

The Red

How does it look and feel?

All you want is to be alone. You can't stand all the noise. You just hope that the voices will go easier on you today because your cold, and hungry and need some sleep. By now you can't even remember what started this nightmare and you search each moment for the needed clarity to bring you back to the life you recently held. A life with laughter, hot meals and security. But in this moment, you feel as electric as the neon sign that reads open in the nearby gas station window. How's does being in the red look for you? How does the red feel?

Your part in your recovery

You end up in a jarring place. Bright lights, Authorities and pills. If this is someone's idea of help, it doesn't feel like it. It just feels invasive. But a warm cup of coffee is nice. You still don't feel safe, but your exhausted and out of ideas. What is your part in your recovery?

The help you need.

You can't be expected to do this all on your own. But you're now willing to stay calm and do your part. You've left your life in such a mess? Did you even lock the door to your apartment? When was the last time you watered your cactus? As you stabilize somewhere safe, is anyone there to help you regain your life? How can you be proactive and find solutions for problems you may someday have?

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