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Category: Poetry

A Letter to Rejection

Dear Fear of Rejection,

I regret to inform you that your presence is no longer needed here.
I'm sorry, but I've let you grow more than I am comfortable with;
I have no space for you anymore in this body so
I'm kicking you out.

Double locking the door as you go and issuing a restraining order against you
No, I'm changing my address and sealing the windows shut so
pack up your clothes and emotional baggage that you've left all over the floor
It's just not working out.
The mess is one thing,
but the constant nagging I can't take
Stop making me feel like I don't belong.

Like because I have known you for so long I will never be good enough
Like I am insignificant
Like I am every tiny droplet of rain,
every speck,
every particle of dust swept away by someone's unforgiving hands,
Like I am nothing more than a thought.
So easy to be dismissed,
so quickly to just not exist;
I know I am worth more than that so
stop weighing me down.

Dear Rejection,
I cannot afford to be afraid of you anymore.
I'm paying the rent for both of us and it's just too expensive.
I want to take risks.
To be bold,
To stretch up higher than the sidewalk
To soar
And I can't make that happen if you stay so I'm saying goodbye.
Please don't visit or try to find me, just torment someone else for a while.

Sincerely,
Your roomie