



5-1-2019

Chinese finger trap

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Recommended Citation

Domingo, Madeline C. (2019) "Chinese finger trap," *Calliope*: Vol. 51 , Article 31.
Available at: <https://scholarlycommons.pacific.edu/calliope/vol51/iss1/31>

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i am still tied to you
an impossible knot
looped beyond reason and rationality
the harder i yank
 and pull
 and strain to break the tension
the tighter it closes
angry red skin blistering
beneath the rough texture of your truth

the secret to freedom
is to simply stop struggling
and yet i find that i cannot sit quiet
bound indefinitely to past decisions

you have trapped me
because i trusted you enough to
extend my fingers out
 reaching towards something that
 was never mine to hold