

Rule #1-

Don't raise your hand in class. The answer you got on your math problem is probably wrong, and everyone is going to laugh at you if you blurt it out like the ignorant freshman you are. People already know you're stupid. They don't need another example.

Rule #2-

Delete your social media. Nobody cares about your pets, your work, or the places you've been. It doesn't make sense for you to post about your opinions. You're a single person. You can't make a difference through a screen and you have no idea what you're talking about. Just stay off of Instagram and keep your worthless thoughts to yourself

Rule #3-

Stop texting people. They don't want to hear from you. If they wanted to talk to you, they would, but they never do. The math is simple. If they don't talk to you, they don't like you, so stop looking like a desperate puke and leave them all alone.

Rule #4-

You don't need to date. Just leave her on read, stay in your dorm, and remain the ugly, fat freak you've been for eighteen years of your life. The only reason the very few people who were interested in you was because they pitied you, or are easy to use. Try again, and you'll end up alone once more, a cycle that only leads back to heartbreak. You can't get hurt if you don't give yourself the chance to be.

Rule #5

Give up. What are you still doing here? You drag through your sorry excuse of a life only to be buried in dirt and be eaten by worms. You're never going to have a good career, start a family, or amount to anything at all. You might as well end it here before something happens.

If you follow these rules, I will still be here. Don't follow them, I will still be here. I'm a part of you. You can't escape me. Who I am, is who you are.

This flash fiction is meant to raise awareness of anxiety and suicide prevention. Please know that if you suffer from anxiety, ending your life is not the answer. There are always people who do care about you and will be there for you. If you have anxiety or are having suicidal thoughts, please call this number:

800-273-8255

You are not alone.