

## Battling a bipolar mind

Silence said I!  
But why?  
Because I say  
No noise today.  
But my voice needs to be heard  
Each and every word!  
Please be still  
If you will.  
I can and will not!  
I won't be forgot!  
Forgotten you won't be  
Can you not see?  
Are you sure,  
The fear hurts my core?!  
Sure I am so rest,  
Stop trying to be the best.

By Ria