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Internalized

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Internalized

Liam Lassiter

I forgive when I'm ready
I forgive when I'm not
I've forgiven the curling knots of boiled peanuts
Before the broken eddy.

I forgive the salt that burns open wounds
I forgive the knife of rules
That rips my reality and preserves
That this is what's normal, *"this is what you deserve"*

I forgive those who don't deserve it
I forgive those who didn't conserve it
I need to forgive those who preserve it
Even if it means that I must submit
It's about finding a voice

"Forgive the horse for its neigh
Forgive the dog for its bark"
I forgive the innate and the frayed
Edges of morality that cling in the dark
It's about the choice

But it's easy to forgive the outside
It's harder to forgive what's inside
These pains fraught by hardships made
By those who forge habits to be ingrained

The blacksmith strikes until it's twisted
Lips that tremble as the metal bends
I cool the iron with my panic enlisted
Before the edge of past trauma rends

"Then forgive yourself," you say
As if it is one process, one's right
How can I forgive myself to this day
When the darkness that strangles the light
Bears my name?