

her mind is unreliable, is this true?
her emotions intolerable to you?
her body is on high alert with anger
something she's suppressed from view
until on Monday she rose at 6am ready to fight
after 40 years in the making it seemed about right

dear mum I will kill him
dear dad you'd better run and hide
dear brother it's time to act
dear sister stop hiding from the facts
dear policeman I've walked my anger off
dear psychiatrist look I'm just pissed off
dear mental health officer you are biased
dear psychiatric nurse I'm not bad

let's open the debate to the floor, is she mad?
how do you disperse a lifetime's anger?
no one in the room could give an answer
so the only response is to drug her
(so her feelings can't overcome her)
so for now she's numb and nice
her emotions still waiting on ice

but how long will she be suppressed?
before her emotions slip off her chest?
the medicine doesn't reduce risk forever
the help she needs is now and clever

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