

THE ELEPHANT IN THE ROOM

There's an elephant in the room
He's stood there looking at me
I wish that he would go away
And just leave me be.
He's casting a dark shadow
And making me feel very sad
Why is he torturing me like this?
Making me feel so bad

There's an elephant in the room
His picture is imprinted on my brain
Like a thousand tortured images
Playing over and over again
Is this just my imagination?
Why can no one else see
I really don't understand
Why he's decided to get hold of me

There's an elephant in the room
I wish someone would help me out
I think I will see a Doctor
Perhaps he will hear me shout
This darkness has enveloped my brain
And is blocking my airway
I wish I could breathe normally
Please God...at least for just one day

There's an elephant in the room
A visit to ED I think
I'm sure they could help
Bring me back from the brink
Then they could advise me what to do
And where to go from here
Then maybe I would have the strength
To face my greatest fear

There's an elephant in the room
Perth Clinic could be the answer
Then I could rid myself of this elephant
And cut him out like a cancer
They could show me the road to recovery
And help me on my way
And empower me with the tools I need
To keep this elephant at bay

There's an elephant in the room
Maybe therapy could assist
With the pain that's running through my veins
And will give me the strength to resist...
...the thoughts that take over my brain
And the feelings I have inside
So that I no longer worry
About where I need to hide

There's an elephant in the room
But I think it's getting smaller
Or is it because I'm starting to feel
Like I'm growing a little taller
I'm starting to relax
And feel I'm able to cope
At last I'm starting to believe
That there is a bit of hope

There was an elephant in the room
But I can't see it anymore
I think it's left the building
And my mind has closed the door
My heart feels a little lighter
And my soul is finally free
Now I don't have that elephant
Stood there looking at me

Kathryn Turner