

*Help, I have done it again. I have been here many times before.
Hurt myself again today. The worst part is there's no-one else to blame.
Ouch—I have lost myself again. Lost myself and I am nowhere else to be
found. I think that I might break. Lost myself again and I feel unsafe.*

Be my friend
Hold me, wrap me up,
Unfold me *I am small
and needy*
Warm me up
Breathe me