My Mind Roams Free

My mind roams free

I can see amazing things
I can enjoy the brightest futures
I can envision my happiest moments.

But sometimes I am stuck
I worry
I overanalyze and overreact
I fear
I ache.

My mind can be a prison
And it can be scary too.

Overtime I heal
I move forward
I remain positive.

I work to release my thoughts
I work to be more open
I work to be unafraid to be afraid
I work to be able to ask for help.

The prison walls come down
And rebuild themselves
And come down once again.

The walls may never entirely collapse
Maybe they'll simply gain windows
Maybe their texture will soften

Maybe their color will brighten.

My mind roams free
Sometimes through amazing moments
Sometimes through scary ones.

My mind is still my own
I will not let it keep me down
I will not let it close me off
I will not let it hurt any further.

My mind continues to roam free
Its detours will not hold me back.