

## *Iron Box*

BY EMILY SHEEHAN

Was the sun shining when you stepped out into the world today?  
It was as dark as an enclosed iron box in my head.

Were you surrounded by all your friends today?  
I was lonely in a room full of never ending thoughts.

How many conversations did you have today?  
I had plenty with a blank white wall staring back at me.

Do know how many breaths you took today?  
I counted twenty three thousand, not knowing which one I would pull  
the trigger on.

Did you get out of bed today?  
I didn't.  
I couldn't.