# **To fix what is broken** by Tracy Meyer dated 25/07/2024

I try so hard

To deal with my faults

Aching to be perfect

My ego bruised

By false accusations

Then I find myself

Drowning in hot water

My thought crashing like waves

To calm the sea of emotions

To find peace again

Crazy thoughts fill my head

I float away on them

Lost in an ocean

To find you and me

I need our love to save me

My tears won’t dry

I taste them streaming

Drowning in memories of you

Holding onto them for my life

To save me

To keep me balanced

As my mind races

Trying to make sense

Of what is happening

Why me?

I need to be strong

Hold my head up high

I am not what they think

I am much more than that

Why? Why can’t they see

Eyes blinded by what …

To rape me of my integrity

I have been raped before

I will survive this

I will get up from this too

Here I am

Writing to you

To help me get thru this

I need to share … my feelings

As I pick myself undone

There is a hole in my Soul

Can you see it

I can feel it

So I dig

Seeking out the thoughts

So I can exude them

To try and heal from this

To focus on the positive

To grow

But yet again

I take it far too personally

I am my worst enemy

Perfection evades me

I need to love myself

I need to put myself first

On the days that get heavy

I will go … around the Universe

I will go anywhere to find you

I will find all the ways to love you

Please believe me

I will love you thru this

As I am dragged thru hell

I will heal from this pain

This is what I deserve

I will fight for you

I will stay with you

I will make it thru

I reach out to you

I will show you how to live

This won’t change who I am

Life goes on

These walls are bigger than me

But I will tare them down

I won’t let this steal from me

Looking for the missing pieces

As it floats away

I reach out for them

The storms will calm down

I will find my Life boat

Its not how you fall down

But how you get back up

Putting myself back together again

To fix what has been broken

I will stop hiding in the shadows

I am ready

I will ride these waves

Back to the shoreline

Pushing myself

To rise up again