**Emotions**

**A Poem by J. Allen Smith**

**Like waves rocking a ship,**

**Way out at sea,**

**Emotions are strange things,**

**Battling with me.**

**Sometimes I feel anger,**

**To disguise my true feelings.**

**As I lay in my bed,**

**Staring up at the ceiling.**

**Sometimes I feel sadness,**

**Deep in my soul.**

**I get so depressed,**

**I lose sight of my goal.**

**But I have people who care,**

**They help me find my way.**

**I look to the sky,**

**And see a brighter day.**

**Anger, sadness;**

**Whatever I feel,**

**I must push on,**

**And get to what’s real.**

**I choose to get happy,**

**And make a better day.**

**I now understand,**

**My emotions are forever this way.**