Ode to Caffeine

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An essay I wrote in College about how important caffeine is to my writing.

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I donâ t care about the type of utensil or paper I use. Music or silence, my room or the cafeteria; I can write in any environment. Relaxed and calm or stressed and under pressure; I can write in any state of mind. Fiction or nonfiction; I donâ t have a preference of which one to write. But still day after day I write and write and write. So what is it that helps me write? What is the one thing that I cannot write without? The answer is simply, caffeine.

Itâ s 10pm; I have a 15 page paper on the interdisciplinary of homosexuality due tomorrow and an all-nighter staring me in the face. How am I going to get through this? I brew a pot of coffee and pour myself a cup, with extra milk and sugar, of course. I take a sip. Now Iâ m feeling invigorated and energized. I can do this. Staring the blank page, I just start typing my introduction. First paragraph done, alright, I can do this. Starting the body of the paper. Looking at the references. Trying to figure out whatâ s important. Damn, why am I so disorganized? Why am I such a procrastinator? Oh well, canâ t do anything about that now, I have to get this done tonight. Quoting my sources. Using bullshit to fill in the gaps. 5 pages down, 10 to go. Damn, Iâ m out of coffee. I get up out of bed, walk to the kitchen and pour another cup.

I have a new wave of energy. OK, back to work. Done with all the scientific stuff. Moving on the section on hate crimes against homosexuals. This is a subject that I feel very strongly about so this should go by fast. Quote, paraphrase, bullshit, take a sip of coffee, quote, paraphrase, bullshit, take a sip of coffee. I can do this. Yes, another 5 pages down, 5 more to go. Itâ s all downhill from here. On to proving that the death of Matthew Shepard was a hate crime, this should not be hard considering the fact that I fully believe that it was. I found a definition of â hate crimeâ by the American Psychological Association that I can use to help prove my point. Done with that section. Alright, now on the recent law that was passed in response to Matthew Shepardâ s death. OK, the body is done, now time for the conclusion. Restate, rephrase, commentary, take a sip of coffee, restate, rephrase, commentary, take a sip of coffee. OK, done with the conclusion. Damn, only 14 pages and Iâ m out of coffee. I get up and make another cup. Now time to proofread.

Going through the paper. What do I need to add? What do I need to get rid of? What do I need to rephrase? That doesnâ t sound right. What is it that I was trying to say here? Sipping my coffee. Looking at the clock. Damn, itâ s midnight. Guess Iâ m not getting any sleep tonight. Finally, make it through proofreading the paper once. Itâ s now exactly 15 pages. Alright, that was my goal. Iâ m done. I type up the Works Cited, hit print, walk downstairs, take the paper upstairs, and staple the papers together. Alright, time for bed. I dump out the rest of the coffee and set the timer on the coffee pot to brew a pot in the morning.

Every time that I wait till the last minute to write a paper, I tell myself that I will never do it again and that I will end my procrastination, but it is not an easy habit to change. I still find myself waiting till the last minute to write papers. I still am a victim of my own bad habits. I still find myself stuffing my body with caffeine late at night to keep myself awake long enough to finish the paper. You might say that I could avoid a lot of stress by practicing some discipline and ending my procrastination, but I am who I am and I am not going to change. Caffeine is a procrastinatorâ s best friend. Coffee, tea, soda, energy drinks, jolt gum-it doesnâ t matter what form the caffeine takes; it all works. Caffeine is the one thing that I cannot write without and I feel that it is a tool that is important to all writers, especially procrastinators like me.

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