

# Hurting

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.... meh

## 1. my raven

i hurt with regret and sorrow  
but i will see a sparrow sitting at my window  
i remember the times i laughed and we got along  
i cant remember the last time i laughed seen what happened  
i changed alot and time has got crule  
i took out the pain and anger  
on myself  
i regret it  
i want to say im sorry  
for the things i've done  
and the things i might do  
i am only human  
but i am more than that  
something inside me grows  
it calls for attention and i egnore it  
it screams with the pain i bring to myself  
i am talented at making things into  
other things that cuase harm  
i hide my arms now  
trapped inside me is myself  
i cry alone  
no one to hold  
i feel the scars  
i cry evern more and wonder  
why did i  
its my fualt  
few left and some just egnore  
i've given up hope  
and now  
i'm losing all  
i look out my window and see  
the sparrow, i remeber how it used to be  
then a raven perches next it and looks at the sparrow  
i watch and wait but they both stare back at me  
they are like two different things  
i chose the raven as the viece inside that i egnore  
and the sparrow that was once me  
my sparrow and raven  
i am sorry  
i forgot you