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## Burdened Soul

By Deborah E  
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There's a lot of anger deep down, that I need to let loose  
stacking up evidence against me, thought they had no part  
It always takes over me, it always gets the best,  
then I have to calm down, and try to get some rest  
my thoughts are evil, I'm constantly hearing sirens  
in my dreams and nightmares, always seeing violence.  
Hate laying down, because I don't know what to expect  
I look over my shoulder, thinking am I next?  
gotta be my demons, who got me in their scope  
know I'm vulnerable know I have no hope  
I got a lot of agitation, have a heart that's cold  
I have remorse, and I cry myself to sleep at  
I pray to God, but everytime I'm distracted,  
can't ask for forgiveness, for the way I've acted  
I'm not perfect! in my body there's not one perfect  
if you are without sin, I dare you! to cast the first  
I have a lot of anxiety, which causes my thoughts  
it's 12 years later! since I've caught this arson  
I got a lot of depression, and it's hard for me to  
I got issues! this is my confession, from a burdened