

## EXPRESSION

created with Catherine

It was all in your gut,  
a heaviness in your chest,  
a really negative mindset.

A pushback - a refusal  
to express. The guilt. The blame.  
Facing the outside world with

"everything will be okay."  
Now, you believe yourself.  
You own the way you feel -

you've found words for that  
gut-wrenching limbo of lostness.  
Less impatience. Less thinking.

Less wanting to understand.  
In hindsight, you know she doesn't  
need to be "fixed". She's awesome.

Just the right amount of beach-waviness.  
Pulls the most amazing facial expressions.  
So wide, so bright. You can't describe.

She knows what she wants,  
never lost for words. In her own world,  
between the deaf and hearing.

It can be exhausting, a grey  
middle ground. But you've learned  
you don't have to shout so loudly -

she makes herself heard.

