

Title: Justifying Emotions

Where do I belong

Where do I fit in

Do they understand me

Do they accept who I am

Do they confine me

or encourage me to grow

Is my experience valid

Is my experience real

All my anger

all my rage

I've kept hidden away

to keep the peace

I give others grace

I shrink so they have space

I show my love

I act with kindness
and they take and take
How long until I break

What is too much
Where is the line I'm trying to find
How do I keep myself
without hurting others
The anger
the rage
the pain I hide
I'm screaming inside

Where is the balance
[Pleading Desperat Dispair]

If what I share
of the pain inside
is always ignored

How do I move past it
How do I grow

I'm screaming inside

I lose my voice

I cannot speak

Am I asking for too much

Where is the line I'm trying to find

How do I keep myself

without hurting those I love

The anger

the rage

the pain I hide

I'm screaming inside

Where is the balance

Where is the balance