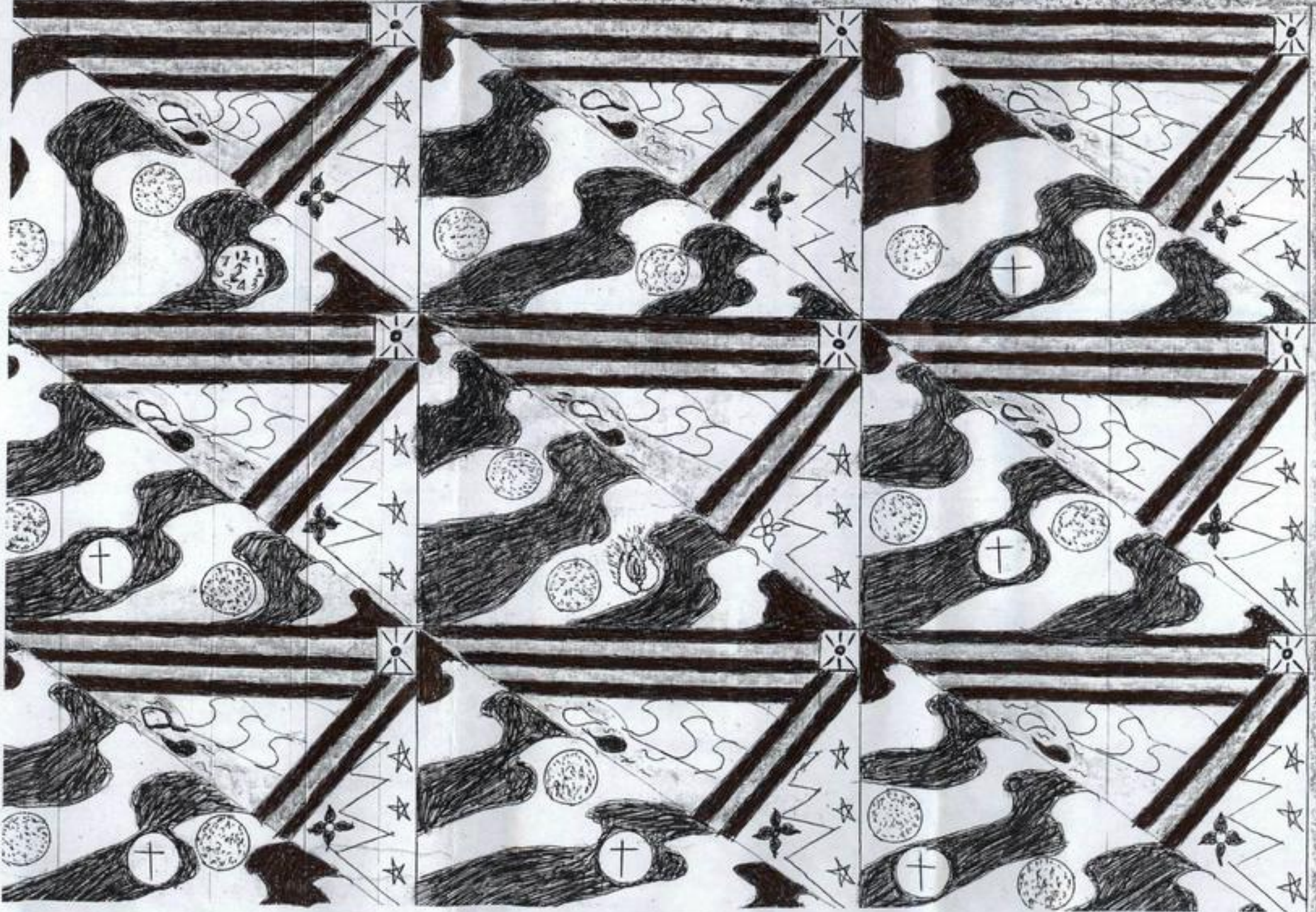


CONFRONT

10/20/14
Collins



"Coping Skills"

Get into it now - Find your coping mechanisms
And Release positive flows of energy

Today I'm grinning because I'm learning -
from a younger voice - She says I can heal my
twisted steps that developed my Anti social monster
Can this teacher be disguised with knightly Armour
With words to prick my wayward life

Listen as she describes lifes Cobblestones -
Reinvent years of anger, Confusion -

And a know it all attitude

Let a flow of positive energy help you cope

Its a Learning Process

And its not always like Crab meat -

Thats fresh & Tender

Don't Let the Sun go down

Without at least placing one foot

On the first cobble stone

You might find that you too can grin
While adjusting to positive views

By: J. Collins

10/14/14