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Thought

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Thought

Author Bio

Madison Sidle is a senior at Gettysburg College. Her major is Political Science and her minor is Writing. She is from Owings Mills, Maryland and has wanted to be a published author since she was twelve.

Thought

MADISON R. SIDLE

The blue darkness of my bedroom ceiling becomes a crowd,
and I feel myself exposed by familiar eyes of characters in my past
whose fictional lips whisper remembrance in my ear,
repeating stories that grab my insides with invisible hands
and squeeze until the pressure makes my heart race and my vision
blur.

I want to sleep but my mind associates these feelings with a different
scene,
and so the memory pulls forth another burst of embarrassment,
sitting behind a wooden desk, my head against my palm
the teacher's gaze falls on mine and my ideas are requested,
unprepared for the attention I fumble through my words,
steam pools in my cheeks and burns them red.
I force that memory away and another slips into its place.

Thought is cruel because it is ever present.
It exists in silence, teasing me in the dead hours of a day.
It exists in the noise, as I unpack my lunch in the high school cafeteria.
Thought gestures to my peers,
who must be watching you, it says,
so I leave my meal untouched and hide my face behind my phone
instead.

Thought can also turn against itself,
like the state revolting against their king.
No one is watching me, I reply,
pushing reason over emotion as I sit down to eat.
No one remembers that, I think,
until Thought quiets down and lets me sleep.