

yes to me

as a child I lived
in your shadow
learnt to keep moving
beyond your reach

saying yes to you
was a no to me
your love an anchor
keeping me down
when I might otherwise
be free

your words
dispensed like poison
seeping into every
corner of our past
and present lives

you would take
all the space
if I let you

you're the fire
that must be fed
craving anything
that will burn

aftermath offerings
ring hollow
I love you and
I'm sorry
no longer count
for much

I've found my own light
cut free of your chains
chosen a harsh
necessary path

we're not beholden
I owe you nothing
saying no to you
is saying yes to me
my way is not selfish
but self-care

this is not walking
away but towards
towards myself