Feelings

I have many different feelings and they are different
Because sometimes I feel like an animal,
Sometimes I feel like an idiot
But many times I feel so happy
Because this is me
And this are my feelings
I must know how to control them
Know what is giving me a kind of feeling
So that I don’t have to do such a thing
Because I know when I do it
It changes my feelings
And it changes my feelings into a feeling
That I don’t like because it hurt me.
The feelings are different
Like a stage when a person grows up
from being a baby to an adult person.
Feelings!
Are different.

From Access South Africa