

how can i trust

i live in a world of pain and fright
i cannot trust the things i hear
nightmares that blend both day and night
mixing together in continuous fear

i wake in pain and see the bruises of the night
how can i trust that the pain i feel
happened long ago and not last night
for it blends and which is real

i feel the snakes they made me eat
that grew inside my mouth with haste
how can i trust the things i eat
its snakes instead of food that i taste

because i did something wrong
i feel fingers touching me
hoping the punishment wont last long
promising to be as good as i can be

how can i know what is real
for this is merely just one day
how can i trust what i hear taste and feel
in the nightmares of the night and day

... child survivor of ritual abuse-torture under 12 years of age

Donated November 20, 2003