

## Window to the Words, **Part II: Survival**

*The Bottle* is a symbolic poem that portrays a person's battle with addiction. It is during difficult times that addictions often reappear. It then becomes a double burden as one must handle a tragedy while overcoming addiction as well.

*An Untouched Pillow* was written at a time when my brother was plagued by sleeplessness. It is a poem depicting the difficulty soldiers often have with rest and sleep.

*Helpless* simply expressed the feeling of uselessness I felt throughout this tragedy. Once the anger dissolves, the emptiness and helplessness linger.

When tragedy strikes, individuals suffer, but so do families and relationships. *A Family Restructured* explores the effects of trauma on a family.

Feeling changed in an inexplicable way, I searched for the words to convey how I felt and who I had become. I felt as though there was an indelible stain on my soul. *Stained* was the result of this reflection.