

# The Monster In My Head

I have a monster in my head  
No one knows about her  
To tell people would give her power  
The power to control me more than she does

This monster has a name, but I won't tell it  
We have been battling secretly my whole life  
She softly whispers to me that I can't do it  
I can't make it; I'm not worth it

Every time I succeed, I hear her howl in pain and  
I know that I won that round  
She's not down for long though;  
Within seconds, she's back in my ear,  
Telling me that my success is luck,  
I don't deserve it; I'm not worth it.

And I believe her.

*Jan Coffey*