

CRIPPLED  
by Dave Biscella

“You can do this,” Roger repeated to himself over and over in his head. He knew he could do this, but yet he couldn’t. He’d done this a million times before. Not just could he do this, but he could do it well.

Yet, he couldn’t.

“You can’t do this,” the voice inside his head repeated over and over to Roger. Something in there was stopping him. Something in there was filling him with dread. There was nothing to dread, and deep down he knew this.

Yet, he was filled with dread.

What went wrong? At what point in his life did the care nothing, not a care in the world mentality Roger had for his entire life transform into the exact opposite. It wasn’t due to getting wiser with age. That’d make sense if only certain things filled him with fear. Things that make sense. But this didn’t make any sense. He knew he could do this. He had done this. But now, just the thought of even attempting this crippled him.

He was scared. He was afraid. Of what? Roger couldn’t answer that for sure. There was nothing to be scared of. There was nothing to be afraid of.

Yet, he was very afraid.

“Just do it,” he’d repeat to himself outloud in an effort to motivate himself.

It sounded cliché, but it made sense. Just do it. It’s that simple. You’ve done it. You know you can do. So, just do it.

Take the plunge. Dive in. What’s the worst that can happen? You can’t even think of any negative consequences, so go for it.

All of this made perfect sense.

Yet, it didn't.

Roger couldn't explain it. It was tearing him up inside. To know for a fact there was nothing to be afraid of. To know he was filled with fear for something that he knew he could do. To avoid doing something he knew he had to do, but for some reason had convinced himself he couldn't.

He couldn't talk to anybody about it, because it didn't even make sense to him. How could he make it make sense to anybody else? He would sound insane to try and explain what is going on in his head. He's sound weak. He'd sound lazy.

Roger knew he had to deal with this on his own. He knew he had to amp himself up enough to be able to work through it on his own.

He knew he could overcome this.

Or could he?