

Paralyzed – Male Monologue

(Reading a book) Depressed—experiencing sadness greater and more prolonged than that warranted by any objective reason. *(talking to himself)* That's exactly it – There's no good reason I should be depressed. My family's great, my girlfriend's great, I have a great job, great car... So what's my problem? Why am I so messed up? *(reading aloud again)* Paralyzed—inability to move or function. Yep, that describes it. I can't change, even if I wanted to. I'm always messing something up or letting someone down, so why even bother trying anymore, y'know? *(beat)* I'm paralyzed.

(pause) Alright, you wanna know the truth? The truth is: work sucks, my girlfriend's sick of me, and no one in my family gives a rip about me. *(beat)* I hate life, and sometimes I just want it all to be over. If it's not gonna get any better, why bother waking up every day, y'know? And whenever I do look forward to something, it just falls apart and I feel even worse...

People say I'm worth something, but I can't figure out what. They say they love me, but I don't believe it anymore. It's like my mind is this prison of negative thoughts, and I'm, well, locked up.

The truth is, I want to be free. I wanna really live for something; I wanna have a reason to be alive.

I want to be free...but I don't know how.