

Fear

Fear of the unknown can leave you terrified
Fear of the expected leaves you nowhere left to hide
The feeling that you have no choice as no one hears your say
Having to fight the urges that tell you to run away
It's not about the pain as you take a punch and kick
It's the building of anxiety that makes you feel sick
Surrounded by the voices each trying to put you down
Longing for the day that you're six feet underground
Irreparable the damage that's been inflicted over time
Finding your own solutions to make you feel fine
Filling up on chemicals illegal or prescribed
Trying to wash away the scars that wound you deep inside
Long forgotten dreams of who you're supposed to be
Now the fear pleases everyone but it never pleases me

By Lee Haigh