



Dr. B. Duncan McKinlay
Psychologist

London, ON, Canada
email. duncan@lifesatwitch.com
url. www.lifesatwitch.com

Website:
Tourette Syndrome • OCD
ADHD • Sensory • ODD/ 'Rage'

TRYIN'

**I work so hard.
To be good.
To be all the things I should.**

**Then in my head I get caught.
My good intentions are shot.**

I screwed up, and don't know how.

**Then our day is hell.
And no one can tell**

**that I was tryin' to do well.
Tryin' to do well.**

**Again, I atone.
I am worn to the bone.**

**From always tryin'. Tryin'. Tryin'. Tryin'.
It may be hard to see,
but please don't give up on me.
I'm really tryin'.**

**You need to know
I'm not just bad.
Though I'm really sad.**

**It may not seem this way,
but my heart breaks every day.**

Each time I disappoint you.

**Now my walls are high,
I'm scared that I could die**

**tryin' to do well.
Tryin' to do well.**

**Yes I love you.
Your faith will help me to**

**keep on tryin'. Tryin'. Tryin'. Tryin'.
I'm tryin'. Tryin'.
To do well!**