

WHOSE FEELINGS?

Somehow, we manage
To get our feelings hurt,
To even get high blood pressure angry,
When someone does not do
What we want them to do.



Even though we never asked them,
And they never knew we wanted them to,
We assumed they would automatically know to do it.

Then we get our feelings hurt.
And blame our anger on them.

Shoot! They don't have a clue.

How can we be peaceful and happy
When we do that to ourselves?

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