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Tourette Syndrome • OCD • ADHD Sensory • ODD • IED/'Rage'

Publishing:

Nix Your Tics! Eliminate Unwanted Tic Symptoms: A How-To Guide for Young People

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!