

## Live With It

How do you live with it?

How do you forget?

How do you forgive?

I don't know how.

I'm scared.

I'm broken.

I can't face it.

I try, so very hard

To pretend it never happened.

But....it did

And that's what breaks me the most

That no matter how hard

I try to expel it from my mind

No matter how many times I tell myself

Not to think of it

I still do

When I'm in the shower

Late at night

When I'm alone

That day engulfs my thoughts

And it *breaks me every time.*

I don't even know what I'd do

If he showed up in front of me.

Would I slap him?

Curse him?

Or would I hug him?

Welcome him?

*I just don't know*

And how do I tell those who care for me

Exactly what is plaguing me?

Will they even understand?

Will I be judged?

They only know small fragments

Of the truth

For I cannot even face it myself.

So, *please*, someone, anyone

Tell

Me

How

To

Live

With

It.