

## Capsized

Sarah Harmer

when i heard about the coming day  
wish i could wake up from this dream  
in it i see a family photographed  
and there you are, tucked in the scene  
and theres a jealous net inside my chest  
theres a hurt and sadness there  
maybe i'd tell you all about it  
if i thought you'd care  
heavy heart gets lighter by your side  
but there are thoughts i'd wish i'd heard  
if they ask you how i'm holding up  
say i'm holding out for the words  
whats the sense in being so sensitive?  
can i trade this thin skin for a shell?  
there are somethings i've got no feeling about  
but there are some things i can tell  
heavy heart get lighter by yourself  
it's been so long since you capsized  
and you've been lying out there in the sun  
has it begun? has it begun?  
heavy heart, have you heard?  
that i could use the words