

# Touch that Hurts

By Helen Hill

If you touch me, will you hurt me?

Will I curl up in a ball and hide under my covers?

Will I rock all night in my rocking chair comforting myself?

Will I trust you? Will you trust me?

I am so defenseless now.

I have nothing left to protect myself.

You are already there.

The lies are all exposed. I can no longer deceive myself.

You are dangerous.

You love me.

There is nothing I can do anymore to push you away.

I am helpless. My heart hurts.

I think if you touch me I will die.

I love you.

I will never again run away from you.

Please touch me.

Even if it hurts.

