How Do You ...

How do you cope,

when the Devil's at your door.

Do you stand and be strong,

or collapse upon the floor.

How do you cope,

when he sounds so sweet and nice.

But underneath it all,

you know he's as cold as ice.

How do you live,

when your children love him so.

School holiday visitation,

when you have to let them go.

How do you live,

not knowing if they'll be back.

If he'll drive them off a cliff,

It's a psychological attack.

How do you heal,

when your wounds go to the soul.

Feel as though you're always falling,

Down a never ending hole.

How do you heal,

when you don't know the way.

When everyone's too busy,

‘can you come back another day'?

How do you stop crying,

when it all gets too much.

Do you hideaway like me,

close the gates, be out of touch.

How do you stop crying,

when you have nowhere to go.

Do you hold your children closely,

tell them that you love them so.

How do you breathe,

with such pain in your heart.

The lost look in your eyes,

life as you knew it torn apart.

How do you breathe,

just getting through a day.

Not all of us can do it,

some take their lives to get away.