

As the ink pours out on paper

By Agnes Abdelwahabe

As the ink pours out on paper to form every single word
And the sentence comes together so this poem could be heard

And sentence by sentence, a lil more I'm free
releasing these emotions I've trapped inside of me

Expressing the anguish when anxiety kicks in
Pretending to be normal in a society I don't fit in

Telling myself it it's ok, all will subdue
And when I think it's over the problems only grew

So I'll write when I'm angry, I'll write when I'm hurt
It's been a while since I been happy but to write about that I yearn

And when my words jumble up and I am unable to speak
My thoughts and my hands go to work instinctively

So I'll write what I'm feeling in that moment that day
And spill out my thoughts that my mouth couldn't say

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