

My Ex-Best Friend...

Self-harm was my best friend
It was always by my side
Anytime I felt bad
I'd use it and go and hide

Self-harm, id always rely on
To take away my pain
Those scars on my arms
I'd always have to explain

But now I've gone past that
And self-harm is in my past
I don't want to be its friend anymore
I'm really glad at last

It's time to say farewell
And leave it round the bend
Self-harm is really gone now
And it's my ex-best friend

Grace

- 22/03/2012

