

## **Visible. Or not.**

Invisible

As an individual, a separate entity

Adapting to please

Avoid an upset, meet a need

Worthy of a little respect and care

But visible only when I displease

When something expected is missed

Or I can't deliver on demand

Or I ask for something not on the agenda

I feel disabled, disempowered by my own nature

My inability to command respect or care

I appeal for it, beg even

But in some perverse kind of way

The other is empowered more

Not only to neglect, deprive and reject

But to disdain with words and demeanour

I wither, I retreat, find a safe corner

Until the day's demands create the same again

Pummelled I plunge into grief and despair

It's not fight, flight or freeze

Those are disallowed

It's defeat I feel

An existence of nothingness

Silent, compliant, nothing of me

Only what I must be for them

Carol Grigg, August 2022

Poem – Visible or not

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