



**'On Every
Bag and
Box I Own'**

**on every bag and box I own
is a sticker with my name
somehow these sticky labels
have always held so much pain**

**if they come off, my biggest fear is they'll be placed straight back
and there are bags I've had filled for months because I'm too scared
to unpack**

**ironic really, because that sounds a lot like my brain
bags and boxes of trauma that never get addressed
and they too hold so much pain**

**so it's almost like those name tags hold metaphorical value still
if I remove them, I feel like things will again go downhill**

**and labels with my name will return
and these days I feel like my value is held to a room or a bed
and the thought of settling makes my stomach turn
because despite my chaotic past I'm still a person, the fact no one
values that messes with my head**

Kira G