

## Unraveling by Sisi Reid

My grief is unraveling me  
Unraveling each inner child me who has been aching  
The child me who wails when searing burns of alcohol collide within my bloodstream  
A caustic concoction on that night, the night I drowned in my own pains

My grief is exposing me  
Making me meet me, the 6 year old girl who swallowed silent tears as we moved away from you  
and kept in silence while missing you, while missing you, while missing you...

Where are you?

Then death began breathing too close and you said it's time to grow. up. quick.

A quickening of my silent pain fastened with the weight of your illnesses  
And now, in your death I face familiar abandonment again

Again. Do I believe that I am unloved and not worthy enough for you to be here?  
Or do I break this abandonment chain gripped around my throat and cry?  
Emptying myself of that old old lie

I'm unraveling the shame you shielded and wielded upon me, shame that is not mine

I am unraveling to the ancestors telling me to surrender  
But what if I drown again? But what if I drown again?  
What if the aches and wounds are too deeply dug and I can't get out

Now is the time to unravel little Sisi, to let her cry and set me free