

Feb 2009 by Sarah Huburn

Are you alright?

A voice called out "are you alright?"  
I responded, "Yes, I'm fine".  
I was taken aback by the question.

You see I'm so used to being left alone, with no one to  
ask "are you alright?"  
How offered do i see someone i know and ask "are you  
alright?"

How trusted is there answer?  
Do they want me to know how they feel on the inside?  
Their thoughts race with fear; I'm so scared and alone  
I'm frightened of going home.

Do I tell them what happened last night?  
Do I tell them my husband is having an affair?  
Do I tell them the kids are pulling my hair out?  
Do I tell them the dog got ran over or my son's high on  
drugs?

You see I'm ashamed to tell you if I'm alright. So I'll look  
at you softly, smile and walk on and go back to being  
scared, alone, fearful and frightened.

So please feel free to ask me if I'm alright, I'm not sure  
what my answer will be, but I know you still love me  
anyway.....