

How to Resist

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Adapted by Fishtank Staff

1 march
 curse
 fume
 cry

5 but save some of your salt
 to cure the rage so
 it lasts even longer

 write a poem
 write a check

10 take a social media break
 take a long bath
 put lotion on your body
 then put your body in the street

 don't waste your words on frauds

15 be strategically decided
 or find the spaces of denial
 and shatter the silence with your screams

 close your ears to the lies
 but listen to the cries

20 of the weak and wounded
 keep the truth deep inside
 safe from the filthy fingers
 that warp everything they touch

 let it throb

25 ache
 and break
 over and over again but
 don't harden your heart
 harden your resolve instead

30 most of all

 feel something
 feel something
 feel something