

Comings and Goings in Life
By S.B.

Go away people who criticize
For hardly a thing I do.
Go away people who cling
To me and give me no room.
Go away conscience that leans toward extremes,
And go away feeling that makes me
 want to scream.

Come back friends and family
 who give me an open and grounded perspective.
Come back feeling that warns me
 of a situation too bad.
Come back the criticism that
 makes me think of constructive logic and reason.
Come back conscience
 that has gotten me so far.

Go away doubt, that keeps me
 from moving on.
Go away negative thoughts,
 that flow from every day.
Go away child behavior,
 that makes me closed-in.
Go away worry, of trying on
 my own.

Come back doubts that stop me
 and tell me to reflect.
Come back negative thoughts,
 that show the world is not perfect.
Come back child behavior,
 telling me where I've been.
Come back worry, that proves
 I am human.

(Inspired by "I Give You Back" by Joy Harjo)