

# Bottle it up

I am a live  
wire coursing  
with emotion.

I push the surge  
down in an effort  
to contain the energy  
flowing through me  
I bottle it up and screw  
the cap on tight. You will  
never know and I won't let  
you because You dismiss me.  
You look at me, say it's all in my

# MIND

No, you don't see because I don't  
let you. You can't understand.  
You can't feel it everywhere. It  
courses through my body, from  
my head to my toes. You can't  
see how bad it really is. It's too  
much all at once. I need it  
gone. I need to lock it away  
so I can't feel anymore. I try.  
I push it down and feel relieved  
but a part of me acknowledges the  
building tension in the bottle. I  
ignore it and hope it never bursts.