

## **Thinking of Down Days**

by Sophie Barnes

Thinking of down days  
Feeling alone days  
Stay in at home days  
Cut off your hair days  
Thoughts of despair days  
Swallow your pills days  
Obsessed with your ills days  
Nothing seems right days  
Awake in the night days  
Cry in your sleep days  
Do nothing but weep days  
Trying to live  
With nothing to give  
Thinking of down day