

My Thoughts

I'm lying here inside this cell,
Reflecting upon my past.

Thoughts about all the things,
That never seem to last.

I'm thinking about my home,
And the children I left behind.
This is always a emotional rollercoaster,
That torments my heart and mind.

I wonder what will happen today,
Behind these walls and steel.
It's difficult to express my thoughts
And tell you how I really feel.