

Shut My Eyes

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Published: November 2013

*When I close my eyes
Shut out the pain outside
My soul turns inwards
And I feel the shame inside
I'm trying to be perfect
Trying to be right
But I know that deep down
For my soul I will have to fight*

*These demons are coming for me
I am not ready
I'll have to be strong
Be determined, be steady
In a battle I can't win
When the enemy is myself
My demons of sin
I know I'll need help*

*But who do I turn to?
Who can I trust?
Bound by chains of shame
Which cannot rust
I have tried everything
Nothing has worked
Do I give up?
Let go of the stress, the hurt?*

Do I lose myself to sin?

Lose hope
Let the darkness win?
Or do I rise and fight
Struggle and battle
For what I know is right
Either way is bad
But I know the path I'll take
A better world
For myself I'll make

I'll try my best
I'll win this war
I'll pass the test
This is the final straw
Although my life has just begun
It is dark and cold
But there will be a rising sun
Shine rays of hope
Onto my cold world
To be reborn
Allow my wings to unfurl
And soar above the pain
Nothing to lose
Everything to gain.

I have made my choice
There is no going back

Source:

<https://www.familyfriendpoems.com/poem/shame-of-addiction-shut-my-eyes>