

Lonely Waves

Ebb and flow

Sometimes

It's a shoreline explosion

Agitation and rumination spill

And seep into the need for connection and comfort

As you hover over that text

Dial that number and hang up again

Overshare and worry about what you said

Then they ask for that update

That you are so happy to provide

Presenting the invading torrent

With a calm, controlled and positive vibe

While inside you struggle against the current

Once the supportive buzz simmers down

You realise the one person you want to hear from

Is yet to respond

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