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af  
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## **”Just a spoonful of sugar, makes the medicine go down”**

Vi er mange der kender det fine billede af Mary Poppins der, i filmen af samme navn, med en sang og sukker på en ske, får to drenge til at tage deres levertran.  
Dette billede er en god reminder til psykiatriens skræksscenario. For det er ikke just en Mary Poppins med sødme og pædagogisk snilde, der er forbillede her.  
Her bliver medicinen ikke blandet med sukker, men er en cocktail af remme, sprøjter og tvang, som nogen, har valgt at kalde næstekærlighed!!!

## **Tvangsmedicineringens lange arm**

Tvangsmedicineringens lange arm har endnu ikke fået et tag på alle, der skal passificeres, til en bedre tilværelse!!! Den prøver at strække sig længere, at gå gennem døre, bruge sine lange fingre, ikke til at ringe på dørklokken. Nej den vil hellere mase sig ind gennem brevsprækken.  
Men heller ikke sådan, kan den nå det den kom efter. Den må bruge hele sin krop. Hele sin kraft; alt hvad der står i dens magt, til at vælte døren, for at komme ind.  
Den knytter ikke sin næve, for at banke på. Den spidser ikke sin finger, for at ringe på dørklokken.  
Den har ingen tålmodighed. Ingen plig!!!  
Den tørrer ikke fødderne på måtten, inden den vælter døren. Med loven i hånden vil den blæse på rigtigt og forkert.  
Bare flette fingre, mens solen skinner på dens ansigt. Og overlade til andre at sidde i mørket, mens de smager på lykken i pilleform.....

## For the sake of being someone

There's a dress  
Hanging over my bed  
It's a dress  
It's a princess dress

Here I lie  
Under the dress  
With the guy  
That put me in distress

### **Chorus:**

For the sake of being someone  
Just someone  
Who will know  
How to be known

Just inside  
Out of reach of myself  
Inside your head  
It's an emperors head

They're flying  
Flying high  
It's the thoughts  
It's a princess thoughts

### **Chorus**

## Steps away

Feeling like a queen  
In a far away land  
When you step in the room  
Feel like I don't belong here  
When I see myself as bride  
And you as the groom

A trip round the lake  
Don't know where to go  
A trip in the water  
You don't wanna know

### **Chorus:**

Feeling blue, in my red dress  
Hiding the feelings inside  
Don't wanna go away  
Wan't to come out from my hidingplace

Walking steps away  
When you call me on the phone  
Leaving the rings behind  
Walk out the room  
To get away from you  
Even though I'm unkind

Blocked out my mind  
Making room for you  
Letting the tears go  
That's all I could do

### **Chorus**

## Tell me

Tell me  
What would you be  
If you were to see your future

Tell me  
What could it show  
That makes you wanna know you future

### **Chorus:**

Homeless at heart  
Mentally  
Homeless at start  
Physically  
Listen listen listen to me  
This is not a place to be

Tell me  
What would you feel  
If you were to kill  
Your past

## **Darkness interfere**

Put your hands around me  
Take my face to your chest  
Your hand caressing my cheeks  
And let me disappear into you

Let the tears fall down  
Take me into your arms  
Your mouth kissing my eyes  
And let me be close to you

### **Chorus:**

I don't wanna go away  
And I don't wanna be alone  
I always wan't your arms around me  
And I wish I shouldn't go away

But baby I have to go  
And baby I'll miss you so  
Never never never...I said  
Baby I miss you so

Shut your eyes my love  
Hide the thoughts away  
My lips touching your hand  
Letting you slip away

Break the heaven in two  
Say goodbye to love  
The sun starting to fade  
And the darkness interfere

### **Chorus**

## **One-man show**

Find your way between the sheets  
See if it even fits  
If you dare to look up  
You will find the top

You've been on the bottom too long  
Know it's time to sing your song  
Work it out and swirl  
And bring out that inner girl

### **Chorus**

Feel it, feel it, feel it  
Don't let go  
It's your chance  
It's your one-man show (x2)

Go around and you will see  
It's just you and the history  
Like the fall of the wall  
You will conquer it all

Step out and see your own enemy  
Between the desert and the see  
Unlike in war with closing borders  
You can fly...and kiss the orders  
Goodbye....

### **Chorus**