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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 ~~it~~
 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