

Guilt

Shallow breaths. Bent over, doubled, stifled even. Fingers twitching, eyes bulging, throat closing. Again, and again and again. This routine, paralysing everything and every movement and every thought. That mistake was fatal, there's no turning back, and yet...I hold my breath because maybe there is something I can do, some way of taking it all back, somehow it just didn't happen but...

My thoughts are spiralling out of control, I'm sorry, I can't help it, I can't stop. All these noises and these thoughts and these pointless questions they keep rushing through my head, faster and faster, and they keep coming and there is no space for anything, and my heart is beating, and my hands are shaking and I...

Retching on the floor. That's the last image I see. A flash, a noise and then the silence as my brain dulled. I saw her foaming at the mouth, and I know I should have said something. I just dropped to my knees and sat there, how I contort with rage when I picture this. The commotion of crying, for around me people were sobbing with their heads in their hands and I tried, I really tried. I could have sworn I was crying too. But then I think about it...I shouldn't. I'll get all frantic again and my heart will jolt. I'm fine one moment, and then the next I'm full of grief like something has trapped me and shut the door. Every thought, I convulse with hurt. Words come out shaking for even if I'm thinking about something else entirely, I can feel the screams as I found her. I should have done something, but I didn't know what and now...it's my fault. I've grown paler, my hair thinning, for every time I go back to her house just to see, all I can think about is whether she'd be okay if I had just...

People say I shouldn't feel this way about every little mistake I make. But this isn't a little mistake, no one else seems to care, seems to feel this way. I don't know how to describe it, it just is, I just am. Around me everyone's sad and fearful but no one's quite like this. The remorse I feel is overwhelming every thought inside my head and making me feel so ashamed. Fatigue seems to flood all the corners of my life because I can't stop being this way...

Anonymous

Something Black In The Green Part Of Your Eye New Ibues Poetry Amp Prose

S Baum



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