

## 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.