

## Lost in My... Thoughts

Thoughts that consume and leave you in the darkness.

You try to continue, but they always come back.

It hurts you and you know it, concealing your true emotions.

You drift away from what you want.

You don't care about anyone, making others believe everything is fine.

With each passing day, you hurt yourself more.

You get consumed by lies and more lies.

You only want to get out of there,

To escape, so you can feel good.

To find peace, not in the material, not in a person, but within your heart.

You came to the point where you desire to keep going by leaving those memories behind, to find the correct path.

You wish to stop crying every morning.

Because that is life. You fall, but you

get up each time.

Mistakes are always lessons and, in the end, the last thing you lose is hope.

Always search for the right path, the correct choice, prioritize yourself, trust.

Leave your burdens behind,

Gods plan is always the right plan.

**Jarelys Merle Crespo**