

part of me loves the feeling
that rips through my chest when you cry
not because i adore your suffering
not because the pain gets me high
but because it's as if i
can nearly share your tears.
like seeing them drop from your eyes
will cut me open from the inside.
and when i look at you
part of me does die
some people say that is ugly
but we forget
how some people will lie.
i will gladly let my insides die
if that means my humanity will thrive
my humanity is beautiful
because that is what
will connect
you and i.

– Valerie Nichols