

## Down In The Dumps Again

Grief

All I can see - darkness in front of me  
For the time being - how long? We'll wait and see  
Patience thinning - Try to think positively  
That's not easy - so used to negativity  
I am so sick and tired of being pissed  
I must find peace  
These feelings must be dismissed  
It's no sure thing that I'll find happiness  
Because we know it ften turns to sadness  
Here we are...my old friend  
Down in the...dumps again