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From my book My Own Poems of Life

Schizophrenia

I have Schizophrenia

It's these voices I get

These things in my head

Thoughts that I get that are not mine

They tell me to do terrible things

I really hate them

I don't know why I have them

I will probably never know

Maybe it's because what I have been through

I got them when I was young

I will never obey though

That would be really terrible

But it will never happen

I told about these a long time ago

I'm glad I did

And I got help

Got medicin that helps some

With these things

With my voices

With my Schizophrenia

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