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Anger

A. E. S.

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Anger

A.E.S.

It starts as a tiny twinge of pain.
One is on the defensive.
The volume rises;
The words abuse.
It turns with great intensity
 into cursing and snowballs;
 it tears apart both the tyrant
 and the victim.
It does nothing but hurt,
 isolating each party from caring.
They cannot feel at one with themselves.
All serenity is destroyed.

Sometimes it goes farther
 than verbal abuse.
A fist is flung.
A feeling of fear
 permeates the atmosphere.
Oh God — what are the consequences?

A feeling of guilt:
I could have maimed
 or killed someone.
I am out of control.
After all these years
 I should have learned.
Why did I expose myself to this person
 who always hurts me?
Why do I abuse myself and others?

Innocent bystanders have seen
 my uncontrollable rage.
I can't forgive myself.
It hurts — that I make myself feel
 vicious, a villain
 one to be despised.