

## **Depression**

By C.E. Warner 1-13-22

The dark grey monster lurks within us all.

Control is his objective and desire.

He hides in the mind, searching for our flaw,

to burn down his host with devil's fire.

Anxiety and fear, the swords he wields.

You are unworthy, failure is assured.

Reality and hope carefully shields,

less see the positivity obscured.

The battle we fight is only within us.

Hopelessness is blanket over our soul.

Understanding the grey monster's tricks plus  
an organized thought plan can make us whole.

His power is granted him by our fear,

but hope's sunshine can make it less severe.