



## 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