

swallow.

By Emily Bittner

that pill
 that you couldn't get down
that comment
 that you shouldn't say
that meal
 that you can't bring yourself to eat
that feeling
 that's likely to bring up painful memories
that pain
 that you force yourself to ignore
that fear
 that you live with and must overcome everyday
that pride
 that nips at your skin and begs to be let out
that love
 that you've been hiding while it overwhelms you
that breath of relief
 that you've desperately needed for years

swallow it all

dispose of it within the depths of your soul
 where it can never be found
hide it from the world
 somewhere it can't hurt you
somewhere no one will ever dare to search
 somewhere you don't dare search
for the fear of it bringing you
 more pain and embarrassment
so swallow it all
 don't miss a drop
and ensure that the rest of yourself
 is flushed away with it