

Take it Slow

*When we have sex "too soon"*

*And I go against my bodies truth*

*Every part of me wants to run away*

*Every part of me feels dirty, old*

*And of the past*

*Every part of me wants to fall into the arms of another man*

*Swallow myself in my misery*

*Dig myself deeper into a hole of self loathing*

*But this time I want to choose change*

*This time I want to stare my demons in the face*

*This time I want to heal for you*

*This time I don't want to run*

*This time I don't want to sabotage*

*I just want you to hold me and tell me my demons are okay*

*I want you to help fight them off for me*

*And hold me while I cry*

*And when the depth of my pain doesn't make sense to you*

*I want to move forward for you*

*And me too*

*I want to take it slow*

*For once*

*And I know somehow you knew*

*I needed to learn "taking it slow" even more than you*

*You were,*

*My healing*