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Just Breathe

Reference number PT1025

EMMA

Note to self:
Don't be gay in Indiana.
Big heads up.
That's a really stupid plan.

There are places where it's in to be out.
Maybe San Francisco or thereabout.
But in Indiana without a doubt,
If you're not straight
Then guess what's bound to hit the fan?

Just breathe, Emma.
Not everyone is that repressed
Just breathe, Emma.
It wouldn't be high school without a test.

Just close your eyes and count to ten.
Go to your happy place and then try not to combust.
Just breathe.

Note to self people suck in Indiana.
Leave today.
Pray the greyhound isn't full.

Who knew asking out a girl to the prom
would go over just like an atom bomb
and make things much worse with your dad and mom.

And who'd have ever thought that could be possible?

Just breathe, Emma.
Picture a beach with golden sand.
Just breathe, Emma.
Picture a Xanax in your hand.

Try journaling or start a blog.
Just end this inner monologue.
Seethe if you must
But just breathe.

Just breathe, Emma.
Remember that thing called oxygen,
Just breathe, Emma
Look at the crazy state you're in.
Just smile and nod, although they're jerks.
Say namaste and pray it works and like we've discussed:
just breathe