

“I Lie Awake”

Allison Cassidy

and The nonstop day replays in my head
The popcorn ceiling makes scenes appear
Panic sets in with every new episode
Pain staking memories paint pictures
I snap from reality...

and...

I lie awake

The walls shed tears not yet cried
Slowly the room fills with distress
Rising higher with each memory flashing
My bed floats in sorrow

I lie awake

A knock on the closet door
The monsters want to reveal themselves
The rushing wave doesn't stop
Crashing heartbreak
Terror fills my eyes....

and...

I lie awake

Haunting sights fill my room
Screams escape the only mouth visible
Shadows attack my innocence
Ripping at my soul
Pulling in all directions

I lie awake

Smell of death follows
Blood, sweat, and tears
Spinning out of control
No way to get loose
Demons stabbing needle-sharp talons into my heart
and I lie awake

Slowly being shaken

The ice cold water splashes on to my bare skin

False words spoken

"The drugs, the drugs"

"No hope, he's gone"

Blinding stares pass

I lie awake.....