

## Therapy

I will always listen  
But I cannot make others hear you

I will remind you that pain is a pixel  
in a much larger picture  
But I cannot stop it from hurting

I will care about what you've endured  
But I cannot make the world take interest

I will name the crazy in the conditions you've survived  
But I cannot make you believe it's not you

Like a mirror, I will reflect back your beauty  
But I cannot make you look

I cannot alter the past  
I cannot make you try  
I cannot guarantee anything

I can know your heart as a conduit for love  
But I cannot change its spongy design

I can only show you how mine expands  
Within a low ceiling of influence

How it beats alongside  
Whether you think me helpful or not