

7/29/17 By Bonnie Burka Shannon

Complicated Grief

I struggle
Oh how I struggle
Only a few
Understand

Casual friends
And colleagues say
I'm sorry
For your loss

But the real loss
Started long ago
At birth
I think

I wanted someone
To adopt me
Because I knew
I had been dropped
Down the wrong chimney

I need to
Mourn her
But anger remains
Because I cannot

Be sorry
For my loss
At the beginning
Don't be sad for me
Now

<https://www.thriveglobal.com/stories/10668-the-one-thing-no-one-ever-says-about-grieving>

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