

## Bubbling Up

Bubbling up. You don't even put it on the boil  
You don't even turn it on. You push it down  
Don't let it come up. And you worry about me  
You want me to get better. You should be worried about you  
And what you've buried  
I'm getting better. By feeling what I'm feeling  
I'm processing shit. Bringing it to the boil  
Letting love and life move me. Take me to rock bottom  
Move me, to where I should be  
Not stick with this familiarity. That's not serving me  
So don't worry about me. I'm getting lighter and lighter  
By clearing and clearing. What's not serving me  
You should be worried about you, adding layer and layer.  
Pushing it down  
What about when you've built it up too much  
You're so dense it starts to spew out of your mouth  
Then it's forced upon you  
To get it out, get it out, get it out  
Dribbling out of your mouth  
They call it a midlife crisis  
But you just got to that age. Where there is no more space  
To push it down, push it down, push it down  
So now it's covered all over your face  
You can't hide it no more. And everyone can see it  
It's on display  
Every part of your body so tense/so frustrated  
Where has this come from?  
Why now? Why me?  
What's happening to me?  
So many years of not dealing  
Putting plaster on plaster. Not feeling, not healing  
And now it's all come at once. It's too much to take  
Feel like life's ending  
Wound after wound. Scar after scar. Heartbreak after heartbreak  
They all come to the surface  
Wanting to be dealt with straight away  
You don't know where to turn  
Feel like your choking. This is the future you  
So don't look at me with pity  
I'm going through what you will go through  
I'm just doing it 20 years before you