

**Your Grief Will Not Outlive You.**

**by Sawyer Lovett**

No terrible feeling lasts forever.  
If history has proven anything  
it is that life goes on  
& the wonderful things  
fade away just as gently  
as the hard ones.

I am living proof of this.  
If the cliché was wrong,  
my body would be evidence.

I have been in love  
with my own sadness before.  
Some days I still am.  
But right now, I am weighing in  
against your absence.

I do not know how to breathe  
the hostile air of a world in which  
you are no longer drawing breath.