

## TALK TO ME

The scream within  
Has nowhere to go,  
So it stays inside  
Worming its way further in.  
A cancerous growth  
Destroying and debilitating.

Why can't you  
Talk to me.

Eroding self-esteem  
Feasting on confidence  
Feeding fear.  
Killing the person you once were  
Denying your here and now  
Stealing your rightful future.

I wish you would  
Talk to me.

Turning your rainbows grey  
Your sun to rain  
Blue skies overcast, blackened.  
Extinguishing the flame of hope  
Making your world ever smaller.  
Building a cage around you.

Please.  
Talk to me.

But the scream can be released.  
It has a place on the outside.  
Safely received, heard, contained.  
Your past can make sense  
You can shine in the moment.  
Your future can be yours.

I'm here for you.  
Talk to me.