The knock at the door Like the key in the latch of childhood What lies beyond?

We can get through your pain And, helplessness Utter helplessness...

A knock at the door My wake-up call My gut instinct I knew...'You'

You

Please look at me, can you? Hold my gaze Talk or just 'be' How did we get here?

You and me Let me hold you near Stay focussed ...focus Trash the irrelevance of everything but 'you'

I would like to know 'you' Ignore our surroundings It's just us –

for this moment

Forget the phone, the i-pad, the 'likes' or 'lacks' Those doubts those insecurities, Those bullies

Those fears like mountains - we can conquer If you can trust to climb with me Walk together share time together Talk together or just 'be'

for this moment

Eventually, eventually... Can you come back to me?

The knock at the door

What went before that blindingly missed me?
From 'terrible two's' to 'surly teens'
To 'broken hearts'
To 'broken dreams'
Being 'in with the WRONG crowd'
To be 'in with the 'right' '
To dares and drug-stokes
To get through the night
To "I'm off with my mates, they're better than you.

I'm over eighteen - so what can you do?"

for this moment

Please look at me, can you? Hold my gaze Talk or just 'be' How did we get here -You and me?

If you can trust to climb with me Walk together - share time together We can get through your pain together

The knock at the door.

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