

The Complex Trauma and Dissociation Clinic



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A Poem by Oscar (for Dan)

RESTLESS

*Dark day, darker night
Room of shadows, thoughts of fright*

*In solitude, but not alone
These creatures and this twilight zone*

*Paralyzed, but still aware
Terrified, theres something there*

*It stands and stares, a gaze so fixed
The real and imagined become mixed*

*I get no rest, I cannot sleep
The Sun comes up, I want to weep*

*So many nights have been the same
I always choose myself to blame*

*I make the choice to rise from bed
Too tired for the day ahead*

*My body is numb, my mind is blank
For this I have my fear to thank*

*As night returns, black and plain
I go to bed and start again*

-END-