**BSH 11**

**SOMETHING IN THE DARK**

There is something in the dark that I cannot see

Yet I know it is there waiting just for me

My heart is racing like never before

Do I go nearer or do I just ignore?

I stand still and listen for a while

I am brave enough to go that extra mile

Something in the dark makes me feel alone and lost

But if I face my fears. What will be the cost?

I am not a coward I will not run away

But I am anxious in the dark I prefer the light of day

There is something in the dark maybe I should just retire and go to bed

Yet if I did the thoughts would still be buzzing round in my head

So I take a step forward not knowing what I will find.

Trying to resolve the confusion in my mind

There is something in the dark too many have already seen

Sadly reality kicks of me

This is what it feels like living with P.T.S.D!