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Attacked from Within

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Attacked from Within

Cover Page Footnote
JASON MARSHERALL

ATTACKED FROM WITHIN

Anger, Fear, Nervousness
Or sometimes just walking down the hall
Triggers it
A rifle going off in my mind
First the heat
My face turns into the shade of a bright red balloon
My body begins to get hotter and hotter
My own personal hell

Then suddenly I am gasping for air
Clutching,
Reaching
Begging for something to help me
But nothing can be done

Then the pain begins
A punch to the heart
Whose torture just won’t go away
Lingering, Loitering
Getting no better or no worse
Just a constant pain
A Constant Curse

If I’m lucky I’m sitting down for all of this
When I stand I fall
And then there aren’t memories

Of how it all happened
Just me lying on cold linoleum
With pain in my chest
With pain in my head

I’m left wondering
Why won’t you just leave me be?

JODI ROWLAND