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Choking

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Choking

When something as simple as silence
becomes dangerous, there is a problem.
Words used as weapons are shoved deep
down in my throat where I cannot
take a breath. I cannot make a sound.
Oxygen depletes quickly as I gasp for air;
lungs burning like the hatred in your eyes
as I spoke my truth with pride and dignity.
Conformity is not in my anatomy.
Blood runs as cold as the shoulder
you give me as my body starts to shake,
trembling profusely, as I wrap my
hands around my neck.
There's no one here
to hit my back:
while the social and political
constructs obstruct my airways
leaving me nearly dead.
As I choke on the
ideas being shoved upon me,
I desperately
try to hold
on to my
Identity.