Feelings

Sad
Mad
Bored
Happy
Excited
Nervous
Worried
Stressed
Confident
Disgusted
Embarrassed

My head is where these feelings start
Down they go into my heart.
When there is more than one, they confuse me
Sometimes I put them aside and then I am free.
When I cannot, back to my brain they go
How does my brain fix this? I do not know.