



In Hiding

Why was I hiding?

From myself & others?

Hiding behind a leaf

Hiding behind prescription

Hiding in the cloud of smoke

It was stripped away

And here I lay

Questioning my self

I looked in a mirror

For the first time

I found myself

Why did I hide?

I threw away the mask

And tears will never fall

From these brown trusting eyes

I cannot lie to anyone no more

I needed help

& I found it

Never will I return to hiding...

Cassandra J.

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