

1st Annual NAMI NJ Expressive Arts Mental Health Poetry Contest - Top Ten Poem

“HOPE”

By Patricia M. Cannon

“Give up your expectations of what you envisioned her to be.”

Once happy.
Once carefree, loving, and warm.
Full of life.
Always smiling.

“Give up your expectations of what you envisioned her to be.”

Now in rage.
Screams of anguish.
Turmoil.
Hostility.

“Give up your expectations of what you envisioned her to be.”

A Mother’s helplessness.
Do I have no control?
A Daughter’s pain producing coldness.
Will she ever return?

Give up your expectations of what you envisioned her to be?

NEVER.
How dare they tell me that!

My vision is clear and will persevere.
Smart~Funny~Kind
Loving~Compassionate
Accomplished~Confident
Physically and Mentally healthy and strong.

Don’t dare set limitations on my child.
I will NEVER give up. *That* is my control.
There is HOPE
I have my HOPE.
I never lost her.