

'SPEAK OUT!'

Silent screaming in my head
Can anyone hear it
Keeping everything in let no-one know
The pain, the fear it exhausts me so
Every day the battle starts again
The cycle of isolation is unbroken
Words cannot express my emotion
Speak out, tell everyone, but tell them what
Where to start, what to say
Will anyone listen or care anyway
Is it better to say nothing at all
If you speak your thoughts out loud
Does that make them yours anymore
Or are they now everyone else's to analyse
To pick apart and dissect
Be brave, keep heart, it will be ok
But will it ever be ok
Will this despair ever go away
If you tell no-one, you can't be judged
The stress of not speaking out
Is slowly leeching away your soul
How did it ever come to this

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When was silence really bliss
My silent torment must continue
As I am not ready yet to tell my tale
So silence must prevail
No speaking out for me just yet
My voice will be heard one day
By all, for when it does speak out
It won't just speak, it will **SHOUT!**