

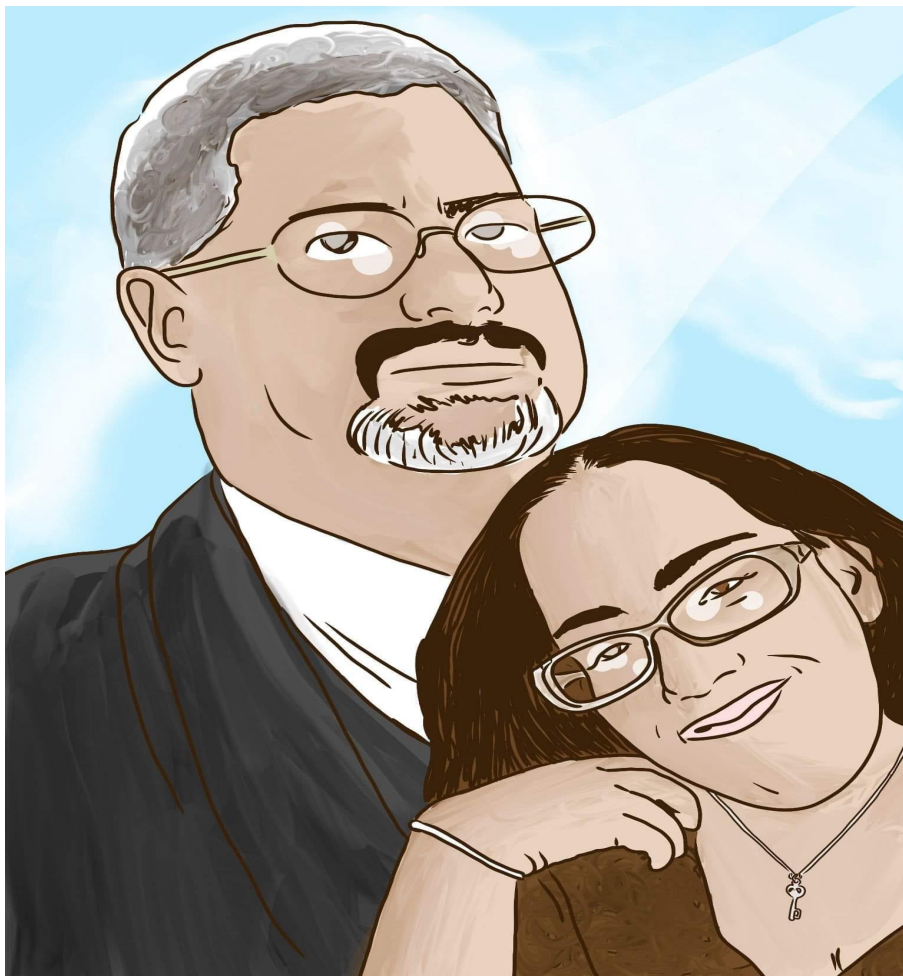
Letting You Go © 2024 Jhana Matthews

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Poem by Jhana Matthews

Written On: Dec 16, 2024

Letting You Go



I'm drowning in water,
but I'm stuck on the surface
It feels like tears are trapped inside,

flooding a place where light can't reach

My heart is breaking
while I am trying to hold it all together.
Ever since you left,
I feel lost
But I am dying to be found

I want to give up,
but I made you a promise.
I want to die,
but I made you a promise
that I wouldn't

Every moment without you
feels longer than the day I lost you.
Every strength that I had
died along with you

The pain I feel
is like a needle in the heart.
The pain I feel
reminds me that you were real

Saying goodbye is something I did not do.
Anger ruined my life,
and that's why it is hard to let you go

Mom says you forgave me,
but that is something I am not ready to accept.
Knowing that I lost you
makes me feel like it is my fault.
I wish I could have done something.
But now it is too late.

I don't have the strength to let this pain go
I don't have the strength to move forward
I don't have the strength to forget
I don't have the strength to forgive myself
I don't have the strength to be strong
Because all that won't bring you back

Knowing that hurts me.
The pain hits me, sharp, sudden, hollow.
Everything that I've felt
died along with you.
I'll carry this pain for as long as I live
because it's the last thing I have of you.