

## Author's Warning

Caution labels on my coffee

but not in movie {scenes} where

a solo cup, a scratch, a casual "wants it" can

/trigger/ a neuron that drops the curtains, shuts the eyelids,

STOP THE GODDAMN—

oh, wait 'i'm in public'

[R] you paying attention?

[T]his [MA]y not be for

[E]veryone.

criss-crossed minds should phone a friend, don't

*#read alone #my\_fellow\_survivors*

this program may contain  
one or more of the following:

rape here (APE), abuse here (USE), assault  
here (ASS), or foul language? (F-double-U)

### don't skip the fine print

*i live with the side effects*

a raw story + mental illness =

unpredictable reaction

x (prep)(therapy)(support) =

still unpredictable reaction

thank (*politically correct term*) for computers,

you can't read me shaking through the keys

but i bet you hear the nervous ticking in these

words

stop if your chest tightens, if your  
heart beats behind your ears, if

it hurts

you can |fold| the page |tear| the spine |stop|

and say "no"