

## Demons

No one sees my demons, they save themselves for me  
Always captivating but never set me free  
Hiding in the shadows to take me by surprise  
Laughing when I'm screaming, laughing at my cries

One is called temptation, he's so hard to resist  
Loves to see me out of control, drug addled or pissed  
Putting me in situations from which there's no retreat  
Head so full of regrets, that I'm sure to repeat

Anger is a monster. He likes to rear his ugly head  
Spitting violence and venom on the egg shells were I tread  
Hitting out at anyone who dares to disagree  
Aiming hurt at everyone but mostly aimed at me

Shyness is destructive in quite a different way  
No one really sees him, but he's beside me every day  
Twisting on my tongue so my words don't come out right  
So I have to put a mask on so no one sees right through my shite

Fear is a creature that's hard to over come  
How can I stand and fight when the demon tells me run  
Bury my head in sand and hope he goes away  
Just like all my demons, they're all right here to stay

Like a demon army they usually work in force  
It's like my self-destruction, is their only real cause  
They're not going to be satisfied until I self-destruct  
It's only then I'll realise I'm well and truly fucked

By Lee Haigh