

My Internal Terrorist

My Internal Terrorist

Strikes when I'm unconscious,
Knows where I'm weak and unguarded,
Uses my naiveté to her advantage.

My Internal Terrorists

Sabotages my new ideas,
Criticizes all my shortcomings,
Minimizes my belief that I can change.

My Internal Terrorists

Stereotypes everyone as more or less than me,
Separates me from those I love with thoughts of difference,
Isolates me from the world I will never fit into.

My Internal Terrorists

Sees everything as "us" and "them",
Strikes out ferocious at the feared objects,
Blocks my hope of reconciliation.

My Internal Terrorist

Freezes my heart,
Races my pulse,
Stops my breath,
Clenches my fist,
Widens my eyes,
Halts my hope,
Questions my trust.
All these fantasies created from my thoughts.

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