

The Sun Always Rises

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A poem I wrote for healing...

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1 - The Sun Always Rises

Hey everyone! This is Birdgirl90. I just want to explain what you are about to read. No, it is not a piece of fan fiction. It's just a poem I wrote today. Really, it's more than that. Allow me to explain...

Basically, I hit a really rough spot in life. I think it was mild depression or something and I just recently pulled myself out of it. It was horrible. All I wanted to do was sleep (I still do to a certain degree), and I was always kind of out of it. Everyone says that when you get like that, you need to just snap out of it, but truthfully, it isn't like that. I was a wreck. I won't go into all of it, but it took me hitting rock bottom to realize that I needed to change. This poem is mainly my way of healing and reminding myself that it is going to get better. Normally, I don't let people read my poetry, but it is possible that this could help others. That's my hope, anyhow. Enjoy!!

The Sun Always Rises

You wake up each day
Then wish that you hadn't.
The day passes you by
In a blur of action.

You smile on the outside,
But secretly you cry.
Some days it's so bad,
You wish you could die.

The feelings consume you,
All you see is grey.
No one understands you anymore,
And the pain won't go away.

But the sun always rises,
Each morning at dawn.
It stands for hope and strength,
The ability to move on.

So while it seems dark now,

And all looks like despair,
Think of the sun and remember:
There's always someone out there who cares.

Well, that's about it. I wrote it today, it took about five minutes, and as I said before,
I wrote it for healing. If you review, keep it nice. Thanks!!