

***DID I?***

**Did I touch the floor this morning?**

**Did I do the left foot first?**

**Did I look out of the window before I opened the door?**

***Did I?***

**Did I brush the required strokes?**

**Did I shower in the correct sequence?**

**Did I count the stairs from the landing to the kitchen?**

***Did I?***

**Did I put the milk in before the bag?**

**Did I butter the toast in the right direction?**

**Did I check the door before I left?**

***Did I?***

**TOUCH THE LAMP POST**

**I didn't touch the lamp post this morning.**

**The one I touch every morning.**

**No slap, no brush, no gentle caress**

**Should I go back?**

**I didn't touch the lamp post this morning.**

**The one I touch every morning.**

**Forgot, ignored, breaking the cycle**

**Perhaps I should I go back**

**I didn't touch the lamp post this morning.**

**The one I touch every morning.**

**Panic, sweat, crushing chest pains,**

**if I don't go back will I die?**

**I touched the lamp post this morning.**

**The one I touch every morning.**

**HELP**

**Oh help me someone, help me please,**

**I can't go on living in this unease.**

**Touching, counting, washing hands,**

**arranging the cups, the pot and pans.**

**Stop me from these unwanted chores,**

**of checking windows, locks and doors.**

**And rid me of this paranoia,**

**of touching lamp posts on every corner.**

**Stop all the internal screams**

**at the slightest change in routine.**

**Don't let me have to live my days,**

**governed by the voices and what they say.**

**Oh help me someone, help me please,**

**Don't let insanity be my release.**