

I DON'T
WANT
TO BE
CRAZY!

A MEMOIR BY
SAMANTHA SCHUTZ

SCHOLASTIC INC.

For Emily Kozlow — who saw the worst

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It takes courage to push yourself to places that you have never been before . . . to test your limits . . . to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

— Anaïs Nin

Prologue

I can't believe
no one else can hear
I am screaming
inside my head.

Things are moving so fast.
I am going to die.
I am going to die.
I am going to die.
My hands are shaking.
I try to squeeze them, try to make it stop,
but now my fists are shaking,
and this shaking is working its way through me.
It must look like I am having a fit.
I want to let the scream out,
but I think if I start,
I'll never stop.

It's not supposed to be like this.
I am too young to die.
I don't know how to make this end,
and if it doesn't, I'll have to go to a hospital,

be medicated, force-fed soft foods.

I don't want to be that person.

I am not that person.

I am not.

I am not.