

Counselor

You ask why
The fight to remain alive
Some days I don't feel qualified
To save you from yourself
Wrapped up in my own warped vision
In a spin, wondering
What does it all mean
The purpose
How does it serve us
To wear our minds down
For just one more sunrise

When you ask me to explain
To give you reason to stay
To justify just one more day
I can't say
Because my words will never compensate
For your daily struggle
The air bubble you sip not to soar
But to float on the surface
The water you tread
Causes cramps in your side
To stay alive
But not to really live
The exhaustion from fighting
To walk upright
For just one more night
'Til the sun rises and sets
And it cycles again
And the dark settles in
But why

Why, they ask
Why

In the end you give thanks
Feeling lighter
More a fighter
And I sip my tea as I flip the station
Realizing you never needed saving
But an ear
A safe haven
A voice to a stranger
A outlet for your anger
A human to view you as
Worth it
Deserving
A strength
Not a burden
So that next time you're numb and
About to go under
You'll wonder if you should
Kick a little harder
And try to gain traction
That action will spark
A match
That burns the flame
Of the pain that brings you
Back to life
For a season
Wings clipped
But reasons to fly
In the words that you write
In the songs that you sing
So the wounds start to close in your skin

You go forward again
With hope
And feeling
New meaning
A dream that refuses to die
And then maybe
We have both found
Our why