

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
- 10 write a poem
write a check
- 15 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
- 20 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
- 25 of the weak and wounded
keep the truth deep inside
safe from the filthy fingers
that warp everything they touch
let it throb
- 30 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