

Out of the Fight  
Amy Charles

You're why I had to learn about healthy boundaries.

Because of you, I've wept, falling to my knees.

I've hidden so much of myself, afraid of what you'd say.

I buried pain in the dark and the drink, pretending to be okay.

I'm tired of living that way, giving that way, trying to please you.

I won't deny my voice, ignore my choice, just trying to appease you.

Life is beauty, it's a grand great blessing.

I see its potential now; I'm so tired of stressing

Inspiration envelops me, whispers to me - a welcome sage.

I'll channel it to the canvas and page, maybe even the stage.

I have no hate for you, no pity, nor anger; not even love.

I'm moving on, in peace and freedom, to a place I'd only dreamed of.

Ignited with joy and presence from the lessons you've inflicted,

I'll live my life freely, in ways I could never have predicted.