

Your Oppression Makes Me Sick – Sorry, I Am Enough

BY REBECCA FOSTER

Sorry for the space I take
Sorry for my ears
Sorry for the art I make
Sorry for my fears

Sorry for the way I speak
Sorry for my messy clothes
Sorry for my urine leak
Sorry that I spoke

Sorry I am not enough
Sorry I'm too much
Sorry that I sound so rough
Sorry I don't want your touch

Sorry that I feel so deep
Sorry that I see your pain
Sorry that I creep creep creep
Sorry, I'm so lame

SORRY YOU ARE CHOKING ME
YOUR OPPRESSION MAKES ME SICK
SORRY YOU THINK YOU KEEP ME SAFE
IN A PLACE WHERE I WILL FIT

ALL NEAT AND TIDY
NOT UNDONE
NOT SCREAMING
NOT HAVING FUN
MEDIocre, BLAND AT BEST
POWER DRAINS
AND THERE IN PLACE

TORTUROUS RESTLESSNESS
SOMEONE'S KEENING DOWN IN THERE
HER CHAINS ARE RATTLING

SICK. OF. FEAR.
SHE'S TEARING AT HER HAIR
SHE'S CLAWING AT HER BREAST
NO ROOM FOR NICE IN HERE
SHE SCREAMS
NO ROOM FOR AIR
NO SPACE NO SPACE NO SPACE
SORRY WHAT HAVE YOU DONE?

YOU HAVE MADE ME A DISGRACE

Love me, share me, delight in me for I am
Every part, disowned, dismembered, disengaged, hidden, laid to
waste

All you need to do is love me fiercely
watch me climb the stairs on frail legs
emaciated but not dead
out of that dark and lonely place
that dungeon of disgrace

Love me love me love

ALL OF ME

I AM THE SHADOW SIDE OF THE LIGHT OF THE MOON
my beauty is not in my best
It's my howl, my heart, my womb my breast

I'M WHOLE I'M WHOLE I'M WHOLE I'M WHOLE
DON'T LOCK ME UP AND SANCTION ME DON'T PUT ME TO THE TEST

Nourish me with integrity
Nurture me with rest
Feed me creativity
Let me be unkempt

Let nature salve my broken heart
Hear me, heal me
Speak my wounds
Liberate my voice

Sweet mother as I honorably vow,
Remove this SORRY
from my beaten brow
Strengthen my bones
Build muscles of grace
A frame of fortitude

A SOUL WHO KNOWS HER PLACE

To serve the beauty in me, unconditionally
To hold space for me, for we, for She
With Unapologetic Dignity

For more self-study, [The Urban Howl](#) recommends [52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .

Sip a little more:

***Come Back To The Truth & Magic Of Who You Are
Broken Heart Wide Open – My Redemption From
Rejection***

You're one decision away
from a totally different life.

Mark Batterson

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