

Jesus Salgado #AF5761

“Such Pain”

Thoughts and feeling can be deceitful
Especially when something traumatic occurs
When something hurts so much
You can lose yourself
You may feel no love,
No support,
You lose hope,
You feel confused,
Un safe,
Wanting to just give up,
Think people are laughing at you
Because you're being a stress box
Thinking you're pathetic
Feeling like you are being a burden
Feel out of breath
Like being choke,
And feeling alone, taunting you,
Scared,
Willing to do anything to stop these
Thoughts and feeling.
Ending such darkness.