Missing

Emma Sleeman
Concordia University-Portland

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strict on their own causing there to be a lack of blood in my heart. This causes my heart to race uncontrollably, which in turn causes me to get dizzy, light headed, and sometimes pass out. With each accelerated heartbeat extreme fatigue consumes my body. The doctors explained to me when I was first diagnosed that my heart works at the pace of a normal person who runs a marathon every single day of their life. So, this is why every day is a marathon.

The tips I have learned throughout my four and a half years of having this condition are many, but can be summarized in seven points. One, don't hold your hands above your head for too long. Two, take your pills even when you don't want to. Three, take a nap. Four, don't stand up too quickly. Five, don't touch the line when running guts. Six, get your feet above your head and lay down when you feel like passing out. Seven, on the toughest of days find someone sturdy to lean upon. Seven tips to go along with seven pills. This is the key to knowing how to run marathons successfully.

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One beat-up teddy bear is all that remains of the little girl I lost. Two button eyes watched her disappear—no one else knows where she went. Three torn threads show the love he once received, revoked. Four matted paws remind me of the child who carried him everywhere. Three moth-eaten holes reveal the years spent in my dusty closet. Two floppy ears heard me close the door and walk away. One beat-up teddy bear tells the story of when I surrendered my childhood.