

# breathe

she sat at the back  
and they said she was shy  
she led from the front  
and they hated her pride

they asked her advice  
and then questioned her guidance  
they branded her loud  
then were shocked by her silence

when she shared no ambition  
they said it was sad  
so she told them her dreams  
and they said she was mad

they told her they'd listen  
then covered their ears  
and gave her a hug  
whilst they laughed at her fears

and she listened to all of it  
thinking she should  
be the girl they told her to be  
best as she could

but one day she asked  
what was best for herself  
instead of trying  
to please everyone else

so she walked to the forest  
and stood with the trees  
she heard the wind whisper  
and dance with the leaves

and she spoke to the willow,  
the elm and the pine  
and she told them what she'd been told  
time after time

she told them she never  
felt nearly enough  
she was either too little  
or far, far too much

too loud or too quiet  
too fierce or too weak  
too wise or too foolish  
too bold or too meek

then she found a small clearing  
surrounded by firs  
and she stopped and she heard  
what the trees said to her

and she sat there for hours  
not wanting to leave  
for the forest said nothing...  
it just let her breathe