TELL ME

What do you do?

What do you do when loneliness kicks in,

And there is just your soul aching,

When all you long for is to feel and be loved?

What do you say?

What do you say when your spirit is tainted

And you come to realization you are a broken vessel

When your mind's screaming for help

And you want to escape the damage?

Where do you go?

When the doors to your heart are shuttered

And there's no room for solace

When every smile is a frown in disguise

When you are vulnerable

And all your scars have been exposed

And it comes to your knowledge you need mending?

Tell me what to do in time's that are hard

And answers are nowhere to be found

Tell me what to say in the silent screams of my soul

And cannot elude from the turmoil rising

Tell me where to go when all I feel is sweet raging emotions

When torture and turmoil is all I see

And there's no hope for a lost cause

Tell me somebody, anybody

Just please tell me how to survive

#30dayspoetrychallenge #poem4