

open wounds - september 2021

*why does it hurt so much
why is it never ending
i left the place
and the people
that i thought was causing it all
so why does it still hurt
will my wounds be open forever
is there anything i can do to heal
i thought coming out was the end
but i don't think there will ever be an end*

-moss

Healing Wounds - March 2022

With time,
It will hurt less.
It comes and goes in waves,
But it is not never ending.

Leaving the place,
And the people,
Is just one step in a long journey.

And they will try to pull you back,
They will reach out with "loving" arms,
But just take the next step in your journey,
And stay away.

Because you were right,
They are the reason you're in so much pain,
Their deep roots in you are why it still hurts,
But your wounds will one day heal.

Just have patience.

And write.
And scream and cry
And stare at a wall
And paint and draw and rip up unsent letters,
But most importantly write.

It helps.

There will never be an end,
That much I think is true.
Because though things have been and will continue to heal,
Wounds that deep always leave a scar.

But trust me,
They don't stay open forever.
So I beg you,
Hold on.
It will get better.

—Moss