

Are You Frightened?

Are you frightened?
You know I'm frightened, too.
I walk the earth only half here,
My defenses building walls around
 me
Too thick to see through and too
 heavy to move.
My fear makes me rigid,
And you ask me to change.
This is not done easily or quickly,
But you see me trying.
I'm trying to trust you,
To believe in my trust in you,
That it's not enough to wear away
 my walls
But to leave behind even the
 foundations.
I'm almost there,
But what will I find
When I escape my own shackles
But the chains you have built
 around yourself?
I see you shaking,
And it is not the cold you tremble
 from.
So much hurt and suffering
And you keep it inside as I have.
I know your hurt runs deeper than
 mine
And the walls you build more
 cleverly wrought.
They have their own value,
Why break up something so
 aesthetically pleasing?
But it is the rotten core of
 heartache
That troubles me so,

And how it divides us.
My fear has always been of the
 unknown,
Little hurts together with imagining,
And just something about myself
That has made everything since
 childhood so hard.
But your fears have substance.
You've told me of them
In not so many words.
I've listened to your voice.
Your past haunts not like mine
With just dark foreboding,
But rather with the physical pain of
 memory.
You've escaped by claiming to
 ignore
The bleeding heart within you
And setting up your delightful
 artifice,
And invited on only those you
 know
Cannot hurt you nearly so much,
By keeping the physical and
 emotional apart.
It is not just the walls around you
That make you limp and make me
 weep for it,
But the walls within your soul.
They give you hearing but no
 vision,
And seeing with no sound.
Yes, anyone can see you suffering,
But who can replace your suffering
 with joy?
Perhaps I cannot do for you
As you have done for me

But I cannot help but long to
return the favour.
So much hope you have given me
Where before there was only
sorrow.
You told me once you did not wish
to be a patient
But rather to heal and be healed
both.
Why won't you let me try to be that
for you?
Let me be strong for you a little
while,
But my hoping for this alone,
Exposed and outside my defenses
And still unable to reach you,
Will only, in the end, hurt us both
again.
Is it time you require?
I will give you all that you need.
Between my stubbornness and my
patience
I cannot be frightened by you
anymore.
Do you wish me to back off and let
you come to me?
Or shall I beat and starve myself
To make myself pleasing to you?
You have only to ask.
I shall do these things and more.
Even to storming the gates of your
gilded prison,
But I would rather you came to me
With pleading and cajoling
Even as I have come so far for you.
I want in and I do not intend to
leave again.
I know your fear.
I feel it kin to my own,
But please, have a little courage.

Trust me as I have trusted you.
It is too late for lies.
It's just the two of us now.
Have you freed me to free
yourself?

