

LOSING MY MIND!

By La Lin Achim 18.21

Help! Help!
 I think
 Quiet!
 What if someone hears me
 I'll tell them
 I'm losing my mind
 They'll think I'm crazy
 I can't have that

I will be put away...treated
 like a crazy person
 I am only losing my mind
 I am not going crazy
 There is a difference

Now - I am talking to myself
 But - no one can hear me
 It doesn't hurt
 So, it mustn't mean anything

I've got to get help
 What if no one can help me
 Or - what if no one knows
 what to do

Surely - others have lost their mind
 - and simply
 not talked about it

There seem to be such
 a world full of angry
 hurtful people
 like an alien race
 Where to turn

Maybe its a natural occurrence
 to lose one's mind
 and all's I need do
 is await its return

I have to get a grip
 to stabilize myself
 let me take a deep breath
 Whatever must be done
 only I can do it

I must get control of my fears. I'll
 take a systems check. Arms Legs
 Hearing Eyes Movement O.K.
 Yes, Yes, I am O.K.
 No one seems to notice
 I can live and survive without my
 mind!