

Lost in the world

Doris Taylor

Presented by

My poetic side 



Dedication

To my family, friends and fiancé

Acknowledgement

Thank you everyone who believed in me.

About the author

Doris Taylor is very talented 30 year old. She specialises in writing poems about mental health, Anti bullying and dementia. This lady loves writing poems and short stories.

Let her creativity inspire you and help your wellbeing. Doris also has a physical disability and also suffers from mental health issues.

summary

Emotional pain

Muddle up

Will you be my guide?

Rainbow masterpiece

Emotional pain

Don't call us mad or make us feel shame.
Being mentally ill, is not a fun game.
There's nothing for you to gain.
Mocking our emotional pain.

Tarring us with the same brush.
Our hopes you, will try to crush.
Lets turn that ice to slush.
Negative comments, need to be flushed
Don't call us mad or make us feel shame.
Being mentally ill is not a fun game.
There's nothing for you to gain.
Mocking our emotional pain.

Muddle up

I get your name wrong.

Muddling up lyrics to a song

Forgetting that big ben goes bong

My memory has almost gone.

You are always by my side

Taking me in your stride.

Making sure my laces are tied.

Given me a breakfast, that is fried.

I get your name wrong.

Muddling up lyrics to a song

Forgetting that big Ben goes bong.

My memory has almost gone.

Will you be my guide?

Will you be my guide?
Help me through, this stormy tide.
I need mental navigation.
We needed to reach the destination

Look at the lightning bolts size,
There is a blessing in disguise.
Grey clouds fade,
Back to sun and sitting in the shade.
Will you be my guide?
Help me through, this stormy tide
I need mental navigation.
We need to reach the destination.

Rainbow masterpiece

Today was a work of art.
Extra blessings added to the cart.
The paint brush of life created a masterpiece.
Negativity has ceased.
You are the colours of the rainbow,
You shine bright,
With a heart of light.
Today was a work of art.
The paintbrush of life created a masterpiece.
Negativity has ceased