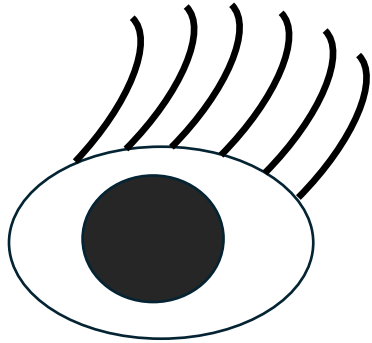


lachrymose, a symptom of my cPTSD



like the full-body
twitch of a deer
after escaping
predation

affective dysregulation

my body
betrays—
no matter
circumstance
conversation
demeanor
or desire

hypervigilance

what follows—
a defensive
reflex
mistaken
as weakness

negative self-worth