

8 June 2006 – 3 am

I live in two worlds
One world is the world
that everyone else sees
I see it too
It is through a window
As an observer
I participate, go through the motions
I eat
I laugh
I interview for a new job
I perform well at my current one
But it's the other world I'm really in
The world that no-one else sees
That only I feel
A world of loss
An aching hurt
An emptiness
The world for me has changed
The birds still sing
The sun still shines
But I am lost in it all
And sometimes can do nothing
But then I push on
For the world will change again
But it will never be the same