

## POETRY

# HAUNTED MASK

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### TRIGGER WARNING: GRAPHIC SELF-HARM

I come from the shadows  
I come from the dark.  
You may already know  
How I made my mark.

I come unexpectedly  
To ruin daily life,  
Effects being rudely  
Stabbed in with a knife.

I feast you with shit,  
Doubtful and worthless.  
Tears and anxiety hit  
Flooded with hopeless.

I drown your brain

With thoughts of harm.  
Overwhelm your mind  
Urging to burn your arm.

I laugh at you happily  
To try and push me away,  
Medication and therapy  
Hope to keep me at bay.

I fight so strong,  
You're overcome  
After hiding so long  
You see me.

I came from the shadows  
I came from the dark,  
You understand now  
Why I made my mark.