

## THOSE I AM REMINDED OF

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### I'M RIGHT HERE

I'm getting shut out  
Conversations between boys  
Why am I ignored

### CAREFUL

As women we are taught to be afraid  
That a state of constant fear is a form of self-protection  
Because it keeps us aware and away  
From the men that will hurt us

We are limited by the systems in charge  
*Where men inherit power and women inherit fear*  
Where men have the power and we are told  
To be careful of what they might do with it

We are responsible for our own mess  
We are told to be careful and not draw the wrong kind of attention  
If something happens to us it's because we weren't *careful enough*  
Did your mother not teach you to be careful?  
Did the news not warn you to be careful?

Watch your back  
Don't put both earbuds in  
No running at night  
Some self-defense classes would do you good  
Be careful what you say  
Be careful what you wear

It is their world; be careful  
I am tired of being afraid

### LONELY NIGHTS

The night is lonesome  
The shadows in my bedroom  
Keep me company

#### **KEEPING SECRETS**

Chewing on spearmint gum  
Forgetting the task at hand  
And leaving it lodged in my teeth

Something else takes its place  
As priority  
With focus no longer on the sensations  
Of a clear breath or burning tongue

My mind revisits the secrets you hid  
Though you excused them  
As a sense of protection

Your protection I do not need  
I needed your support

Instead, I follow in your footsteps  
And your secrets become mine

#### **I FOUND YOU AGAIN**

I thought myself quite hard to love  
Caring was what seemed to scare them away  
It left my heart and mind like an empty trove  
Until out of the dark you began to walk my way

Our paths converging once again  
One discarded daydream  
But luck, fate, or miracle was Laine  
And my heart burst at the seams

There was a shift in the way I loved you  
I could feel it demanding way through my bones  
It frightened me to purple and blue  
And made my heart sing such sweet tones

#### **MY PAPER**

An awkward tension  
In a well decorated room

Harsh accusations  
And a sense of hurt looms

I am retreating into the dark abyss  
I lack the words or knowledge to connect

It felt like it had always been like this  
Until old photographs forced me to reflect

Good terms and happiness  
Encompassed us mostly  
The present had erased my memories of the past  
Or perhaps that day I erased it ferociously

The bond may be healing and recovering  
A patching of emotional and relational wounds

Though my hurt thoughts continue to reprimand you  
For forcing your eyes onto a page that was not meant for you  
It was for me

Now there is awkward tension  
Ease replaced with disconnect and inability to forget

#### **YOUR PERFUME**

Scent of your perfume  
Lulls me into a deep sleep  
Soothing lullaby

#### **ANXIETY EATING AWAY**

Fueled by a factory of fire  
My face burning and numb  
Wet palms challenging the desert-like keys  
At my fingertips  
I know this feeling well

Heart wailing frantically inside begging me not to speak  
Threatening me in that it may escape my body  
And leave me with nothing worth saying

I know this feeling well

Anxiety swells in me  
Like the fear swells in a child  
Knowing a monster hides in the closet  
And shadows lurk murderously at the door  
I know this feeling well

This feeling follows me  
A monster within the child