

## TINNITUS

IMAGINE IF YOU CAN A NOISE INSIDE YOUR HEAD,  
YOU CAN HEAR IT WHEN YOU WAKE UP,  
BECAUSE YOU HEARD IT WHILST IN BED,  
YOU WILL HEAR IT WHEN YOU GET TO WORK,  
AND WHEN IT IS YOUR BREAK,  
YOU WILL HEAR IT WHILST YOU HAVE YOUR LUNCH,  
EVEN WITH YOUR MATES,  
YOU WILL HEAR WHEN YOU GO BACK TO WORK TRYING TO CONCENTRATE,  
SO ON YOUR WAY HOME FROM WORK AT NIGHT, GUESS WHAT?  
YOUR HEAD IS IN A STATE.

IMAGINE IF YOU CAN A NOISE INSIDE YOUR HEAD,  
YOU'VE COME HOME FROM A HARD DAYS WORK BUT WAIT,  
YOU CAN HEAR IT IN THE KITCHEN AND ALSO IN THE LOUNGE,  
YOU CAN HEAR IT IN THE BEDROOM, EVEN WHILST LYING DOWN,  
WITH ANGER SPILLING OVER, IT'S TEMPTING TO PASS IT ON,  
SO LOOK AROUND AND PICK YOUR VICTIM, BUT MAKE SURE YOU STAND YOUR GROUND,  
OVERCOME WITH FRUSTRATION, AS THE NOISE SWIRLS ROUND AND ROUND.

IMAGINE IF YOU CAN A NOISE INSIDE YOUR HEAD,  
YOU SUFFERED IT AT WORK, NOW SUFFER IT AT HOME,  
TRY TO EXPLAIN TO A LOVED ONE, IN WHAT EVER TONE,  
SEARCH AND SEARCH FOR HELP,  
SUCCEED YOU FEEL YOU MUST,  
BUT FAIL YOU WILL,  
AS THIS IS JUST ANOTHER DAY WITH TINNITUS.

BY

JOHNNY CROOK, 2008