

Taken over

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It is how i feel at times

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The way I act,  
The way I am;  
Is not me trying to be bad,  
Itâs not purposely.

Sometimes I am too happy,  
And other times too sad.  
Then a lot of times angry;  
For no reason at all.

I let my feelings take over,  
During these times;  
I may scream and shout:  
But thatâs not me.

I get angry at times;  
So angry,  
I canât control myself,  
When Iâm not being me.

I just like to  
Tell myself ;  
This is normal;  
I am normal.

But what if I am not?

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