Severed: A Memoir conveys my experiences with mental illness in the context of living in the rural American South. Four distinct narrative threads emerge, each detailing the breakdown of relationships under the duress of mental illness: relationship to my twin sister, to God, to the men in my life, and to my own body. The narrative examines life with Generalized Anxiety Disorder, Major Depressive Disorder, and Bulimia Nervosa. While the narrative reveals the cyclical nature of human behavior and its consequential damage, it also reflects on themes of forgiveness in response to betrayal, faith despite ongoing doubt, and the hand of Providence in a seemingly chaotic world.