

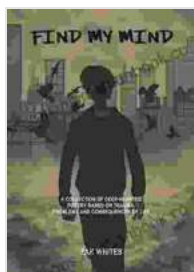
Collection Of Deep Hearted Poetry Based On Trauma Problems And Consequences Of

The Silent Scream

I scream, but no one hears. My pain is hidden deep inside. I'm trapped in a prison of fear, And I can't seem to break free.

I try to smile and act like I'm okay, But it's all a facade. I'm broken inside, And I don't know how to fix me.

I'm lost and alone, And I don't know where to turn. I just want to feel safe again, But I don't know how.



Find My Mind : A collection of deep hearted poetry based on trauma, problems and consequences of life

by Zak Writes

★★★★☆ 4.6 out of 5

Language : English
File size : 1448 KB
Text-to-Speech : Enabled
Enhanced typesetting: Enabled
Print length : 113 pages
Lending : Enabled
Screen Reader : Supported



The Long Road

I'm on a long road, And I don't know where it leads. I'm just taking one step at a time, And hoping for the best.

I've been through a lot in my life, And I've seen some things that I wish I could forget. But I'm still here, And I'm still fighting.

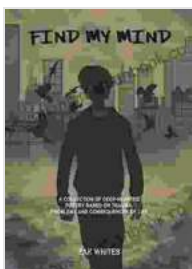
I don't know what the future holds, But I'm not giving up. I'm going to keep moving forward, And I'm going to keep fighting.

Hope

I know that I'm not alone, And that there are others who have been through what I've been through. I know that there is hope, And that I can get through this.

I'm not going to give up, I'm going to keep fighting. I'm going to find my way, And I'm going to be okay.

Trauma is a serious problem, but it is not insurmountable. There is hope for healing and recovery. Poetry can be a powerful tool for healing from trauma. It can provide a way to express the pain and suffering that has been experienced, and it can help to connect with others who have gone through similar experiences. The poems in this collection are a testament to the power of poetry to heal and inspire. They offer a voice to the voiceless and provide a sense of community for those who have been through trauma.



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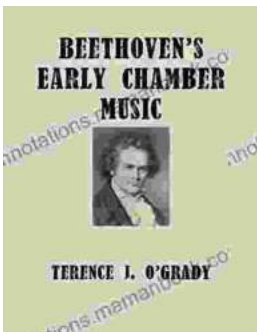
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