

Monsters in my head

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years ago, before I was put on my medication, I was very paranoid. This poem I think sheds a light on my paranoia.

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Monsters live in the walls and under my bed, but to my surprise it's all in my head. I hear them screeching, I hear them claw, but then I remember I never saw. I never saw the monster underneath my bed and I never saw the monster lurking in my head. And now I noticed I never even heard, I never even heard the monster say a word. It was all in my head and I finally realized, so I looked at her and apologized.

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