

My mind is similar
To things I love
And feel connected to
Like the ocean
It's a disguise
The outside
Appearing calm
Breathtakingly beautiful
But
What you don't see
Is the underneath
The rip current
Drags you under
Throws you around
Takes you further and further out
You start
Choking on water
Gasping for air
Calling for help
But become silenced
By the thing you thought was safe

Under the water
You can see the light
Freedom
A chance to breathe
Nothing but an illusion
You're trapped
Will someone
Help escape this nightmare
But you're stuck on the bottom
Of the cold ocean floor
Hoping to be saved
Rescued
People on the shore don't know
How trapped you are
Deep within the confines
Of something that brings joy
To so many
All they see is
The outside surface

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