

## The sea of myself

A treacherous sea throws me this way and that,  
Pitched and tossed on waves of anxiety.

Carried on currents of stress awash with nervous  
tension pounded onto the shore.

A personality broken and bruised, clawing my way  
slowly up the beach.

Tired, fatigued, exhausted then still, then still my  
eyes open.

A nightmarish dream and as I look forward reality  
takes a hold.

The day begins and I start to drown in the sea of  
myself.

Written by RM