

## HEAD SPACE

My goal is  
to conquer  
a feeling by

focusing on  
it physically  
to cripple it

psychically,  
so it's solely  
bodily agony,

a handy  
strategy  
given how

frequently  
I feel shitty,  
outwitting

my anxiety  
to live with  
a laughable

sense of  
not much  
left of me,

of identity  
emptied or  
shrunk to

a notion  
the size  
of a pea,

which I call  
peace, and  
know is me.