

Darkest Days

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Here we go again, a downward spiral Who am I to fight the gravity



Cannot comprehend, you're in denial I am at loss with my sanity



Put my foot down, my final stand Footing lost on a sloping plane



Nothing to stop me from falling Nothing left for me to gain



The world is only an illusion
It still is much too real for me



Darkest days are no delusion

Just dark without a light to see



Darkest days - Every one the same Darkest days - The survival game



Routines that give me pressure Routines that cause me pain



Safety built in between them
The insurance to keep me sane



Contradiction, science fiction Facts for my tortured mind



Whose life it is I am living

Am I not one of the kind



Picturing a different world Drowning myself to the yellow sea



When thoughts can no longer bear A monster that used to be me



The world is only an illusion It still is much too real for me



Darkest days are no delusion Just dark without a light to see



Darkest days - Every one the same Darkest days - The survival game



Mountains of false hopes
Climbed them in the hope of understanding



Oceans filled with liquid dreams
Sailed them in fear of a new awakening



And then came the morning Falling down all over again



Sense of purpose yet to be found Hammers at work in my brain



Counting seconds down to nothing How much more I can endure



Nothing really matters anymore Death is the only cure



Darkest days
Darkest days
Darkest days

But there is always hope.



One dark poem, twenty-three dark photographs

