

# Disembodied Adjectives

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**Abstract**—i ran into the ocean. black denim salty wet belt. you took my glasses and i dove into the wave. toes sift through sand in the sideways current. constant cold, constant pull. i long to be this steady. concentrated joy.

**Index Terms**—crunch, time

## I.

*Rainbow splatter means that the 7:00am news has come and gone.*

*Last night, the fairies shattered The Moon and now I'm leaking clay red and highlighter yellow.*

*My grip is tight around this storm cloud: useless.*

*I wait for them to come for me in the morning.*

*Careful movements. This landscape of my mind is uncharted.*

*Tiptoe, hush, hush, scream.*

*I can finally cry. The things I mourn I worship. Camo sleeves rub wet cheeks.*

*I think about my grandmother and expiration dates.*

*If Death must come, let me meet Them by the blue and white rope swing in the backyard.*

*I sweep and rake like my Dad taught me. Digging metal into dirt and coarse yellow fibers into every crack. Quick, short bursts.*

*Barefoot on the ocean rocks, I breathe and move with the crashing of the waves.*

*I write down some things I'm afraid of:*

## II. SOME THINGS I'M AFRAID OF

- living a disingenuous life
- confronting shame
- insecurities (friends/ppl don't like me, body, how i express)
- inadequacy (in work, in love)
- panic / losing sense of Me
- death and dying (me and the ppl i love)
- health issues (me and the ppl i love)
- inaction / being idle
- being consumed by anxiety
- hurting others / letting ppl down
- not understanding/realizing my biases
- spending \$
- wasting time
- big spiders
- being misunderstood

## III. POTION

- madagascar vanilla
- dragon's blood
- strawberry
- cedar wood
- pink grapefruit