

it's a jungle out there  
Scarlett Constand

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the cuts on my arms are like zebra stripes,  
jagged edges stand out against the pearlescence surrounding.  
my body is the ultimate prey, my mind the ravenous lion.

tears like raindrops flow down my cheeks  
as i struggle to breathe, struggle to calm.  
the sterile white sink before me is stained with blood,  
circling the drain like a predator stalks its prey,

and my own lion-mind is to blame.

9/5/19