

HOW I SEE MY PAIN

by
Deontae Dean

I took my shoes off & looked @ myself deeply.
While stare'n in the mirror, I identified
All the pain I had within me. But ... first,
What is pain?

It's a question I once asked myself in my journal,
& I came up with this ...

Pain is a feeling, that's caused by hurtful objects,
As well as disrespectful words & emotions.
I see that this pain inside of me,
is a mixed combo of physical & emotional ties.

Then I began to drift into this abyss ...
& started to reminisce
Over every one of my memories,
Bad & good, mostly bad.

During my youth days,
I was disciplined 85% of the time
& 95% of the time it wasn't my fault.
But that was nothing compared to
the emotional pain I endured.

& That's what hurts!!!

@ Age 3 my mother leaves me.
Then found out dad died before my birth
& I don't have any photos.
Then my Grandpa passed away on me

& now I get sentenced to prison
Only to be abandoned by damn near everybody else.
This pain has me feeling lost or just plain confused!!!
I snap back to reality.
Then step back into my shoes
& say to myself in the mirror ...
"Now that I understand & recognize my pain,
I can see that I would of never made it to where I am now!"

& I've become a very strong man...
So thank you Pain!!!
Now, if I may ask you this question?

Do you see your pain?