

## Wilderness House Literary Review 12/2

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### How to Summon a Demon

There you are, sitting alone in your living room.

And there, your demons are released.

You have *Depression*: it lingers close to you every time you're alone and becomes bigger and greater when you submit to it. And those lucky enough to not have one, are replaced with just a bit more light.

Next you have *Fear*: it's hiding away in the corner of the room: shaking, shivering, hiding from whatever else it doesn't know of. It's the side of you that's afraid to try something, to confront someone, to stand up for yourself.

Following is the *Bulimia/Binge Eating Disorder*: it makes you nauseous from what you've just ate and constantly whispers to you, I want more

Then there is *Self Harm*: threatening you to cut yourself for relief and if that doesn't work, to try something else. Because that will make you feel better and with every cut the pain fades a little.

There also *Anorexia*: It is the one that tells you to, "stop eating, you're getting fat, you're overweight, how are people ever going to like you? If you stop eating maybe they would, you would have the perfect body that every would adore, your troubles would be gone and you would be perfect."

Then there's you, the only human in the entire room. The only one who could somehow keep all of these demons inside when in public, and let them out when you're alone. But sometimes, their words get the best of you and you have a meltdown. You break, you're crying with those tears running down your face. But they're really the saliva of those demons laughing because they finally got what they wanted.

But with demons comes angels, and you have them too. The angels that tell you everything is going to be okay. They're the ones that guide you through tough situations, but when they're not there, well, they're just letting take control.

So, you don't need to summon one for whatever reason, they're already there.

