How are you?

*I’m fine.*

Really?

*Of course I am.*

*Why do you ask?*

Because I know you

Dig deep

What do you feel?

*I don’t feel anything*

Numbness or emptiness?

*A little of both*

*Mostly a big heavy*

*And the rest, well, empty.*

What did I just see?

Are you mad?

Are you sad?

*I don’t think so*

Dig a little deeper

Do you feel anything?

*I feel a fencing foil*

*From my throat*

*To my rectum*

*Its getting bigger*

*And hotter*

*Its growing*

*To the size of*

*A knight’s sword*

*It’s starting to glow*

*with heat*

*it’s getting larger*

*its settled*

*in my belly*

*into the shape*

*of a big iron stove*

*It’s settled*

*The fire is out*

*The hot coals remain*

*What the hell was that?*

That’s exactly what that was

Hell

Your hell

The pain from your past

The pain from your present

The pain from your future

If you don’t resolve this

*C’mon it wasn’t that bad*

Wasn’t that bad?

That’s because

You’ve numbed it all

You’ve deadened the pain

Because it is too much to bear

And empty

Because you’ve killed

Parts of you