

## *There Is Pain In Guilt*

There is pain in guilt  
There is pain in rejection  
There is pain in striving for acceptance  
Which never comes

There is pain in having to say the words  
Which were never spoken  
But which should have been shouted  
To the world

There is pain in the loss  
The terrible loss of innocence  
Which never was ours

There is pain in knowing  
We might have changed it  
Had someone told us  
We could have said no

The pain has been intimate  
With us all  
Behind the doors of our mind

It has wasted  
Never locked away  
And never set free

But now we have begun to open the doors  
Timidly  
Like the children that we are

Will the pain surround us, engulf us  
Devour us?  
We have a choice this time

We can fight back  
We can say no.

-Deanna Gray