

This Animal Inside Me

This animal inside me, it hungers every day,
It lies to me and tells me
it will take my pain away.

When first I fed this animal,
it made me glow inside;
So I kept on feeding him,
I soon found out he lied.

He lied when to me when first,
he made my pain subside,
He lied to me when he required constant feeding,
And took me for a ride.

A ride that led to violence,
Depression and hate.
A ride that all my feedings
Could never quite abate.

The animal raged inside me for many years too long;
The animal twisted all my thoughts,
Right turned into wrong.

Wrong became the norm as the animal grew strong,
And feeding him was no longer my choice;
As his appetite grew long.

No matter how much I fed him,
He always wanted more;
Never satisfied;
It was a burden that I bore.

All those sins I learned about when I was but a child;
Came to fruition as the animal went wild.

It took me to the gutter,
Body broken, soul was dead;
The animal made all my choices,
It owned my heart and head.

When I became too sick and empty to feed him anymore,
He raged at me for ten long days in a detox to make me pure.

Detox was a nightmare;
The animal screamed all day;
It woke me from my slumber,
Wanting me to play.

Sometime after detox and a year of depriving him;
I started to feel like a human being again.

Over the years the animal has reared its ugly head;
Promising me freedom, but guaranteeing death.

It has been a long time now since this animal was wild;
He was the controlling force inside me since I was just a child.

But today I know he's lying when he whispers in my ear;
One shot of me and I will remove all your doubt and fear.

Sobriety has been a long road;
I damaged myself a lot
After ten years of sobriety;
I still remember his big part.

I pay the price each day as pain courses through my body,
It burns my muscles, my bones and all that once was godly.

But I wake up every day,
And face the animal down;
He will not steal another day,
Make me his foolish clown.

The animal never dies,
He patiently awaits,
For a moment in my life when I need my pain to just abate.

I have to remember every day what the animal really does.
Once I unleash him and I become the person I once was.