

The anger swells like an ocean on a stormy day.
Rocking the boat, splashing the deck.
Hurling waves at everything it sees.
Nobody controls it.
Nobody can stop it.
It's intense.
It's scary.
But it's me.

As the day goes on, the storm passes.
As it fades...the anger fades.
Then turns to sadness.
Grieving for my heart.
The sadness swallows its prey whole...
in one gigantic gulp.
It is so strong, yet has one weakness.
The one thing that can defeat it
is also the cause - Love.
I know it's cliché, but it's true.

by Jen Colleton

