

Afraid © 2025 Jhana Matthews

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Poem by Jhana Matthews
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Afraid



Why am I afraid
To let go?
Why am I afraid
To love you?
Why am I afraid
To be free
Why am I afraid
To hold you close?

Why am I afraid
Not to run?

Why am I afraid
Of the light
You've shown me?
When you've always
Shown me the sun

Why am I afraid
of my heart?
Is it because I don't want us to part
I know it's a piece of art

I'm afraid of my heart
I'm afraid of the words you've spoken
I'm afraid it's gonna be broken
Ever since I met you
I'm not so heartbroken

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