

parental alienation
(*why does it need to be your way?*)

couldn't you share our son?
he happens to be the only one
I have, I said, trying to be practical

is the punishment for me or him?
why have you put all our emotions in the bin?
it's a sin, I said, trying not to be judgmental

you say God knows what I have done
to psychologically scar our only son
it must be hell, I said, trying not to be heated

you say you had no part to play
his life without me came naturally
sounds simple, I said, trying to be realistic

it's all because I'm mad you say
that he will never again come to play
never again, I said, this could be fatal.

so I began on a lonely journey of self-discovery
where strangers showed me keys to recovery
I can do it, I said, pleasing myself

Jo Beth Gray

