

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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But you must have let go
At the moment in time
When she offered careless physical joy
Both bouncing my heart around
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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