

F-Word Poem

I am f*cking ill
I am f*cking depressed
I am f*cking manic
I am f*cking panic
I am f*cking vulnerable
I am f*cking fragile
I am f*cking disabled
I am f*cking hopeless
I am f*cking helpless
I am f*cking desperate
I am f*cking distressed
I am f*cking mistreated
I am f*cking bashed
I am f*cking bullied
I am f*cking abused
I am f*cking neglected
I am f*cking victimised
I am f*cking traumatised
I am f*cking unsupported
I am f*cking struggling
I am f*cking overwhelming
I am f*cking uncomfoted
I am f*cking destructed
I am f*cking painful
I am f*cking broken
I am f*cking damaged
I am f*cking torn apart

I have been a f*cking victim of Crime and swallowed up by all the crazy non-sense in Scotland for years