

Keep it in check!

Some let it flow like a river
Others bottle it, often exploding all at once
Why we all treat them differently
One will never know, not understand
They can be our enemy or our friends but...
Unfortunately, like moods they control us
Beep, beep, beep, like the machines in the hospital
Up-down, up-down - happy, sad, angry or mad
Our feelings are the monarchy of our sanity
Luckily outlets appear, ears are open
At least for the talkers that is
For those trapped in coke cans have more to consider
Eventually though we all let loose
Touching the nerves, hearts and souls of those around us
Wherever you find yourself on the scale
Try to balance - you'll have less pieces to pick up