

The Voice in My Head

My Voices are loud,
My Mind is burnt,
I don't even know
which way to turn.

They say horrible things
in my head,
All I want to do
is go back to bed.

They are so nasty,
They bring on fear,
I feel so far away
yet the voices are so near.

They bring on urges
that I don't want to do,
And I don't want to end up
following them through.

I know I have fight
inside of me,
Give me hope
that I can see.

These demons
are so hard to defeat,
But I must stay positive
if I am to beat.

They tell me to hurt myself
all of the time,
I feel like crying
and having a whine.

The urges are strong,
But I won't give in.
I just wish I could grab the voices
and put them in the bin.

I can't give up,
I can't give in,
I can't let these voices
and urges win.

Written by Theresa Dunn