**Frozen in Time**

Kept locked away.

Her secrets never left her head.

Wanting to escape,

But not having the right words.

She needed a release,

But she was afraid of the consequences,

Someone would cringe.

Someone would worry.

But no one would smile.

No one would wish her thoughts well.

She thought no one could help.

She felt her sorrow would never fade.

She felt broken.

She felt lost.

She was frozen in time…

A time she would rather forget.

It was her life,

But it wasn’t really her secret.

She lived with it every day,

And no matter what she did

It knocked her over the head with each turn.

Every smile of hers,

Was his.

Every tear she shed,

Truly belonged to him.

No part of him had ever touched her.

But every part of her was him.

By, Danielle Retterer