

Calvin Wilson

ENG360 English Lyrics Poetry

Dr. Turk

4/15/2023

I'm okay

You know, there's this thing and it happens quite often

This thing where we'll be asked how we are and our automatic response is

I'm okay

Now sometimes it's true but other times that I'm okay

It covering up the fact that I've had restless nights

Breaking moments

Worries on top of worries,

And I hate to say it

Even suicidal thoughts

But to you to a stranger, a teacher, a classmate, a friend

I'll say I'm okay

I don't want to put into this box,

Into this label

Where I'm known as that sad and depressed person no one wants to be around

I'll fake a smile if I have to

Laugh, be as friendly as possible

And act like I know what I'm doing

Maybe If I pretend on those really bad days

I'll start to feel like I'm actually okay