

Father, Man and Son

Four white walls of coldness
Surround my single bed
I have no hope when I'm released
With demons in my head

I've wasted years of precious life
For one single crime
With tales of drugs and violence
I listen to pass the time

I blame my childhood regularly
The constant living in fear
The path my peers led me down
It was always ending here

The long nights are the hardest
Those quiet hours before dawn
With a trail of destruction behind us
So many families left to mourn

Surrounded by self-harm and suicide
So much anger at the world
So many applications to healthcare
But a response is rarely heard

There's been so many days
That I did not wish to wake
But it's time to make a positive change
At least for my families sake

I heard about a wellbeing course
From some of the lads on the wing
I may as well go, at least I'll get paid
But I don't like this type of thing

6 weeks later the course is done
And I feel like a new man
Maslow, Pavlov and Phineas Gage
Wellbeing has a new fan

It's not meditation or yoga
So what do you have to lose
Remember the trauma of your past
Is a reason, not an excuse

The chimp brain, the human brain
The hierarchy of needs
I promise it'll all help you
When it's your time to leave

Tough questions do get asked
As we try to dig deep
Self-reflection and acceptance
Are your lessons alone to keep

We're not here to break you down
You'll leave this course intact
But moving forward remember this
A thought is a thought, until it's a fact

We're all lucky with the tutor
Because she genuinely cares
When it comes to education
Nobody quite compares

And if you're really lucky
You might even hear a song
But it'll probably be Riptide
So make sure you sing along

I'm now a wellbeing lifer
An advocate for the course
Self-development of the human mind
Is such a liberating force

But now it's done and over to you
It's time to make a plan
So you can walk out that front gate
A better father, son and man.