

# Suffocation

Lost and confused, surrounded by self.  
I cannot see past what stands in my way.  
Take a step to the left and there is my shame.  
Take a step to the right and face all my pain.  
Look down at my feet, my cunning pride.  
And up toward the sky, my circling distrust.  
I scream in this mess to be heard all around,  
but my unending hate suffocates the sound.  
I take a step back and fall into a hole.  
My pit of despair, so far will I fall.  
I have finally reached my pointy rock bottom.  
I stay to decide why I let go so quick.  
Then all of my character surrounds me again.  
I let me take away my breath.  
I soak through my own skin to reside here forever.  
becoming a coat of my own slime.  
My throat becomes tight.  
my heart starts to slow.  
I take my last breath and lie still.  
My poor decisions have suffocated me.

By: Natalie A. Thornhill

Dedicated to Nathan Andrew Thornhill

