

Sometimes we think too much

By Alyssa Cupp

Sometimes we think too much. Because we get caught up in our thoughts.

We listen to the voices in our head.

“Do this” “do that”

And we think

We think about everything and everyone

There’s one thing that sucks.

No one ever knows about the thoughts

Or how you really feel

Until one day you’re gone.

You disappeared

No one knows why.

So they think

And they get caught up in their thoughts

The sound of the voices in their heads

Saying “do this” “do that”

And they think more.

Just like you.

About everyone and everything

And no one knows what they are thinking

Till one day they’re gone.

They disappeared.

Till we are all gone because we think.

Sometimes we think too much. Because we get caught up in our thoughts.