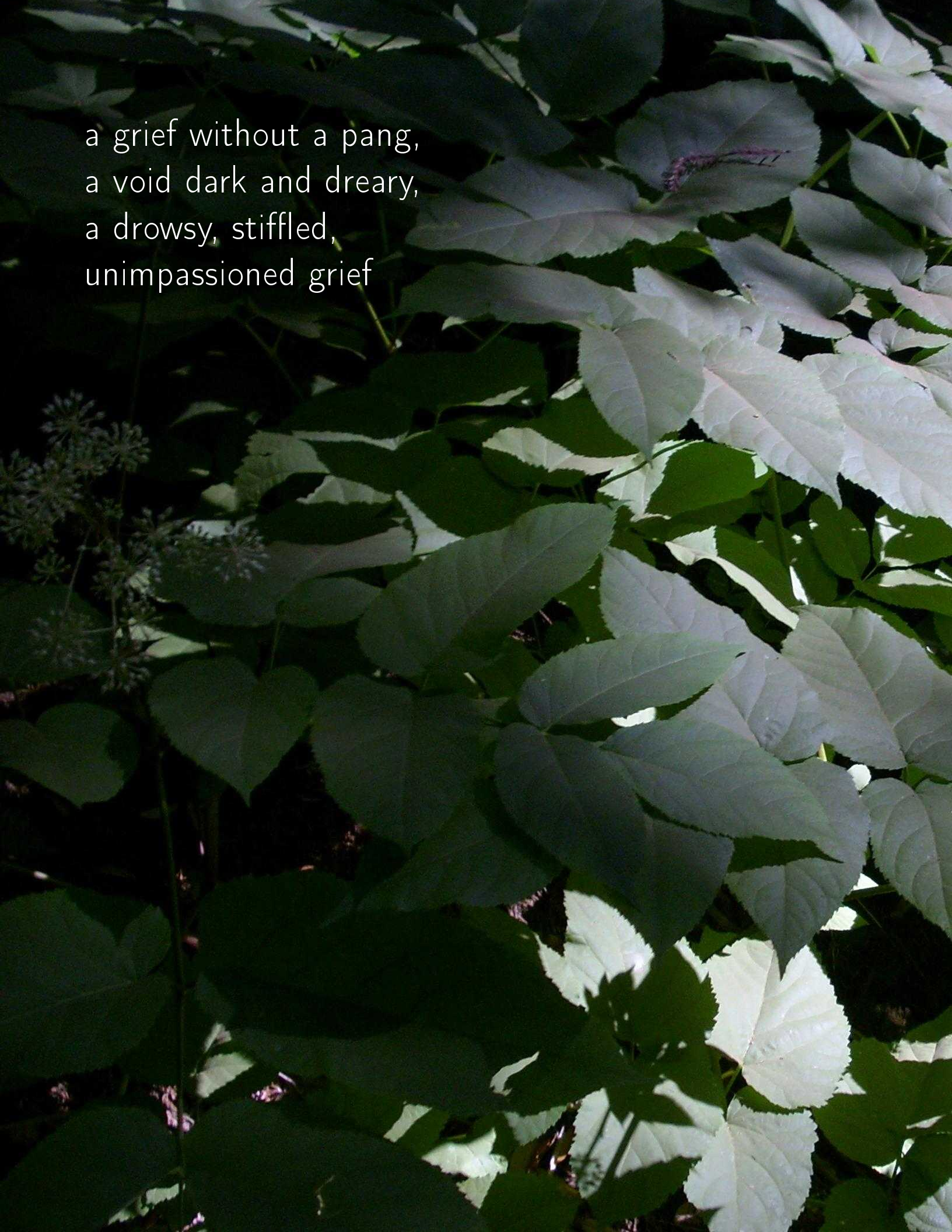






sleep, non eating, irk,  
unhappy, crying, can't  
sleep, inside, not wanting  
to do the things I like,  
hopeless, dark





a grief without a pang,  
a void dark and dreary,  
a drowsy, stifled,  
unimpassioned grief





can't get out of bed

to even brush teeth

plz come over,

feed cat 4me

thx <3 u :(





Depression

is a hole  
inside me  
that gets  
bigger and colder  
when I try to  
ignore it.

Recently  
it's smaller.





Pain that's like

cement blocks

for your body  
and emotions  
that you feel  
you won't ever escape

depression is



reliving the past



I have come to  
the conclusion  
that anyone  
that has never  
personally experienced  
depression  
does not really  
understand it.



The Icarus Project envisions a new culture and language that resonates with our actual experiences of 'mental illness' rather than trying to fit our lives into a conventional framework.

We are a network of people living with and/or affected by experiences that are commonly diagnosed and labeled as psychiatric conditions. We believe these experiences are mad gifts needing cultivation and care, rather than diseases or disorders. By joining together as individuals and as a community, the intertwined threads of madness, creativity, and collaboration can inspire hope and transformation in an oppressive and damaged world. Participation in The Icarus Project helps us overcome alienation and tap into the true potential that lies between brilliance and madness.

The Icarus Project is a collaborative, participatory adventure fueled by inspiration and mutual aid. We bring the Icarus vision to reality through an Icarus national staff collective and a grassroots network of autonomous local support groups and Campus Icarus groups across the US and beyond.

[theicarusproject.net](http://theicarusproject.net)