

SHAKEN

Your shaken with grief
Your shaken by death
Your shaken with horror
Your shaken with the cold
But no matter how you feel, life must go on
The word will not stop and wait for you
After all you are human
You are afraid you will be laughed at
Remember that everyone is entitle to there opinion
And you to yours
Move on and don't look back in the darker days when you were shaken by grief, death, horror,
and cold
Death, horror, and grief you have no control of it
But you have control of your emotions, feelings, and fears
Put a little laughter in your life
Learn to laugh from the inside out
Behind the mask you hide your face so no one can see how you feel
You are afraid of your fears and don't want other people to know how You feel
It's okay to feel the way you feel
Remove the mask from your face and let your fears and feelings be shown

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