



## *Don't Let Them Win by Caleb Houston*

*The shadows whisper in the dead of night,*

*A quiet war that hides from sight.*

*They tell you lies, they twist your mind,*

*A darker voice you cannot find.*

*The weight is heavy, the chest feels tight,*

*A storm that rages, out of light.*

*But hear me now, you are not alone,*

*The fight is yours, but strength is grown.*

*They'll tell you weakness is your name,*

*And shame will dance in flickering flame.*

*But courage blooms where fear has been,*

*Rise up, my friend, don't let them win.*

*Each scar, each tear, each sleepless hour,*

*Is proof you've fought and claimed your power.*

*The world may crumble, the mind may spin,  
Still, hold your ground—don't let them win.*

*Reach for the hand that wants to hold,  
Speak the truth you've left untold.  
You are more than the night within,  
A blazing heart that won't give in.*

*So when the demons knock and grin,  
Remember this: don't let them win.  
Though darkness whispers, shadows spin,  
Your light remains—a fire within.*