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Images

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Images

Alison Birken

Images constantly fill the mind of others I yearn to be
Struggling between my inner emotions and what is
presumed to be
Craving to please others with false images of ideals
Keeping back feelings and passions, withholding
what is real

Thoughts and ideas kept to myself with fears of
utter rejection
Depriving myself and others of genuine internal expressions
Judgments, standards, expectations constantly invading my
consciousness
Controlling my thoughts, my words, my actions denying
myself trueness

A world full of expectations I can't help but live by
Confining my eyes to delusions and expressions of lies
Causing me to fear the greatest fear to be
Hiding what is inside and denying my individuality