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my therapist said i have issues being vulnerable

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my therapist said i have issues being vulnerable

Mya Tran

i love poetry. no question, i'm a fucking english major. i love poetry, love how poets crack their skulls open and let us lay on their minds like worn down couches in an old woman's home.

i love poetry, love that some poems are meant to be read, the pretty words are meant to paint pretty pictures, the poets put that comma there for a reason so you pay attention to the pause. Em dash split sentences in two so you feel a bullet shatter through your bones.

i love poems that are meant to be read aloud: poems meant to be performances i've heard poems read and thought that there should be fireworks at the end i love when poets read out loud and the audience has to take a moment of silence, that single beat where the silence swallows the room like a pill before the applause breaks out

my best friend read me a poem he wrote once and i fell in love for three long years, my tinder match asked if i could read their poem and i googled where to buy engagement rings, i've read poems and become obsessed with the way they taste to my eyes,

John Keats said, "think/Till love and fame to nothingness do sink".

Percy Shelley said, "I can give not what men call love".

Justice Ameer said, "they reckon God looked/at the image of herself/and called it Adam". Walt Whitman said, "Be not afraid of my body".

and i listened to a man wearing sneakers, cleaner than they had any damn right to be, read poetry and i trembled and fell to my knees and asked him to forgive me for my sins our father who art in heaven hallowed be thy name

i am a poet and i'm afraid to crack open my skull and let you make a home in it.