

**IN
MY
HEAD**

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this book may contain sensitive topics such as violence, mental illness, unreachable dreams, addiction and unrequited love

this book is dedicated to every dreamer, survivor and to everyone who likes what I am doing

it all happens in my head

I cannot control it

I cannot let it go



if your mind was a library

or a bookstore

a place full of books with your own experiences

dreams and memories

which book would be your favourite then?

your negative thoughts
are just these floating clouds
in your mind
it's okay if they are here
it's okay if they are gone
for a moment
it's okay if you see thunder and rain
don't focus on them
try to build a roof instead
wait patiently until the sun comes out again

my mind is the place to be but it's not real

am I living my dreams or am I living in an illusion?

I hoped

I could see the stars

in the dark misty sky

with tears in my eyes

and a broken bleeding heart

everything seems so blurry



sometimes you think

one day you can meet them again

to thank them for their kindness

but one day they suddenly disappear

the kindest souls are leaving too early

I really craved

to touch the stars

one day

but I guess

I waited until

they would fall

on me

I thought I could grab my scissors
and cut them off until I am lonely
maybe I am meant to be alone