

## MY CHILD

My heart hurts  
Because my child's heart  
Is broken

He thinks  
He has lost everything  
And, for now  
It may seem that way

Trauma removes one's dignity  
Leaving feelings of abandonment  
And failure  
And shame..

I try to sleep  
But I am in his head  
Swimming in his thoughts  
Living his rapid heart rate  
Wishing for his relief

He believes  
He has lost everything  
But we are here

We will hold him  
In our arms  
This six-foot man-child  
And rock him  
Back and forth  
Like a baby  
Till he knows  
He will overcome  
He will prevail

We are here  
Where we belong

*Bonnie Burka Shannon, PHD, CA & VA LMFT*