

“I’m Trying To Change; But It’s No Easy Journey.”

I am on a journey, trying to move away from a past
of pain, shame, anger and neglect.

Am I going to find peace at some point in life’s journey?
I wonder with some help and healing, I may just yet.

Trying new ways to cope, and new ways to live with
people who really care and I can trust.

To me a support system is essential. And a desire to learn,

Change can happen in people’s lives, but no one can predict
obstacles that are out of our control.

But we can plan for triggers that led to our hurtful behaviours;
that got us in our own hell hole.

It’s easy to say *“I want a new life.”* and *“I’ll never get myself in
trouble anymore.”*

No one who doesn’t put actions to go with those words
will find troubles and jail’s revolving door.

“Easy does it.” and *“One day at a time.”* are two things I’ll say to myself every
day.

Journey seems like a long distance trip; but I’ll reach it - 7 Steps at a time,
for this, I really do pray!. (by *Ronnie Dunbar, June 2, 2016*)