

Into the Unknown

Don't speak. Keep your mouth shut. Do not voice your thoughts out loud. Do not let your anger get the best of you.

Keep your head clear. Do not let the harsh words sink in. He doesn't mean them anyway.

Keep telling yourself that.

Keep telling yourself that everything is alright. That this is normal. That this is right. That things will get better. This isn't the first fight nor will it be the last. You'll stay right where you are, just like you always do.

Continue to ignore those doubts, deep in your soul, that have been left to fester.

After all, you're happy, right? You've never had a good enough reason not to be, so don't start now. Think of all the little things that make you happy. The smiles, the laughs, the jokes, the comfortable silences. Even when the smiles fade, the laughs become sobs, the jokes become insults tossed about carelessly, and the silences become strained with tension, just remember that you aren't alone.

You are lucky. You are happy. You are safe. You would be a fool to think otherwise.

So let the insults fly, let the doubts sit in silence- or better yet, pretend they don't even exist! Let any deviating thoughts dissolve into nothingness because, after all, this is what you deserve.

Nothing more and nothing less.

Ignore the urge to scream and cry. Don't speak up. It won't make a difference. Don't do something that actually will. Don't turn around. Don't pack your things and, for the love of God, do not walk out of that door. Once you do you might never be able to come back.

If you walk away then everything changes. The future you've constructed will crumble. Everyone will look at you like you're crazy. You'll be hurting more than one person. You might wind up regretting it.

Stop thinking about walking away as if you have anywhere else to go.

When you finally let the floodgates open, control your words. Be careful what you say. You are still in control of the situation. You know this will end the same way it always does.

You'll be asked to apologize, and you will. You know you did nothing wrong. Or did you? Do you even remember how this all began?

It doesn't matter. You'll pretend it never happened either way.

You will do what you always do, and stick with what you know.

Because nothing is worse than the unknown.