

Sunderland

The Fire Tonight

sometimes i can feel it waiting in between my thoughts
a vaguely threatening yet coming liquidation of the framework i have wrought
these 23 or is it 4 years i have slowly built my
defenses to the unbroken barrage of 26 years of confusionthe mental violence self inflicted is not typically
born of masochism but rather from inability
to control this, control this separation of reality from
monsters hiding in my mind and feasting on my family
anxiety and paranoia are skills on my resume
they visit me to help me make decisions almost every day
yet continuity has kept her distance from the fabrics edge
the evidence my cashmere sanity is unraveling thread by threadbut i am finethey're putting something in my
pills to try to break into my brain
i know that it sounds crazy please believe me, i am not insane
don't talk so loud their evil minions hide in the shadows everywhere
just because you cannot see them doesn't mean they are not there

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