

Regaining Control

When my emotions fluctuate
Back and forth between love and hate
I take a large breath and hold it deep
Exhale slowly and repeat
Over and over until they subside
Before the situation tells me hide
Ignore the world and appear rude
Locked away in solitude
Fear takes it from my hands
And no one really understands
And I'm sat at the bottom of a darkened hole
Until I finally regain control
Sometimes it takes a little time
To turn it round and feel fine
Remove the blinkers that make me blind
And figure out my tortured mind
And that's the way it has to be
I can't be anyone else but me.

By Lee Haigh