

# The Art Of Forgiveness

Maria Mena

I would build walls  
For miles around me  
Around anything that hurt  
Any sensitive category  
Kept love at an arm's-length  
It was natural to me  
You did not agree

You said things like "Unhealthy"  
And I took on the task  
Of changing my pattern  
All you did was ask  
And the walls all came crashing  
At a welcoming speed  
I was convinced you'd never hurt me

And I used to cling to the back of your mind  
But I must have let go  
At the moment in time  
When she offered careless physical joy  
Both bouncing my heart around  
Like a cheap rubber toy

And after countless  
Hours  
Of crying  
Trying to forgive you  
Believe you  
Grow a spine and leave you  
Grieve you  
I've come to this conclusion

No one prepares you when choosing to stay  
How to dare share a bed again  
Keep demons at bay  
She took something precious  
That was just meant for me  
Not for her eyes to see

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I've come to this conclusion

After all the years you invested in me  
All the love, tears, and possibilities  
I realize that if the tables were turned around  
You wouldn't leave me now