

The Fear of Connection

The spirit within
connects us all,
But the thought of that scares me.
Because, if it is so, I can
no longer blame you
For the things that trouble me so.

It could almost imply
that I am a part
of the things that annoy me the most.
It could almost imply
that I am the cause
of those things you do, that upset me.

To think that you are a reflection of me
causes distress I cannot bear.
I do not do the things that you do;
I do not say the things you say;
How could all of us be connected?

But if it is so, then what should I do
to change the things around me?
It calls me to change the world that I see
By changing not you, but what's inside me.

-Bonnie Wesorick