

I am watching myself through
A TV screen
fuzzy, hazy, glitching
soft kisses and coffee stains
restless nights and white space
blank thoughts, numb thoughts, spiraling thoughts
I ground myself
and am reminded that
there is nothing wrong with me;
burning out
feeling hopeless
internalizing fears
all a part of surviving; all a part of a life
A drowsy, gut-wrenching, heart-aching, complicated, but beautiful
life