

Offender to Splendor

by Abbey R. Lake Forest

Resentment is a sickness
Not a sign of weakness
But don't hold on to rage
It doesn't belong, it's a cage
It will rob me of happiness
Make me throb with sadness
Anger is a natural human emotion
But danger will follow in motion
Protect my sobriety with my life
Resentment will cut me like a knife
In my opinion, anger and resentment are minions
Of my evil mastermind addiction
The affliction
That led to the eviction from my sanity
My vanity and ego help me to hold onto the pain
Like rain falling over me, I replay the tape of hurt
Like the time he put his hand up my skirt
I spit out profanities as I relive the insanity in my mind
Relapse is just one step behind
But this rage is keeping me blind
So what's the solution
Let go, move on, find myself free of pollution
I will no longer drink poison and expect that guy to die
Because when I let go, I breathe in blue sky
Let go and let God, release it to my higher power
Realize I'm flawed, make peace with that person, give them a flower
Just forgive them and not be combative
If i want to find identity in serenity, then i have to let it be
I'm free, if I want to be.