

## 08. How It Began

Opened my eyes said to myself why?  
Breakfast cry sad look  
Brushed teeth I'll leave  
No, Don't let me go  
Can't say if the way  
Back is gone long  
Silence hence  
The reply I  
See you hurting bad missing that  
Willpower final hour  
Creeps closer discussion over  
Call doctor  
waiting room soon  
Have to share tear  
Agony misery  
What's wrong? Where I belong!  
Always pain fucking maze  
Rain  
I Cry live a lie  
Darkness overtakes less ways  
To run ain't fun  
Heavy I see  
What I'll do refer you  
To a shrink stay of the brink

Bridge into verse two dialog

Jordi: Uh, hello?

Intake person: Hi Jordi Joyce here.

Jordi: Hi

Intake person: The first thing we're going to do, is have a Intake over the phone.

Jordi: Ok

Intake person: So take a deep breath and once you're ready, can you tell me everything that goes on in your life right now and what you need help with?

Jordi: Yeah, I'm nervous bit I'll try.

## Verse 2

I'm 25 I've  
Recently heavily  
Fought brought  
Me to tears here  
Both parents (parints) guardians  
Keep me small all  
because I little guy  
Never grew mind blew  
When I noticed this  
entire time I'm  
Living wrong sing their song  
Anxious plus  
Mad sad  
Don't leave home outside on my own?  
Don't dare people stare  
Aware  
Hate calling to? Stumbling through  
Conversation frustration  
Socially need more mentally burning door  
That's all for today ok  
In two weeks colleague  
Is available suitable?  
Yeah have a nice day surprise start of the way

## Bridge into verse three dialog

After that conversation with that lady on the phone, I was going to have my first face-to-face session. And I was super nervous. But you know, something changed me during that first session. But.. The worst was still to come. This is what happened.

### Verse 3

my First session felt tension  
Fades as soon I sit in room  
Told her everything refreshing  
Never interrupted bucket  
Empty Relieved I leave  
Then get to hear therapy stops here  
Guardianship See knew it  
Risk to high My  
Parents could sue If they do  
Problem Then  
Solution came No name  
Therapist saved me Jordi  
If they agree We treat  
You we continue  
Got in What's bugging  
Me till this day she went all the way  
All I say Was lucky She  
Saw my pain healthy brain  
First disabled Case on the table  
Normal therapy finally  
Grow get grid of that ugly monster I hid

### Outro dialog:

That... Is in a nutshell how my road to therapy began. It was a very bumpy ride. And I'm thankful that I am in treatment right now. I've got the people to thank that steered me in the direction of getting professional help. And.. I also got my therapist to thank to take the extra step into wanting to take my case on. Cause I'm the first disabled patient that they have. Because it's not normal. Normally somebody in my situation would simply go to a therapist that is uh.. specialized for disabled people. And I didn't want that. I just wanted a normal therapist so that I could prove to everybody that I can handle myself. That is how it began...

Hook 1 play intake









Verse 1 build up towards first phone call  
Verse 2 phone call and intake  
Verse 3 allowed treatment final thoughts