

Tyler

Sometimes all we see is a red mist
Consuming us
Making a quick decision to throw fists
Actions have consequences
We may not see it in that moment
It may not even come to us
when we are sat outside the head teacher's office
muddy and bruised from the fight
you've just been through

Sometimes it's hard to understand
what mum and dad are going through
especially when there is a monster inside saying
"it's all to do with you"

You may feel lonely
I guarantee so does everyone else
You may feel you have to blame yourself
(I promise you you're wrong)
Because everyone feels the same
day after day
And that's okay
Because we are human
It's easy to think people don't understand us
I mean why would they
We are just so unique after all
But maybe that's the point

I guess the saying is true hurt people hurt people
But that doesn't make us evil
just makes us human

Are you angry at Elis or angry at yourself?
Are you too afraid to ask someone for help?
Trust comes hard
especially when so much of the world makes you mad

But you have a sister
who's good at understanding
Reminding you that she's gone through
the same things too
in regards to mum and dad

It's easier to throw stones and shatter glass
Than it is to be vulnerable and ask for help
The hardest part will always be the start

You are at a crossroads
One path leading to good the other leading to bad
But when you have the knowledge
The choice is yours.