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## Perfect Potion

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## Perfect Potion

*Ashley Jeanne Yarchin*

Emotions are not seen or heard,  
They are only felt inside.  
Some people will announce them,  
Mine I keep and hide.  
No one knows, but I am heartbroken and frustrated,  
They think that I am ecstatic, euphoric, and also elated.  
You know how sometimes you have a feeling and you  
don't know how you got there?  
Well, right now I have that feeling, and I know it comes  
from somewhere.  
Sometimes I try and think of what I can do to get rid of a  
bad emotion,  
Once in a while, I will not find an answer, and other  
times I will find the perfect potion.  
Writing this poem has helped me this time,  
But next time, this medication may not heal this feeling  
of mine.