**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.