

# Realize

\_Does it not make you cry,  
to see yourself this way?  
Does it not make you sad,  
to hear the things you say?  
Does it not take your joy,  
to hear your violent scream?  
Does it not turn your stomach,  
to know not what you mean?  
Do you not long for happiness,  
that you do not seem to have yet?  
Do you just stick with pain,  
because that is where you are set?  
Do you not want the joy,  
you know you have never felt?  
Do you not crave the ways,  
you see you were not dealt?  
Does it not cause you grief,  
to know that you withdrew?  
Do you not realize,  
that only you can change you?

By: Natalie A. Thornhill

Dedicated to Andrew Vester.