

A Ton of Bricks

It comes to you like a ton of bricks
Falling off a steep cliff
But instead of being the bricks
You're the surface beneath
As you mind your business
Watching the waves crash gently
Upon the rocks
And then it hits you
Penetrates your head
Vigorously
Sending your body into mindless shivers
You cry, you fall
But from within
So no one can hear
You silence yourself
To release the pain
Whilst feeling
Every inch of it
And it's happened before
And it will happen again
Because history repeats itself
One day you'll be ready
To combat it completely
Rip it apart
Tear it to shreds
Erode it, Demolish it
But you wouldn't be you without it.

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