



How I Feel

It's 25 years since the physical side of what happened to me stopped, but I still fight every day to just be ok. It's hard to explain to people how I feel so I tried it via a wee poem.

Will I ever reach a place where I can leave the fear behind
Where all the things they said to me are no longer on my mind
I look in the mirror every morning and it's all still the same
The body that I live in is still the source of so much shame

I can't tell you how I feel inside, I just don't have the words
The emotions that I try to hide are so bad it physically hurts
They took away my everything, and left an empty shell
And even now, after all these years it's still a living hell

I try to change the way I feel, to build up what is left of me
But I still hear their voices, telling me what I should be
The way they laughed still fills me ears and makes me want to die
And because I can't just hide away it's all I can do just not to cry

How can I change my whole way of being, my belief in who I am
I'm so scared of what I need to do, I don't know if I can
I want you to know I am trying, I just don't have a lot to give
But my goal is to get there somehow, and learn at last to live

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