

Nightmare!

My life was once a mess

I realised this was a test

One day I awoke

This is a serious joke!

Something must be done

I was done with John

At last I knew I deserved better

This wasn't how it's meant to be!

I was living in fright

Why would this be right?

I was low in confidence

My head is going to blow

I craved alcohol and coke

This was my way

It wasn't the way

but it did help me on my way

The nightmares of abuse are so intrusive

The day after makes me feel illusive

Years on I found and loved myself

This was when of course I found this man

Who took me as I am

No pretend

I am most definitely on the mend

I'm not quite there

But in time

With this man of mine

Sometimes I am sad

But bear in mind

The life I once had

This man is so kind

It's hard when I see my life in rewind

It's hard to see his faith in me

but we both agree it's meant to be

Time and therapy will be a great healer