

Within Me

Dear fear,
I've been reflecting on myself lately,
And I don't feel that
You and I are going in the same direction.
You don't allow me to chase my dreams.
Therefore, please allow me to escort you
Out of my mind.

Dear anger,
Quite honestly, you're getting out of hand.
You're making me lash out at the people I love,
And I can't allow that.
To be fair, you're not all bad.
You help me stand up for what's right,
But all the same,
Know when to stop.

Dear jealousy,
When I think about it,
You separate me from others,
Make me feel inferior,
And don't acknowledge my own strengths.
So do me a favor, jealousy,
Get out of my head.

Dear sadness,
I couldn't live without you.
Empathy and sympathy both depend on you,
And you help my other emotions.
However, please stop interfering
With my times of happiness
And in the end, everything will work out.

Dear joy,
It's honestly a pleasure.
I hear you every single day in laughter,
And I can't get enough of you.
The feeling of delight is incredible,
And you're my favorite sight to see,
When I look within.

Joana Thomas