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I Haven't Written a Full Poem in Months

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I Haven't Written a Full Poem in Months

Autumn Franz

Unless they were addressed to someone who knew how to lick my wounds,
find the right size bandages and comb flowers into my hair—

I do not know how to leave the letters behind or cover the scars.
I don't know how to find myself in between the syllables anymore,
build temples dedicated to myself or sharpen my swords.

I don't know if this is a pain I want to point to on the red skied nights.

I don't know how to address myself kindly, love myself out of body.

I am trying
to look at myself in the mirror again,
write my suffering into similes ,
not be so afraid of what I might find when the music stops and everything is silent.