

Introduction to "Overreacting? I Think Not!"

We all have our moods. One day while working, I looked out the window and noticed how gray the sky was. Soon after, I heard and then saw the drops of rain come down, and for some reason, it made me unusually gloomy. That is the occasion for the writing of this poem.

As I stated, we all have our moods. Often, in fact, almost all the time, we who are not psychotic can control and overcome our moods, be they too negative or too positive. So I may have over-reacted in the words that make up the four stanzas that follow. You decide. The main thing is that I kept my feelings to myself; I didn't take them out on anyone. After all, I wouldn't want to rain on anyone's parade.