

One of the things they don't tell you in the guidebooks to recovery is that you always think about it you never stop thinking about it you feel that man's hands underneath your skin fingertips pressing and clawing their way out from just below the surface of course no one else sees this part but you do and the others tell you **you need to see a therapist** *you need to see a therapist.* and say what? That you feel his hands crawling on you bird talons raking upon skin the cold of the blade against your neck? That you can still feel the v e r t e b r a e s p l i t t i n g i n t w o as he chopped off your head in your sleep and ever since then your C4 just hasn't quite stopped aching? Yeah. That might be a little less about the recovery process and more about the fact that your head was chopped off.