

It's been a while
It's been a while since I've felt at peace
Happy
Hopeful
Actually looking forward to the future
Instead of dreading it
It's been so long
It almost feels foreign

Recognize that it won't always be like this
Not all rainbows and butterflies
But I can say with confidence
That I haven't felt mentally at peace in a long time
It all could change
But for now
I'm embracing and loving it

I'm focusing on my dreams
In a better headspace
Less controlled by the malicious voice
Don't get me wrong
It still screams
But I have more important things to care about
Than what it is telling me to
The voice may still be loud
But everything that's dying screams

It's only been a short stretch of time
With having peaceful days
But they have been consistent
Instead of once in a blue moon
I feel pieces of the old me are coming back
Pieces found
Pieces brushed off
It's been a while
But I'm ready for it

e.g.