

my two strong arms  
4/3/08

it's chronic  
this ache that she gets when she moves  
or stands  
or breathes  
it's tragic that they never listened  
always the same story of  
too fat  
lose weight  
you'll live.  
it's tragic cause she  
used to be fun. didn't  
cry all the time like there's no hope and no light.

she says she's sorry  
has tears in her eyes  
while she laughs at  
my too-strong arms  
my two strong arms  
that lift  
that carry  
that shoulder her worries until  
she says she's  
sorry

it's chronic and it vascillates from  
too much  
to impossible  
unbearably agonizing with every shift in a  
too-narrow chair.  
and she cries out until  
my too-strong arms  
my two strong arms are useless to her

it's tragic that she  
hurts herself more when she  
sits too long  
doesn't call  
when she thinks she's helping me by not relying on me

and my two strong arms are helpless  
and my too-strong arms are useless  
and it's tragic that it's chronic  
that it could've been prevented  
and it's pain that's neverending  
and my two strong arms are useless against it.