**Depression.**

Alone and torn deep inside
too many nights when eyes have cried.
Frustration building - need to scream,
what’s on the outside, is not as it seems.
Conflicting emotions running rife,
this is no way to live one’s life.
Always guarded what we say,
words get twisted any way.
Anger shining in the eyes,
over time breaks loving ties.
Self control is getting thin,
the mirror shows torment within.
Dark thoughts echo across the face,
there’s no escaping from this place.
Ripped apart and glued together,
not every curse lasts forever.