

Dizzy

Why do my eyes feel like they don't belong to me?
Bouncing in my head, detached from what I see
I try my best to focus, turning left and turning right
Trying to ease the time delay that's controlling my sight
My hands develop trembles, involuntary twitches
So I'm making fists and breathing deep for temporary fixes
Scared to stand in case I fall, I don't want to be floor bound
Embarrassing the questioning, I don't want to be fussed round
When I'm upright, something's not right, my legs are feeling weak
I get confused, my brain abused, it's even hard to speak
I know that it will pass, it just takes a little time
A caffeine loaded coffee, does the trick until I'm fine

By Lee Haigh