**Realize**

It’s hard to know how it feels.

How it feels to be honestly happy.

You try and try,

But there’s still no relief.

You want to please others,

But forget about yourself.

You want to get people to understand,

But it feels like they never will.

You feel like no one cares;

No matter how much they say they do.

You try to get better,

But only seem to get worse.

You hope it will all change,

But can’t imagine that it will.

Soon you quit trying,

And pleasing,

And hoping.

And that’s when things stop,

And that’s when you realize…

Things were exactly how you wanted them.