

## Self

by Doreen Graham

Burn out, freak out  
that's what we've got  
It brings on anxieties  
and throws us the lot

Too much, too soon  
must have, can't wait  
Unbearable pressures  
that bring on this state

Your fault, my fault  
their fault as well  
that we can't pull back  
from that journey to hell

What's mapped out for us  
doesn't have to end  
in desperate measures  
Just buck the trend

Find someone who'll listen  
not someone to blame  
Someone who'll comfort  
and soak up the pain

Remember the self  
in self confidence, self worth  
and bring back to life  
the self you deserve