

# The Me of Today

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I wrote this after my mom came home from a rehab center. I had finally realized that the worst was behind me. And that although i still feel the pain every now and then, it was time to move on and let go.



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And now, as I look at the â meâ of years ago,

I know that the worst is behind me.

I still feel the occasional slash of the whip,

But I know, I will carry on, knowing there are friends beside me.

I know there will be the occasional snuffle or tear,

But I carry on, without a shadow of doubt or fear,

Knowing that the sea is finally at ease,

And the real person inside me,

A bird, trapped in its cage,

Will finally be set free.

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