

BATTLE OF WILL

Dana Johnson

The rules are clear.
Wake up, make bed, stretch, brush teeth.
Wash, rinse, repeat.
The rules are clear.
Start laundry, first break.
Work, work, work.
Finish laundry.
Wash, rinse, repeat.
The rules are clear.
Count the bites, count the steps, count the chews.
Wash, rinse, repeat.
The rules are clear.
Everything has a place, put everything in its place.
Clean the kitchen, wipe the counters, nothing out of place.
Wash, rinse, repeat.
The rules are clear.
Anxiety, anxiety, anxiety.
Steps, steps, steps.
I don't understand why.
Wash, rinse, repeat.
The rules are clear.
I'm trapped in my own existence.
Everyday is the same.
Wash, rinse, repeat.
The rules are clear.
Break the cycle, find a way to break the cycle.
The cycle is stuck.
I must, I must, I must.
Wash, rinse, repeat.
The rules are clear.
I want to break the rules, I don't know how.
I need help.
Wash, rinse, repeat.
The rules are clear.

