

**Can you see me? Can you hear my cry?
I'm not okay, hurting deep inside.
Broken and lost, don't know how to mend,
Hiding behind a smile, pretending to grin.**

**Life of the party, but dying within,
Giving love I can't feel, I don't know where I begin.
Screaming silently, "Can anybody see me?"
Or am I just a lost recipe?
That only get noticed when someone needs me.**

**Does anyone notice the pain behind my eyes,
Or am I wearing a perfect disguise?
I am trying to be strong.
But I can't do this alone,
even Humpty Dumpty couldn't put himself back together on
his own.**

**Seem like it is getting darker
Even when I try harder**

**I can't explain how I feel
Because I try not to feel
And that is just keeping it real**

**Do anybody see me , do anybody know
The drugs , and sex
Don't help me escape me anymore.
And the more I fight depression it seem to grow**

**Everybody want me to be
Who they want me to be
Even if that person is not who I am meant to be.**

**I gave so much me, left nothing for me
Lost and empty, yearning to be free.
Now I see the need to reclaim my worth,
To prioritize myself and find rebirth.**

**Can you see my struggle, my plea?
I need to replenish, to finally be.**

**No more losing myself in others' demands,
It's time to embrace my own healing hands.**

Can you see me? Can you comprehend?

I've given it all, it's time to mend.

I'll nurture my soul, find my own space,

Rediscover love within, at my own pace.

I been drowning.

and my childhood demons want flea

But if I want to be saved

I must rescue me.

I hope I find me in time

And this is not just a note that I left behind