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Inside

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Inside

When the pain hurts so much I want to scream and yell and cry
all at the same time.

I want to start walking and never look back, leave it all behind.

I want to scream so long and hard that everything comes up,
nothing left inside,

just an echo,

it's empty,

it's bare,

no more hurt and no more pain is there.

It aches in every muscle and move I make,

It hurts inside, the pain is alive, it reaches out and takes me in,
come along for the ride.

"Let me go,"

but the storm continues to rage.

The rain falls from my eyes and finally it is washed away.

The clouds are pushed apart, the dark turns gray and a dull
pounding is all that is left.

Inside...

Amy Wulf