

# Isolation #1

Isolation, who am i?

I walk with you hand in hand at times,  
I am there when you feel,  
left out  
helpless  
unable to keep up  
not in control  
out of place, not fitting in

I can be there when you are with others  
I can be there when you are alone  
I am there at times of despair

You see me always as 'doom and gloom'

You can make use of me

I am not always dark  
See the light in Me

Use me to see within you...

*Shanali Perera*

