

anger is my friend
she tells me when I've not been heard
when I've been misunderstood
or misrepresented

if I ignore her too long
she gets into a rage
then police and psychiatrists
put me in a cage

but this only compounds my feelings
and heightens my fear
that no one is listening
the cost mentally is dear

my friend is like a loving lioness
if I can speak about her without roaring
then surely one day I'll be heard
her animal instinct is protecting
but I need to translate this into words

as a child I experienced violence
when I tried to speak of my anger
if I dared to say no
or if I answered back

I learned it was not okay
to express the feelings of my friend
so I squashed her in every way

I witnessed my parents 'violence
them shouting at, and hitting, me
I learned that anger was frightening

so I avoided listening to my friend
I packed her away in my body
underneath layers and layers

but she hated this treatment
and often came out in tears

as an adult my friend showed up
unexpectedly like a lightening clap

she disliked being ignored for years
with no adult language to communicate
she resorted to a slap

she thought that hitting out
would protect me

she did the best she could
but I've found another way to hear her
which others may find rude

I'm learning to speak up about my friend
give words to what's inside
to express how I want to be treated
accepting my friend is there to guide

I may not always be effective
but if I'm calm and without fear
then I can share my friend in love
which is wisdom very clear

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