



Voices in my head

By Juliet Crovatto, February 2023

Watching those people
You have loved
Slowly leave you
And as they take
Your heart with them
Their value in your life
Slowly disappears
But what always remains
Is the gut wrenching guilt
That tears you apart
And you hear the words
Playing in your head
Over and over again
Telling you
It's not your fault
But you can't believe those words
You can't even begin to think
That you weren't at fault
In some way
But because
They tell you
It's no ones fault
There is a absence
Reminding you
of what you had
But now
You're lost
In the midst of your memories
And you can't help but think
Maybe it was my fault.
-The Voices In My Head