

better 7/8/23

Are you feeling better?

a tough question to answer

this second?

this minute?

this year?

this life?

mmmmmm it depends

did my pain decide to be present

or is it ghosting

but really let's be real there's always pain

of all kinds

so if it's about pain then

better?

no never always no

but feels are more than physical

head feels count too

heart feels count too

and sure those are better

I guess better

it's kinda hard to say because I'm like writhing and uncomfortable most of the time

super hard to think about emotions and coping when it feels like your insides will explode at any minute

but also better is like better than what

better than the feeling of pissing sriracha and razor blades

sure

better

my better sucks

my better is like your rock bottom

my better is like your worst day

my better is like your one trip to the ED

my better is the minimum necessary level of function

and yet

next second

next minute

next year

next life

mmmmmmmm it changes and

it's not better and

i have no control

so better?

?

better?

mmmmmmmmmm

sure

The Having 7/9/23

They just want me to know
that I'm strong
How do they know
They know nothing
They don't see what I am
Only what I have

And the having is the strength

What about it?
Don't the weak get sick
Don't the only kinda strong
You assume my strength
Armed with the sole knowledge of the having

And the having is the strength

What about it?
Don't the sick not always smile
Don't the only kinda strong
You assume my strength
Armed with a bowl of love because of the having

And the having is the strength

My Favourite Thing 7/10/23

I was looking forward to this
I planned and bought the tickets
I scheduled the parking
I knew the train time
I knew the subway exit to take
I knew what right turn to make
I knew where the seats were
I asked where the bathrooms were
I was prepared

But I'm in the lobby
Watching the feed go in and out
Losing my favourite thing
Missing my favourite thing
Because of you

I was in pain that day
I was uncomfortable
I thought it would get better
I knew it would get better
before the show

But I'm in the lobby
Watching the feed go in and out
Losing my favourite thing
Missing my favourite thing
Because of you
I'm crying into cold water
the usher got for me
And into tissues that are
falling apart in my lap
Because of you

I said I'm not going to let
you cancel plans
I'm not going to miss my favourite thing
because of you
I'm not going to be in pain
I'm not going to be uncomfortable

But I'm in the lobby
Watching the feed go in and out
Losing my favourite thing
Missing my favourite thing

Because of you
I'm sobbing along to
the big comedy number
And into tissues that are
falling apart in my lap
Because of you

I was planning for
a life that wasn't real
that was gone
that's not me anymore
that's not you anymore
I can't plan for
something I know nothing about
Something that makes it's own choices
I know nothing about
and I have no control over

I was looking forward to this
I planned and bought the tickets
I scheduled the parking
I knew the train time
I knew the subway exit to take
I knew what right turn to make
I knew where the seats were
I asked where the bathrooms were
I was prepared
but it didn't matter

So I'm in the lobby
Watching the feed go in and out
Losing my favourite thing
Missing my favourite thing
Because of me
I'm spilling tears
on my nicest red dress
And into tissues that are
falling apart in my lap
Because of me