



Catch your breath

Catch your breath,
Run away.
Stop the pain,
Keep the tears at bay.

Don't let it take over,
Just keep going.
Squash the sadness,
Maybe the anger will start slowing.

There's an ache in my throat,
A hot sting in my eyes.
The darkness is taking over,
And then come the whys?

Why did you do it?
Was it my fault?
Do you ever feel sorry?
My life has come to a halt.

I'm screaming inside,
Can anyone see?
I can't catch my breath,
The loneliness stabs me.

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