



## Comfort -A psychiatrist's dilemma



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Is there some comfort in hearing voices  
that others can't hear?

Some comfort in that twisted posture  
of catatonia?

Is there some comfort in searching for  
ways

to let go of your life from your body?

Is there some comfort in the storms  
of euphoria and rage

that mania fires up in one's mind?

Any comfort in checking a hundred times  
the things that you know are quite fine?

Does insanity come with a comforting  
touch to the soul,

when reality is painfully baffling?

I wish I knew the answer,

when I touch the addled minds...

I wish I could vouch to them that there's  
comfort

in sanity.