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extra

4:48 Psychosis (excerpt)

Sarah Kane

I am sad
 I feel that the future is hopeless and that things cannot improve
 I am bored and dissatisfied with everything
 I am a complete failure as a person
 I am guilty, I am being punished
 I would like to kill myself
 I used to be able to cry but now I am beyond tears
 I have lost interest in other people
 I can't make decisions
 I can't eat
 I can't sleep
 I can't think
 I cannot overcome my loneliness, my fear, my disgust
 I am fat
 I cannot write
 I cannot love
 My brother is dying, my lover is dying, I am killing them both
 I am charging towards my death
 I am terrified of medication
 I cannot make love
 I cannot fuck
 I cannot be alone
 I cannot be with others
 My hips are too big
 I dislike my genitals
 At 4.48
 when desperation visits
 I shall hang myself
 to the sound of my lover's breathing
 I do not want to die
 I have become so depressed by the fact of my mortality that I have decided to commit suicide
 I do not want to live

Sarah Kane was born in 1971. She died in 1999 from suicide. She wrote four outstanding plays and a short TV film for Channel 4. This excerpt is from *4:48 Psychosis* (pages 206–7), Methuen Publishing, 2001.

Chosen by Femi Oyeboode.

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