

Sunday At 6:00 pm

No Motiv

I don't know why
Depression it comes and goes
(throughout my whole life
it's something that I've known)
Familiar to me like a recurring dream
One happy moment
The next I am sad
because it grips me like I've never felt
I'm sorry if I did anything
can I be of any help?
can I be of any help to you my friend?
We have all felt sad
More than once in our lives
(the problems we've had
but choose not to share)
Do some feel it more often
than others do?
Well if that is true
I feel I qualify
because it grips me like I've never felt
I'm sorry if I did anything
can I be of any help?
can I be of any help to you my friend?

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