

Room of Hidden Hope
by Megan Zultak

Anger

It makes you do things without thinking
Unexplainable, questionable things
I know that this is true more than anyone
Because I am full of anger

Angry at my choices, at the path I chose to walk down
I feel drained, empty
My darkened, matted brown hair lost its light, its shimmer
My eyes, showing no sign of emotion
They're like glossy emeralds that only become more vibrant
As my tears caress my swollen rosy cheeks

I am falling steeper into the hold I accidentally dug for myself
Some nights I can cry myself to sleep, others I wonder how I really got there
My heart aches, its empty, but still shatters as more seconds pass by
One slip-up is all it takes for my life to feel as if it's crumbling in my own hands, in my control?

I live my life with a mask, I hide to keep from breaking more and from breaking others
I slowly surrender but I found something
Something I never thought I could find again
My hope

I was drained and all that was left was the mask I used to cover up my true colors
Nobody truly ever wanted to uncover the secrets I held
My thoughts were useless to them, my feelings meant nothing to them
I found my hope, I found hope in the part of me that knows I can overcome this

I will show myself I can heal, I can recover and live my best life
I can pick my pieces up one by one until I am fully glued together again
I desire to feel alive, to feel whole again, to be me

I dream to become one with the rainbow after the storm, to be the light that everyone looks for
I slowly overpower the negativity in my life. I will overpower the rain
I will overcome this obstacle and I will be myself again
I CAN DO THIS