



Feeling quite down and lost in the dark,
Deep down inside I am falling apart.
Feels like a race running round in my head,
So many thoughts consume me with dread.
Seeing no future, losing hope and will,
I'm trying so hard to control how I feel.
Afraid of sharing these emotions I bear,
I'm scared of hurting those that do care.
Why, I don't know, I don't want to suffer,
In this dark hole I fear falling further.
But just as that anguish begins to burn,
A kind-hearted soul shows me where to turn.
A room full of faces, warm, kind and giving,
Make me realise, this life is worth living.



Keith

