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I could hear water

There are moments when the only sound I can hear is the sound of water. The stream flowing in the river. The waves breaking on the shore. Drumming in my ears, loud and clear, even from afar.

I was never afraid of water. Sometimes I think I learned how to swim even before I learned how to walk. Sometimes I feel like I belong under the surface of the ocean more than on the surface of the earth. Water has always been my element.

Throughout past few years, suicidal thoughts kept on rising and falling in my head like waves. While drowning in destructive emotions, I imagined myself drowning physically as well. Death in the water is considered to be one of the most painful ways to die, but when you find it impossible to live, what could be worse? I always imagined it would be like falling asleep. The water purifies the body floating downstream. The body dissolves in the water.