

Ned Vizzini

Quotes

*Thinking, People, Want, Depression, Book, Brain, Real, Tvs, Wake Up,
Feelings, Running, Smart, Important, Problem, Eye, Bed, Mom, World, Able,
Giving*

its hard to talk when you want to kill yourself

~Ned Vizzini

That's all I can do. I'll keep at it and hope it gets better.

~Ned Vizzini

So why am I depressed? That's the million-dollar question, baby, the Tootsie Roll question; not even the owl knows the answer to that one. I don't know either. All I know is the chronology.

~Ned Vizzini

I want to live but I want to die. What do I do?

~Ned Vizzini

I'm done with those; regrets are an excuse for people who have failed.

~Ned Vizzini

I don't know how I can be so ambitious and so lazy at the same time.

~Ned Vizzini

She doesn't want to end up like me. At least I'm giving someone an example not to follow.

~Ned Vizzini

Sometimes when you open a book, time stops.

~Ned Vizzini

I wanted to tell people, "My depression is acting up today" as an excuse for not seeing them, but I never managed to pull it off.

~Ned Vizzini

Dr. Barney stared at me, his lips puckered. What was he so serious about? Who hasn't thought about killing themselves, as a kid? How can you grow up in this world and not think about it?

~Ned Vizzini

I'm smart but not enough--just smart enough to have problems.

~Ned Vizzini

I didn't want to wake up. I was having a much better time asleep. And that's really sad.

~Ned Vizzini

And I could have died right then. And considering how things went, I really should have.

~Ned Vizzini

I can't eat and I can't sleep. I'm not doing well in terms of being a functional human, you know?

~Ned Vizzini

I had fooled myself into thinking that I was something important to the rest of the world.

~Ned Vizzini

Life can't be cured, but it can be managed.

~Ned Vizzini

I have a system with bathrooms. I spend a lot of time in them. They are sanctuaries, public places of peace spaced throughout the world for people like me.

~Ned Vizzini

If you can't get out of bed for long enough, people come and take your bed away

~Ned Vizzini

Sometimes I wish I had an easy answer for why I'm depressed.

~Ned Vizzini

I'm fine. Well, I'm not fine - I'm here." "Is there something wrong with that?" "Absolutely.

~Ned Vizzini

My brain was all right back then; it didn't get stuck in ruts.

~Ned Vizzini

I found myself jealous of the people who wrote the books. They were dead and they were still taking up my time. Who did they think they were?

~Ned Vizzini

I feel dead, wasted, awful, broken and useless. It's not the kind of feeling you forget.

~Ned Vizzini

A person's relationship with food is one of their most important relationships.

~Ned Vizzini

Some of the most profound truths about us are things that we stop saying in the middle.

~Ned Vizzini

We look into each other's eyes as we shake. His are still full of death and horror, but in them I see my face reflected, and inside my tiny eyes inside his, I think I see some hope.

~Ned Vizzini

I think you run out of 'I love yous

~Ned Vizzini

That made me happy. That was my Anchor.

~Ned Vizzini

People are screwed up in this world. I'd rather be with someone screwed up and open about it than somebody perfect and ready to explode.

~Ned Vizzini

It's a huge thing, this Shift, just as big as I imagined. My brain doesn't want to think anymore; all of a sudden it wants to do.

~Ned Vizzini

deep down I believe my year was a special year: it produced me.

~Ned Vizzini

I was never big on rage.' 'Why?' "It's so much more angry in my head than it could ever be outside.

~Ned Vizzini

I don't owe people anything, and I don't have to talk to them any more than I feel I need to.

~Ned Vizzini

Do you even know who the enemy is?" "I think... it's me".

~Ned Vizzini

That's the number one thing I hear about humans. You have all these choices, so you're confused all the time, and you think so much that you're never happy.

~Ned Vizzini

One thing I've learnt recently: how to think nothing. Here's the trick: don't have any interest in the world around you, don't have any hope for the future, and be warm.

~Ned Vizzini

They're sort of ancillary anyway, friends. I mean, they're important -- everybody knows that; the TV tells you so -- but they come and go. You lose one friend, you pick up another.

~Ned Vizzini

My family shouldn't have to put up with me. They're good people, solid, happy. Sometimes when I'm with them I think I'm on television.

~Ned Vizzini

I had hurt her feelings, I found out later; I didn't know I had that power.

~Ned Vizzini

The Shift hasn't happened yet, maybe it never will, but sometimes-just enough times to give me hope-my brain jars back into where it's supposed to be.

~Ned Vizzini

And when you say the truth you get stronger.

~Ned Vizzini

Dreams are only dreams until you wake up and make them real.

~Ned Vizzini

The Shift is coming. The Shift has to be coming. Because if you keep living like this you'll die.

~Ned Vizzini

I like how you don't hide your problems like everyone else, and I don't have to hide mine when I'm around you.

~Ned Vizzini

(...) Since I was a kid." "Which you refer to as 'back when you were

happy." "Right.

~Ned Vizzini

I waste at least an hour every day lying in bed. Then I waste time pacing. I waste time thinking. I waste time being quiet and not saying anything because I'm afraid I'll stutter.

~Ned Vizzini

Depression starts slow.

~Ned Vizzini

People don't make good Anchors, though, Craig. They change.

~Ned Vizzini

I've had good moments scattered since then, times when I thought I was better, but that was the last day I felt triumphant.

~Ned Vizzini

That's what gets me through the day. Knowing that I could do it. That I'm strong enough to do it and I can get it done.

~Ned Vizzini

I want my brain to slide back into the slot it was meant to be in, rest there the way it did before the fall of last year, back when I was young, witty, and my teachers said I had incredible promise.

~Ned Vizzini

Misfortune is no excuse for cruelty.

~Ned Vizzini

So now live for real, Craig. Live. Live. Live. Live.

~Ned Vizzini

It's such a silly little thing, the heart.

~Ned Vizzini

She's pretty." (It's amazing how girls can say this and make it the most withering insult.)

~Ned Vizzini

If there is a next life, I hope it's in the past; I don't think the future will be any more handleable. I think it's a little harsh how the END button is red.

~Ned Vizzini

No," mom says, looking at me in the eyes. "What's a triumph is that you woke up this morning and decided to LIVE. THAT'S a triumph. that's what you did today.

~Ned Vizzini

Life's not about feeling better, it's about getting the job done.

~Ned Vizzini

I'm not afraid of dying, I'm afraid of living.

~Ned Vizzini

Yes, Doctor. I'll do what you say. I'll do what you all say.

~Ned Vizzini

Nobody had told me I was common.

~Ned Vizzini

Relationships change even more than people. It's like two people changing. It's exponentially more volatile. Especially two teenagers.

~Ned Vizzini

And that was the closest I've ever come to an epiphany.

~Ned Vizzini

I'm going to be here until I'm cured?" "Life is not cured, Mr. Gilner. Life is managed".

~Ned Vizzini

Dad nods, looks me dead in the eyes; slowly and regretfully, he banishes all the smiling and joking from his face, and for once he's just my dad, watching his son who has fallen so low.

~Ned Vizzini

See, when you mess something up, you learn for the next time. It's when people compliment you that you're in trouble. That means they expect you to keep it up.

~Ned Vizzini

Every tounge bit had another word to say.

~Ned Vizzini

A lot of the books that I grew up reading were pretty brutal, like the Redwall books.

~Ned Vizzini

Time is a person-made concept.

~Ned Vizzini

Things to do today: 1) Breathe in. 2) Breathe out.

~Ned Vizzini

The stuff adults tell you not to do is the easiest.

~Ned Vizzini

I should be a success and I'm not and other people- younger people- are. Younger people than me are on TV and getting their lives in order. I'm still a nobody. When am I going to not be a nobody?

~Ned Vizzini

That's worst than gonerreha, man!

~Ned Vizzini

You all right, man?' This should be my name. I could be like a super hero: You All Right Man. Ah...' I stumble. Don't bug Craig,' Ronny is like. 'He's in the Craig zone. He's Craig-ing out.

~Ned Vizzini

Putting lessons in young adult books is very dangerous.

~Ned Vizzini

We wear our problems differently

~Ned Vizzini

I just want to not be me.

~Ned Vizzini

They always said on TV you could do anything you wanted, but here I was trying to do something and it wasn't working. I would never be able to do it.

~Ned Vizzini

You shouldn't be able to be alive and you are. You want to trade?

~Ned Vizzini

They've spent alot of money on me. I'm ashamed.

~Ned Vizzini

Is that the truth, Jimmy?" I ask without looking at him. "It's the truth and it come to ya!" I smile.

~Ned Vizzini

Life is not cured, Mr. Gilner." Dr. Mahmoud leans in. "Life is managed.

~Ned Vizzini

But some people have to get lucky just to live. And I never knew I could make anybody lucky.

~Ned Vizzini

I've started to think it must just be chemistry, in which case we're looking for the Shift and we haven't found it yet.

~Ned Vizzini

I'm still a nobody, when am I not going to be a nobody?

~Ned Vizzini

I owe her everything and I love her and I tell her these days, although every time I say it, it gets a little diluted. I think you run out of I love yous.

~Ned Vizzini

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