

HOPE

My life has disappeared
I know I'm in here somewhere
Where did I go?

The cruelty of mental illness
is hard to comprehend
I try, I try, I try hard
I can't believe how devastated I feel
I can only hope that I heal

Healing comes from within
from the light within us
I long for God's cure
A path to travel on
People I love and that love me

I sit in pools of self pity
wanting to be refreshed
but feeling stuck in the mud

How will I survive?
I can only take the process
step by step
each time giving hope a chance

I will try I will let hope come
Come back hope
Come back hope

I need to realize my dreams
but I only hear screams
Screams of a soul destroyed
I cannot bear it sometimes
But I know I have the courage
to stand and face it.

by Anonymous
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