

## **the plateaux between**

people talk of peaks and troughs  
lives of black and white  
where you're either  
up or down  
they forget  
the plateaux between

stretches of stability  
that might last days  
weeks or months  
stays of execution  
the calm before  
the storm

seems sometimes  
you're travelling  
in circles  
mountains you thought  
you'd conquered  
rise up before you  
again and again

it only takes  
one small detail  
a slight shift  
in circumstance  
to change the course  
of a life

plateaux that appeared  
to stretch for miles  
stop short  
optical illusions  
that had you fooled  
almost to the last

the go-getters of this world  
would have us believe  
life is all lived  
from the mountain top  
whilst the pessimists  
wallow in the valley floor

the plateaux between  
are where we mostly exist  
if we're lucky  
if that sounds boring  
then try imparting  
bad news to a friend  
and watch their world implode