

**trigger warning: love**

how to explain you're afraid of love.

this is not a guide

this is an open google search

because I'm not so sure myself

how do I explain

I'm so afraid

of my heart racing for someone else

that if it did

I would attempt to outrun my heart

and hide far away in an eastern Icelandic village

how do I explain

I am so scared to open up to new people

I would rather

sew my chest

shut

so as to keep anyone far from my heart

how do I explain

I need a trigger warning for love

how do I explain

to my friends

that I do not despise their relationships

because I'm jealous

that I despise all relationships because

I am disgusted

**Performed Friday 5<sup>th</sup> February for the University of York Drama Society New Works' Festival by Seth Douglas.**

disgusted

and

scared

scared because

of how my heart raced

but my legs were too tied in lies to catch up

of how the last time I was open

my heart was ripped out

stomped on

and I was the one left to remould it

to slot it back into its rightful place

(something it doesn't do very well anymore)

yes I am only young

but we are thrust into old situations

which allows me to pretend

pretend I am wise when I keep my heart on a leash

pretend I am full of wisdom when I close myself off

pretend I am right to do so

when I flinch at commitment

when in reality

I am scared because

you are why

I need a trigger warning for love.

**Performed Friday 5<sup>th</sup> February for the University of York Drama Society New Works' Festival by Seth Douglas.**