Name: _____

Healing Words

Directions: Read the poem *"The End"* in "Heroin's Hold" (page 26) and the poem at right from Charlie C., one of the young people with bipolar disorder featured in "Moody Blues" (page 8.) Then, using these poems as inspiration, either below or on a separate piece of paper write a poem of your own about a health concern you or someone you love has faced. You might try various poetic forms or explore different ways of expressing your feelings—there are no wrong answers.

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From Bad to Good

By Charlie C.

I used to be like a lonely road,

The only one that I have ever known

Now I am like a sunny day,

Showing how bright I can be.

I used to be like a water glass,

Filled with broken dreams

Now I am like a candy bar,

Tasty with a touch of happiness

I used to be like a sour lemon,

Not showing its taste

Now I am like a present,

Waiting to show its kindness

I used to be like a dark and rainy night,

Not showing its light

Now I am like a bird,

Flying through a spring breeze

I used to be like a sheet of ice,

Feeling left out and lonely

Now I am like a vacuum,

Picking up visions for the future.

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