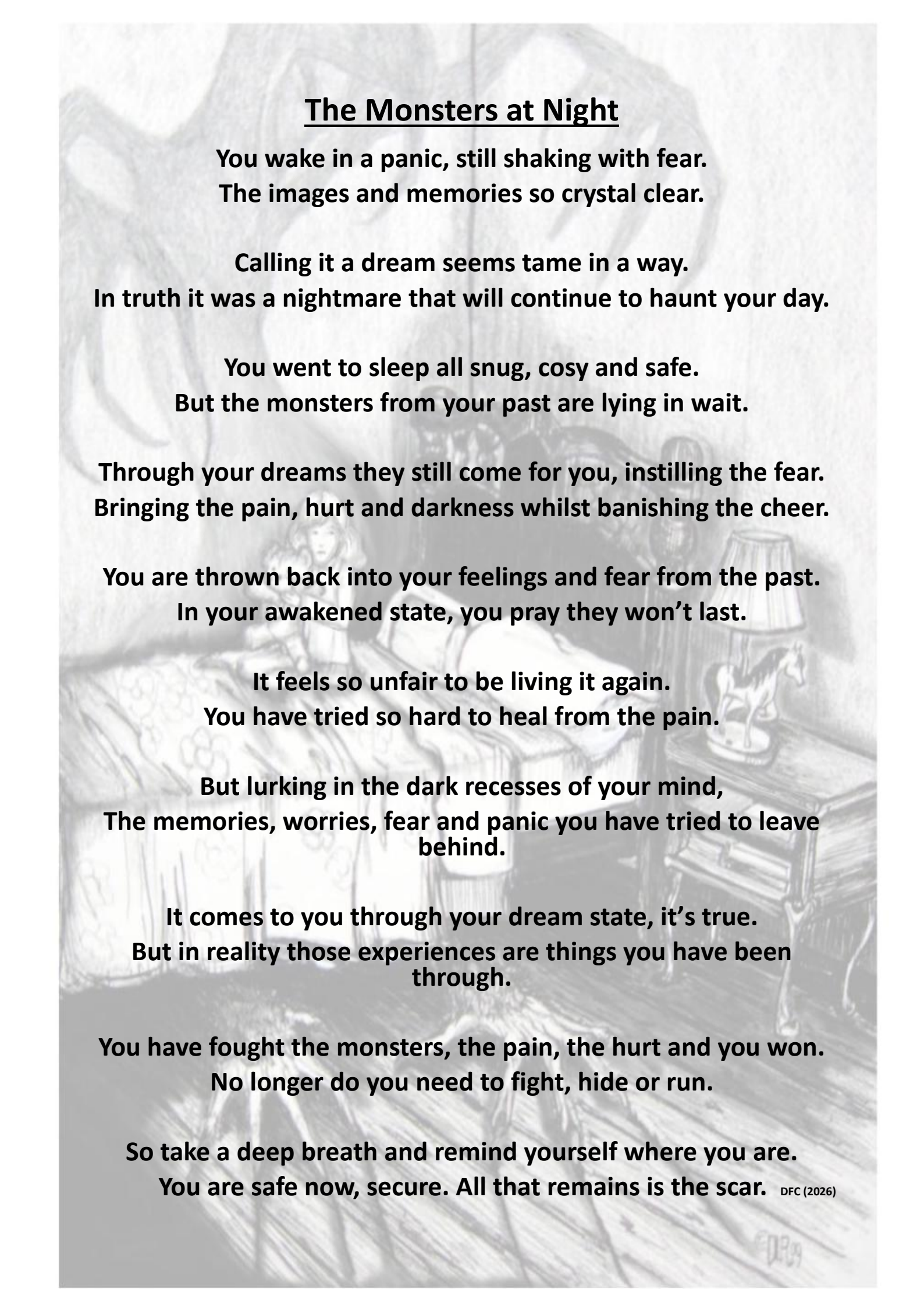




The Monsters at Night

**You wake in a panic, still shaking with fear.
The images and memories so crystal clear.**

**Calling it a dream seems tame in a way.
In truth it was a nightmare that will continue to haunt your day.**

**You went to sleep all snug, cosy and safe.
But the monsters from your past are lying in wait.**

**Through your dreams they still come for you, instilling the fear.
Bringing the pain, hurt and darkness whilst banishing the cheer.**

**You are thrown back into your feelings and fear from the past.
In your awakened state, you pray they won't last.**

**It feels so unfair to be living it again.
You have tried so hard to heal from the pain.**

**But lurking in the dark recesses of your mind,
The memories, worries, fear and panic you have tried to leave
behind.**

**It comes to you through your dream state, it's true.
But in reality those experiences are things you have been
through.**

**You have fought the monsters, the pain, the hurt and you won.
No longer do you need to fight, hide or run.**

**So take a deep breath and remind yourself where you are.
You are safe now, secure. All that remains is the scar.**