

**NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 2nd Place**

**More Than Words**  
**By Laurie Goldman**

I tried to make the piano scream last night.  
I struck the keys so hard,  
that I could feel my fingers bruising more and more,  
with each passing measure.  
In that moment,  
I don't think I cared if they broke,  
because,  
I needed my song to be heard.

Ironic thing was,  
It wasn't even "my song".  
It was a cover of "Paint It Black" by The Rolling Stones,  
and,  
at this particular open mic,  
I had decided,  
last minute,  
that Mick Jagger's lyrics needed to be heard,  
because,  
I needed to hear them.

So,  
there I am,  
pounding the keys,  
stirring up a symphony of sound,  
when I realized,  
the piano didn't need to scream,  
I did.