

Inhale Exhale

"Catathymic Rage"

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Catathymia
Emotionally traumatized
Beginning of the end
My brutal fantasy
Envelopes me
Unsolvable internal state
Leads to emotional tension
Dreaming of a violent deed
That I must now carry out
Paranoid, and anxious your blamed
Building desperation-uxoricide
Anger now a threat to my fragile sense of self
Imbuing violence with symbolic thinking
Tension culminates-catathymic rampage
Anger, tension, destabilization
My core perturbed, ungodly time bomb
Paranoia, killing the only way
Rage motivation
Stabbed hundreds of times
Killing with unparalleled ferocity
Animal instinct has taken over
I'm now a programmed killing machine
Extremely violent episode has been achieved
Target of the tension smashed repeatedly
After the brutality, relief
There is no recollection of the catathymic killing

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