

Life is about stomach aches
The worst kind
The kind that make you want to cry

Life is about those times that you trip on the sidewalk
Where the weeds pop out through the cement
After killing all the roses

Life is those nights you get no sleep and accidentally run late to all your classes

Life is the time I dropped a pie a block away from my destination
Or the time I was so far in last place that the entire gymnasium cheered me on for finishing

Stop trying to make things out of the lemons that life hands you and for once be fucking grateful for the lemons

Stop trying to change what's handed to you and instead appreciate it

Take a moment to let the sour be a feeling before you try to sweeten it with buckets of sugar and vodka

Life is about the times that you fell in the pool
Or made your mother laugh

Life is about the times that books let you travel through world

Life is splashing water
And growing flowers
And that time I couldn't get out of bed because I felt so heartbroken

Life is not knowing if the bleeding inside me is an early period or the tears from the rapes that I never reported
Life is eating pizza even though I'm allergic

Life is listening to Disney music because it's distracting from the tears that you no longer have the energy to wipe away.

Life is painful. Life is hell and heaven and mazes and fear.

Life is bad selfies and fat days and terrible hair years and bad kisses

Life is the time that I was locked in a hotel room with a man 5 years my senior who didn't take no for an answer.

Life is wanting to tear out your skin because you feel so slimy.

Life is texting a crisis hotline at 3am because you feel like you have no one to turn to.
Life is realizing that crisis hotlines don't always answer back.

Life is having a real crush again after five years only to have him fall in love with someone else three weeks later.

Life is bruised knuckles from punching walls and a hurt neck from overtyping poems that nobody reads or listens to.

Life is wanting to roll into a grave but not having the strength to.

Life is so warm and so cold and so cool and so humid

Life is the best kiss and the worst kiss

It's the taste of dirt on your shoelaces and the sip of wine on your breasts.

Life is that moment when you feel like you could climb 100 mountains and save 100 people
And it's also that moment when you feel like you can't even get yourself to breathe.

Life just is.

I just...am.

Life is
I am
You are
We are
Life is
This.