

## Complain Today

I want to complain today.

Don't know why, but I need to have my say.

I really don't care about you right now.

It's my turn to lash out, ok?

I'm in a grumpy mood, and I feel a need to cry.

Did I get up on the wrong side of the bed?

No reason, I ask myself, then, why?

Was it something, maybe my wife has said?

Nothing really comes to mind,

Why I'm in this most undesirable state.

I should not be putting this feeling into words.

It serves no purpose, am I just taking the devil's bait?

No productive feeling, or deed,

Can come from this state of mind.

How can I possibly go on this morning?

And not whine?

I don't like me today.

I must take the challenge and re-awake.

Put on a new face, and change my mind.

It is what I say to myself, at this time.

Why do I feel like this?

I need to end this feeling, it's not mine.

Not one I want to keep, that is.

Glad it doesn't happen all of the time.

I must stop now, and not feel sorry for myself.

It's not what I want, this feeling will pass.

The sky will clear, the sun will shine,

And hopefully, I will be fine.

Why do we have these kind of days?

Too release our inner anger?

Or maybe to appreciate the times,

When bad feelings really don't matter.