

RESILIENCE by Nalougo

Terrified by fear
my heart bruised with pain
my eyes full of tears
disturb my sleep
with nightmares

Anxiety blooms
depression intensifies
anguish rises
Till they've swallowed my thoughts.
I choke on my tears and on cries
that can't come out.

My head and my mind
spin dizzily
Obsessed with my hypothetical life

They drive me from other people
Into silence.

The silence seals me in
like the egg yolk and white in their shell

I can't forget the noise of weapons
I can't stop thinking about the persecution and torture
I have suffered.

At the moment
I pretend to be happy
but in my heart, I'm still crying.

It could take an entire lifetime
to forget about all that
But I don't want to spend my life on it.
I have to say goodbye to those things
I must take a step up to forget the past.

As part of Freedom from Torture
And the Write to Life group
I'm trying to excise all my pain.

I hope together
We will all take a step up
to help each other.
and hopefully
everything will be fine, one day.