

## **One**

you say I am  
depressed  
you say I am  
mentally ill  
yet within my sadness  
the sadness you fear  
the sadness you push away  
you have always found  
yourself

## **Two**

healing  
isn't the hard part  
the body does it  
naturally

the hard part  
is ripping off the bandage

and letting

the wound

breathe

## **Three**

at the end of the tunnel  
there is a light  
but you have to be  
here  
to see it

— stay

## **Four**

you have the right  
to remain  
angry

one day soon  
you will be  
free