**Silent Screams**

On the outside  
I look fine,  
Appearances are deceiving.  
I’ll smile and say hello  
while on the inside I am screaming.

On the outside  
I’m well dressed,  
Appearances are deceiving.  
My make up done just right  
while on the inside I am screaming.

On the inside  
I’m not fine,  
Appearances are deceiving.  
My head is in a spin  
on the inside I am screaming.

On the inside  
I’m a mess,  
Appearances are deceiving.  
Can’t you see me struggle  
don’t you hear me screaming.