# Help

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#### this is a poem

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## 1 - Help

My breath is lost I'm cold as frost My heart is slowing my blood stopped flowing I feel pain sitting out in the rain When all hope is lost I get the power to scream and then I wake from my dream

### 2 - Alone

After dark I sit alone
In the place where I use to call home
I hear the wolf howl at the moon
How I can only wait for noon
Hearing that sound sends a chill down your spine
To send time forward I create a shrine
Night becomes day
And will forever stay

No longer will I sit alone in my room And be tortured by creatures of darkness and doom.

### 3 - Confusion

Once again I lost my temper
Once again I am locked in a cage
The only thing I wish was locked up was my rage
I do not feel I do not talk
All I do is eat drink and walk
Once again my emotions rise
My blood boils and all I can do is despise
I start to twitch and grin
And then the world starts to spin
Around and around I can barley see
Soon I realize the only one who is dead is me

### 4 - Escape

Locked in
Boxed in
I can find no exit nor escape
Cover the final window with the final drape
It becomes dark and I become frightened
Then the rope around me is tightened
Go find an exit the voice tells me
I wish I wish that everybody would let me be
Then darkness covers all
Every body die and I fall
Begon begon you all
And to the exit I start to crawl

## 5 - The Wall

in my minde there is a wall
the wall will not fall
as hard as you try to hit or make it crumble
your hopes fall down the hill they toumble
then there is you
all alone one of few
in my minde you always dwell
it was then that the wall fell