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Attention Seeker

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Attention Seeker

Abstract

“Why are you such an attention seeker?

What pain?

Where’s the sorrow?

You’re just an attention seeker!”

I just sat there, in the bathroom on the ground alone." [*excerpt*]

Keywords

alone, attention seeker, insecurity, internalized, liar, mental health, mental health disorders, mental illness, stigma

Disciplines

Civic and Community Engagement

Comments

Surge is a student blog at Gettysburg College where systemic issues of justice matter. Posts are originally published at surgegettysburg.wordpress.com Through stories and reflection, these blog entries relate personal experiences to larger issues of equity, demonstrating that –isms are structural problems, not actions defined by individual prejudice. We intend to popularize justice, helping each other to recognize our biases and unlearn the untruths.

SURGE

[VERB] : to move suddenly or powerfully forward or upward

ATTENTION SEEKER

October 18, 2018

“Why are you such an attention seeker?”

What pain?

Where's the sorrow?

You're just an attention seeker!”

I just sat there, in the bathroom on the ground alone.

Cold, so cold, I'm so cold.

Time stops and I don't seem to know who I am anymore.

I rose and open the only window in the room and turn the faucet on.

The water runs.

Cold, the water is so cold.

I sink deeper and let the water surround me until I'm buried under.

I hate the cold, but it's all I have,

it's all I ever had.

“You have friends now,”

a whisper came to me.

You're not alone anymore, right?

Wrong!

"You're wrong," I said.

I always walk that street alone,

lost in my blank thoughts,

struggling to pull up my heavy bag

and continue my walk alone.

My legs don't seem to work anymore,

are you trying to leave me too?

"Stop it, you liar, liar!"

another whisper called self-screamed!

"You're just an attention seeker!

What pain? What sorrow?

Humans were destined to be alone,

who doesn't go through this,

who doesn't feel lonely?

You think you're so special!"

"Leave me alone, please!"

I struggled to scream...

What's wrong with being an Attention Seeker?

Everyone needs attention sometimes.

I feel pain too,

I get hurt too.

It laughed in my face,

I laughed in my face.

“They will never love you!”

The water began to overflow,

I was already so far away from reality,

and everything around me.

You’re right, I’ll submit,

I need to remember,

that I was never in pain,

slowly, slowly,

I creep out the tub full of water

and slid myself down beside the tub.

So cold,

I can hear my heartbeat,

but I can’t feel it.

Like nothing is even there.

I can’t feel anything at all.

I want to leave and seek help.

But thanks to myself hatred!

I subconsciously tell myself,

you aren’t in pain,

you’re not sad.

You’re happy,

you attention seeker!

Laurie '22
Staff Writer