

It May Seem

It may seem like I'm fine
To those around me
But inside I am truly unhappy,
From the things I have done
And from the things I have seen
I may never be as I was
Before all this happened.

It may seem like I'm fine
But true that is not
Because there are times,
I can't escape my own mind
Due to the things
I've heard in the past

It may seem like I'm fine
To those I love
But they don't understand
What I feel like inside,
From the guilt and the torment
To the terrors I revisit in my dreams

It may seem like I'm fine
Even though I am not
But maybe there is someone
To help me get through this,
But for now I still hear
The echoes in my mind

Savannah Patenaude