

Gone But Not Lost

7.19.17

lost in thought, afraid of change again.

No more stress, no more pain.

Not ready to go, Comfort has me stuck.

Just wanting to lay there tucked.

No one understands my mind.

Everyone thinks I'm okay and fine.

But my thoughts are ongoing like waves,
that splash against the rocks that's nested to
stop over flow of water.

So many look at me everyday not seeing any
of the strain that lies inside my brick house
brain. No they see smiles and laughs, but not
the hidden pain. Courage is best when your at
your less. Being aware of you is the way to
strive and overcome the mountain of problems
that is at surface. If you made it to this place
in your life, that means your strong enough to
want something new.

But it has to be for you. NOT FOR THE WHO?