

Dare I show you Who I Am?

A client facing going 'Down Through the Layers'

Dare I show you who I am? What can I let you see?

I'm happy keeping up a front that makes life work for me

I'm good at caring, being kind, and smiling (well, I try)

You might be shocked, and then you'll think the outside is a lie

Dare I show you who I am? Reveal the things I've hidden?

The thoughts and feelings I have known would somehow be forbidden?

Removing my defences, laying bare my secret fears

Exposing tender bruises, broken heart and silent tears

Dare I show you who I am? Who'll turn up in the layers?

The angry me, the frightened me? They're two of the main players

I keep them largely out of sight and hope that they won't leak

Along with other parts of me I know would want to speak

Dare I show you who I am? Will I find my Inner Child?

What if she's uncontrollable? Destructive, hurtful, wild?

I see the parts get smaller, I watch the layers drop

And she may start to cry and I am scared that she won't stop

Dare I show you who I am? I think it will be tough

You say that I can stop if I have really had enough

And go right down? I just don't know if I'm robust enough

I think you're safe to take me there, but do I trust enough?

I'd like to try, I'd like to meet the different parts of me

I'd like to get to know them better, let them talk and see

If maybe we can yet be friends, if we can get along

And maybe I'll stop thinking that those parts of me are wrong

I think I'll try, I'll take the risk, I think that I will dare

And maybe I will find that solid core you've said is there

And as I journey down into the deepest parts of me

Then maybe... oh, just maybe... the truth will set me free

Pauline Andrew