

it seems so tough sometimes when you face a day with back to back conflict.

when you get pushed around you might stand your ground,
might end up on your back, but...

when you fall do you benefit and talk about it?

when you fall do you get back up with your head above you?

when you fall...?

i choked back tears last night sitting alone in a restaurant, thinking.

how did i get so low? how did i manage to sink to the bottom?