

Alone

Have you ever felt broken or disconnected with your life?
Your feelings don't show but on the inside you know.
Inside this body I am held captive and restrained,
Like I am being trapped prisoner in a cage.

Weighing me down day by day
Hoping someday something will numb the pain.
Voices screaming all around my head,
The nerves come to bite, right before I go to bed.

Why can't I find a place alone and free?
Some place where I can just be me.
Why am I uncertain? Why is no one making sense?
I just need a place safe for me to rest.

It looks like everyone is happy,
Everyone but me.
Why am I different?
Am I destined to be free?

I don't want to hide,
be afraid to see the day.
Why does life seem impossible?
Or is it just me feeling that way?.

My bones feel so weak,
My legs seem to shiver,
I don't want to feel like this
Yet I worry I will stay like this forever.

Does everyone else feel normal?
Or do they feel misplaced too?

I feel quite trapped now,
It's quite hard to breathe
I don't know why I can't just act like me.

Everything is hard, I've learnt nothing is easy,
The destination is way out of reach,
It is definitely quite far.
But I will always know that when I find it,
I can take a deep breathe
A sigh of relief
One day I know I will be free.

Jaya Ladher, age 12