

Poem: Self-Therapy

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Another poem about writing

Published on
Booksie

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Self-Therapy

A poor-manâs way of self-therapy

Itâs â cry me a riverâ without having to leave

I know Iâve covered this before, but it interests me

Iâve got more thoughts to write, please forgive

Itâs a way of examining my thoughts, without having to pay

Iâm not cut out for psychiatry; guess Iâd rather turn inwards

and try to think things out; smooth out my own problems

Just a private guy; my problems are my own

Telling some stranger seems wrong somehow

Iâll take advice from my friends, but thatâs all

I write my problems down so I can face them plain

It gives me a measure of self-control over the demons

that constantly haunt me, and give me no rest

Somehow, seeing them written out in black and white,

makes them easier to face;

they donât seem to tower over me quite so much;

they donât seem so bad, in the light of the day

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Generated: 2015-01-28 19:38:47