

Trapped Inside

I'm afraid to go to sleep at night.
I talk back to staff, knowing it ain't right.
I stuff my feelings inside my head.
It's kind of weird: I'm afraid to go to bed.
I'm tired of being tired, I'm fed
Up and I wish it was over 'cause

I'm tired of going through what
I'm going through.

I'm a Phase 2 and I don't do what
I'm supposed to do. People are here
to help me, not hurt me,
so I'm tired and confused.
I'm sick of being
this person that is trapped inside,
that I don't know how to get out.

– D.J.