War Stories

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Writing about traumatic events in my own life, and reading and listening to the stories of others who have experienced suffering in their lives, has helped me to heal.

This poem is about bar talk, and that kind of talk is called war stories.

War Stories

Come over to

The dark side

We've got cookies,

The bumper sticker invited.

O but the dark side

Is inviting;

We've got stories

Ugly, black,

But O so interesting.

You can dig around

In the mess, fall -

And feel better about yourself.

You're not so bad

After all,

Others are worse.

Savour them,

Play with the dirt.

When you immerse

Yourself in it,

Nothing will hurt.

.