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Untitled Poem

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Took my meds today
My heart's still beating too fast
My shoulders are still holding on to all the
fears of ~~the~~ today &
yesterday
Tomorrow
Whenever

Things still aren't done
The rain can't decide if it wants to fall
He made me feel bad
~~today~~ I feel bad here, today
yesterday
Tomorrow
always



Or maybe not always
I have to believe that at least
Because ~~the~~ here is not always
Even if I'm always here

I will do well in this class.
I will do well.
I will be well.

- many alvarez