

out of body

floating up to the basement ceiling
looking down upon myself
so detached in disbelief
a very curious feeling.

watching myself lying helpless below
my own father's fingers closing my throat
I guess I always
 knew this would happen
I guess I knew it would
 end up like this.

sixteen years old
my life leaking out
mom runs in and
saves the day.

sometimes I still feel his
hands on my neck
sometimes I still feel his
hate on my heart.