

Steve Cartwright

Another day

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Happiness is elusive
Depression looms
I keep busy
Mash the tea
Make the babies bottles
Use the loo
Get down these thoughts
Instantly awake
I saw the morning in the office
Checked the time I'd finish
Registered the babies doctors appointment
Noticed I'm practicing tonight
Wondered who'd be coming here today.
How the mind flits through data
All this, and in the time it takes to go downstairs
Cells bonking electrons
Shooting info. into the conscious
Memory giving context
Restating the personality
Like a fingerprint.